

Energy levels of songs affect memories

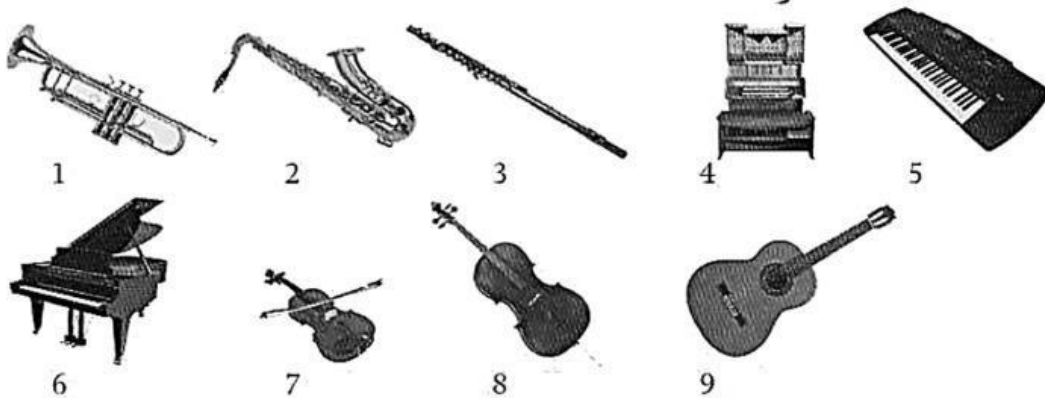
A new study has found that the energy levels of music affect what we remember. Two researchers from Goldsmiths, University of London looked into what kinds of memories people had after listening to different types of music. Music psychologist Safiyyah Nawaz and neuroscientist Dr Diana Omigie investigated how the tempo and mood of songs affected what people remembered about their life. The researchers found that high-energy music made people remember funny and happy events from their past. In contrast, slower and acoustic music brought back memories of calmness and sadness. It even made people recall romantic experiences.

The researchers asked 233 people about the sorts of memories they had after listening to music. The people listened to popular songs from their childhood and early adulthood. Dr Omigie said the feelings people had for music affected their memories. She said: "It's not just the musical features that influence memory, but also how much a person likes a song." Ms Nawaz said: "Acoustic songs were associated with memories that were more vivid, unique, and characterized by complex emotions like romance." She added that energetic songs were linked to "social, exciting, high-energy memories". The research will be put into a database of musical memories on the website memoryrecords.xyz.

Read the text again and mark the sentences T (true) or F (false).

1. Researchers say music helps us remember when we were babies. **T / F**
2. A psychiatrist was one of the researchers who conducted the study. **T / F**
3. High energy music was most associated with unhappy memories. **T / F**
4. The researchers said acoustic music brought back romantic memories. **T / F**
5. Thousands of people answered questions about music and memories. **T / F**
6. People listened to songs that were popular in their childhood. **T / F**
7. How much people liked a song affected what they remembered. **T / F**
8. The research is going to be published in a book of memories. **T / F**

1 Label the music instruments. Check the meaning of the words in the text below.



Franz Lizst was a **composer** but also a great **pianist**.

Chris Martin is the **lead singer** and main **songwriter** in the rock **band** Coldplay.

Mark Elder is the **conductor** of the Hallé **Orchestra**.

2 Complete the words for the musical instruments, then write the person who plays them.

► piano / pianist

1 vi _____ / _____

2 or _____ / _____

3 tr _____ / _____

4 gu _____ / _____

5 sax _____ / _____

6 ce _____ / _____

7 fl _____ / _____

3 Complete the words in the sentences.

► They both play in a rock band.

1 My brother plays the violin in an o_____.

2 Noel Gallagher plays the g_____ in the rock b_____ 'Oasis', and his brother Liam is the l_____ singer.

3 Do you play a musical i_____?

4 I don't like modern c_____ such as Bartók and Stockhausen.

5 Paul Simon sings and plays the guitar but is most famous as a s_____.

6 Mike's playing guitar, but who is the keyboard p_____?

7 There are five in the band and they're all good m_____.

8 Sir Georg Solti was the c_____ of several wonderful orchestras.

4 Complete the questionnaire. Check the meaning of the words in bold.

Music questionnaire

- 1 Write the name of a modern band or **solo artist** that you **admire**. _____
- 2 Has their music been **influenced** by anyone/anything? _____
- 3 Do they write and **record** their own music or play other people's? _____
- 4 Do they often do **live** concerts? Have you seen them play **live**? _____
- 5 What was the last **album** they **released**? _____
- 6 Why does their music **appeal** to you? Is it because of:
a great **voice** / **talented** musicians / lovely **melodies** / good **lyrics**? _____

5 Complete the text with the words from the box.

albums influenced talented ✓ release appeals solo recorded admire recording

Gilberto Gil is a Brazilian singer and guitarist, and one of his country's most ► talented songwriters. As a young musician in the 1950s, he was (1) _____ by the bossa nova style of João Gilberto, but he didn't (2) _____ his first album, *Louvação*, until 1967. He travelled in the 1970s, (3) _____ an album in English, and, in 1980, introduced reggae to Brazil with his (4) _____ of the Bob Marley song, 'No woman, no cry'. He has played with many musicians, while continuing his career as a (5) _____ artist. In all he has produced over 40 (6) _____. His music (7) _____ to people because of the rhythm and melodies, but people also (8) _____ him for his work in politics and for social causes.