

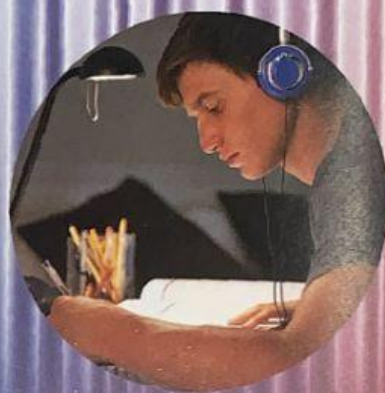
Listening & Speaking

- 1  Look at the pictures and the title of a podcast.
Write what you think it will be about.

-  **Be Strategic!**
Before you listen, look carefully at any pictures that accompany the recording, e.g., on a web page for a podcast. These can help you predict the meaning.

How does music affect the brain?

18



I think the podcast will be about ...

- 2 Listen and check your answer.

- 3 Circle five mistakes in this summary of the conversation. Then listen again to check.

Megan and Josh discuss five ways that music affects our brains.
First of all, music helps us to study. This is because when we listen to music we have to concentrate less. However, loud music is very **distracting**.

Music also helps when we do sports. If we listen to music when we exercise, we don't notice messages from the brain that tell us to relax. Jazz is the best music for sports.

Music helps us learn languages. Megan listens to a lot of reggae and it helps her to learn Spanish. It's clear that music is essential in education; in fact, Megan thinks it is as important as English.

4 Guess the missing words in the comments. Then listen and check.

When I _____, I listen to classical music. There aren't any words, so I don't find it distracting.

Before I take an English _____, I listen to English songs to help me prepare. I like One Direction best.

When I go to the _____, I listen to Taylor Swift on my headphones. I love her music when I'm running. I play it loud!

When I get ready to go out in the _____, I always put on catchy songs like "Uptown Funk" by Bruno Mars.

My parents go to a _____ class where they listen to country music and wear cowboy hats. It's so embarrassing!

My _____ play all this world music from Africa and Asia. They live next door, so I hear it all the time!



19

5 Work in pairs. Think of songs to go with your feelings. Use these notes to help you.

- 1 A catchy song that you remember and sing along to.

- 3 A moving song for when you are feeling sad.

- 5 A relaxing song to listen to when you study.

- An inspiring song to listen to before you do something difficult.

- 4 A dramatic song to listen to that is exciting.

- 6 A loud song to play at a party.

Glossary

distracting: something which stops you from thinking or concentrating on a job