How to select music for studying?

Read the following article. Some words are missing. Choose the right word (A, B or C) fo each gap (1–10). Write your answers in the boxes. There is an example (0) at the beginning

Scientists say that to study it's necessary to have a ___0___ environment. However, for some, studying in a silent environment can backfire. This 'silent environment' can make you end up fighting boredom and falling ___1___ at your desk! This is why the importance of choosing the right music for studying can't be neglected.

Although some studies say that listening to music while you study isn't good, for many people it's important. It calms them down, which can lead to ___2___ studying. Music can also help cheer you up and motivate you to study longer.

But how to find the right music for studying? The wrong type of study music may end up distracting you from your study. So today we are going to offer some tips and ideas on how to ___3___ the best study music for you!

Classical music is peaceful and harmonious making it one of the best ___4___ to listen to when studying. It seems that there is evidence that Mozart improves mental performance. They call it the "Mozart Effect."

Listen to sounds of nature such as rain, waves, jungles or birds while studying. While this is not exactly music, it is relaxing and you will feel like you're in another ___5___.

Listen to your study music at a moderate volume. The ___6___ the better. The louder it is, the more it will disturb you. Your main goal is to study so keep your music in the background. When you're finished studying then you can turn it up to 11!

Make a playlist with all your favourite songs in advance to ___7___ having to search for new songs every 5 minutes. This will save you time, allow you to plan how long your study session will be and help your level of concentration ___8___ you study.

Do not listen to music on the radio when studying. The dialogue of the presenters and ads will distract you. If you listen to music before you go to bed or before an exam, it will make you feel ___9___ and put you in the right state of mind.

While choosing the best music is important, you should avoid spending hours selecting the songs. I hope these study tips are ___10___. You will know if you've made the right music choices if the music fades into the background.

LIVEWORKSHEETS

0	**A** **quiet**	**B** noisy	**C** warm
1	**A** ill	**B** asleep	**C** back
2	**A** successful	**B** interrupted	**C** selfish
3	**A** pick	**B** learn	**C** describe
4	**A** forces	**B** duties	**C** options
5	**A** school	**B** library	**C** world
6	**A** louder	**B** lower	**C** higher
7	**A** keep	**B** avoid	**C** continue
8	**A** while	**B** before	**C** after
9	**A** excited	**B** relaxed	**C** nervous
10	**A** careful	**B** harmful	**C** useful

Write your answers here.

0	1	2	3	4	5	6	7	8	9	10
A										

LIVEWORKSHEETS

Ways to stay productive while on vacation

Read the tips (1–10) and match them with the headings (B–M). There are 2 headings you will not need. Write your answers in the boxes. There is an example (0) at the beginning.

0 If you have organizational skills then you should not shy away from doing this. A project like this could really give you a sense of purpose and you will even have a lot of fun!

1 It is of paramount importance that individuals, especially women learn some form of self-defence. This helps them face any danger; they become more than capable of taking care of themselves. Trouble can strike anywhere and at any time, hence it is best to be prepared.

2 Vacations are a time when you can catch up with plenty of reading. People often choose to join a book club where the group decides on a common book they will read and when they have, they will sit together and share their views.

3 Rather than staying at home, many people choose to spend time outdoors in forests, by lakes and rivers. Indulging in such activities are both thrilling and liberating. Once you return to civilization after your trip, you are bound to look at things differently.

4 A particularly productive way to spend your time would be to explore your own city to do things that you have never done or visit locations that you have never visited.

5 Rather than caring about calories, vacations are a great time to throw caution to the wind. Invite your friends for a delicious dish that could simply blow their mind!

6 This time of year, you are surely not alone if you're feeling the need to kick your fitness and training into gear. So this is a great opportunity to start sleeping well, running regularly or take on an exercise program.

7 Instead of being lazy and downloading a mind-numbing movie online, you could visit a theatre performance that has received great reviews.

8 If acting is something that you have always been interested in, you could be a part of a drama club. Whether or not they give you a salary is irrelevant. If it is something you have fun doing, then money should not be a deciding factor.

9 You tend to lose the respect of people when you do not try to keep your room neat. So you could dedicate some time to putting the house into order. After all a tidy home is a happy home!

10 Vacations are a great time to get to know the people you share a fence with. You never know, you might be able to make a lifelong friend.

LIVEWORKSHEETS

A	Arrange fun programs or workshops
B	Be a part of a play
C	Do some general cleaning
D	Explore painting and craft holidays
E	Get together with your neighbours
F	Get to know new neighbourhoods
G	Go watch a play
H	Improve your physical health
I	Plant a balcony garden
J	Sign up for a camp or hiking tour
K	Take part in literary discussions
L	Try learning karate and judo
M	Try out new recipes

Write your answers here.

0	1	2	3	4	5	6	7	8	9	10
A										

LIVEWORKSHEETS