

Part 3

Questions 11-15

For each question, choose the correct answer.

Let's sing along!*13-year-old Helena Hutchinsons talks about the benefits of singing*

Have you ever wondered why people often catch themselves singing while having a shower or making dinner? Or why karaoke has been popular since it appeared in the 1980s? We still have to understand a lot about the effects of music on our brain, but many studies already show it is good for our mind and our body alike.

The first reason you feel like singing along when you listen to a song is that it makes you feel less lonely. Whether you are cycling home, doing your homework or cheering at your favourite pop star's concert, singing is communication. It is like sharing a moment with the singer or the people around you: this is why babies often stop crying when they hear music and all children enjoy singing.

All types of singing can make you feel better, but group singing has the best effects on people's lives. Singing in a group in front of a crowd builds confidence, which explains why joining a choir can decrease anxiety in depressed patients. When you sing, it's nearly impossible to think about other things. Since you must focus on what you are doing, singing stops you being worried about stressful situations.

Singing can also improve speech development. Children learn to speak faster if they regularly sing from an early age and they are often better at communicating through language. When you sing you need to remember words and tunes, so this activity is also an excellent way to learn a foreign language and make your pronunciation sound more natural.

You can also improve your physical health when you sing. Since you need to breathe properly, when you sing you breathe out more carbon dioxide and take in more oxygen, which makes your body fitter and stronger against illnesses. So if you decide to take up a new hobby, singing could be the best way for you to have fun, make new friends and improve your health at the same time.

Exam tips

Most questions follow the order of the information given in the paragraphs of the texts.

Guidance for candidates

In Reading Part 3 candidates must read a text and then choose an option (A, B, C or D) to answer five questions. They should:

- read the title and the text quickly to find out what it is about
- read each paragraph carefully and underline any part that seems to match the questions
- remember that some questions may refer to the general meaning (the writer's topic or the purpose of the text).

11 The first paragraph says that

- A people prefer singing when they have a meal.
- B singing can help us understand the brain better.
- C we can improve our health when we sing.
- D karaoke isn't as popular as in the 1980s.

12 What happens when you sing along to a song?

- A It makes you feel connected to others.
- B It's like being at the concert of your favourite singer.
- C You may feel like a pop star.
- D Children develop their musicality when they listen to a song.

13 What does the writer say about joining a choir?

- A It helps you when you perform in a crowded building.
- B It makes you feel less depressed in front of an audience.
- C You can't sing unless you are relaxed.
- D You will be able to solve your everyday problems.

14 Singing can help children

- A not to take in carbon dioxide.
- B to increase their communication skills.
- C to spell words properly.
- D to learn the words of a song.

15 Which of the following sums up the ideas in the article?

A You should sing with other people if you want to have fun and improve your health.

C There are several positive effects on how you feel when you take up singing as a hobby.

B People who are fond of singing have more friends than those who don't enjoy singing.

D Children that don't like singing may not be as confident as those that join a choir.