



RECUPERACIÓN DE TRAYECTORIAS EDUCATIVAS 2020

CURSO: 4º AÑO - TURNO TARDE
PERÍODO: 2º TRIMESTRE - ACTIVIDAD 2
ENVÍO: MIÉRCOLES 04/11
ENTREGA: VIERNES 06/11

READING COMPREHENSION

Read the article about music and mood. Five sentences have been removed.

Which sentence A-F fits each gap (1-5)? There is one extra sentence

Music and Mood

The helpful effects of music on mental health have been known for thousands of years. Ancient philosophers from Plato to Confucius sang the praises of music and used it to help deal with stress. (____) Military bands use music to build confidence and courage. Sporting events provide music to build up enthusiasm. Modern research carried out by psychologists supports what most people believe about music benefiting mood and confidence.

Because of our unique experiences, we develop varied musical tastes and preferences. (____) Babies, for example, love lullabies. Maternal singing is particularly calming, even if a mother has no formal musical talents. Certain kinds of music make almost everyone feel worse – even when they say they enjoy it.

Scientific research supports what many people believe – that pairing music with a musical rhythm improves learning and helps people to remember things. (____) It can be used as a reward when someone behaves in the required way. For example, for paying attention to homework for ten minutes, a child can be given the opportunity to listen to music for five minutes.

Music is so effective in reducing anxiety, it is often used by dentists or by doctors just before performing an operation to help patients cope with their concerns. (____) Any kind of relaxing, calming music can contribute to calmer moods. Music, wisely chosen, lowers stress hormone levels. (____) Knowing that certain kinds of music can reduce stress is one thing. Being attentive in choosing what kind of music to listen to is another. So, choose your music as carefully as you choose your food and friends.



- A Music helps decrease worries in the elderly, new mothers, and children too.**
- B And in modern times, shopping malls play music to attract customers and keep them in the store.**
- C This can be used to help children and teenagers with attention problems in several ways.**
- D However, it's difficult to explain how exactly it works.**
- E On the other hand, parents of teenagers know that certain kinds of music, particularly at high volumes, can cause stress.**
- F Despite these differences, however, there are some common responses to music.**

Read the text again and choose T or F:

1. Music and health relations have been known for thousands of years.
2. Courage and confidence might be built with music.
3. Music could never influence enthusiasm.
4. People believe that music benefits mood and confidence.
5. Mothers need talent to sing and calm their babies.
6. Rhythm might also help remember some things.
7. Music is also a rewarding experience.
8. As well as that, music is used by some doctors.
9. Music cannot change hormone levels.
10. It is important to know what music helps you calm down.