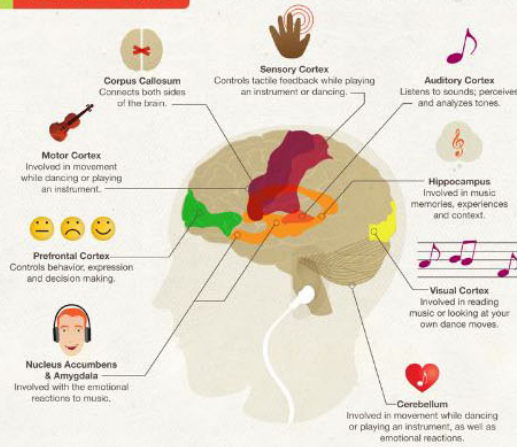


MUSIC & LEARNING

Music impacts us in powerful ways. It can evoke strong emotions, make us want to tap our fingers and feet, and even help with learning and memory.

1 MUSIC AND THE BRAIN

Playing and listening to music works several parts of the brain:



2 WAYS MUSIC IMPROVES LEARNING

Studies have shown that music may positively impact learning and recall in a number of ways.

LISTENING TO MUSIC HELPS RECALL MEMORIES

Listening to music you know stimulates the hippocampus, which manages long-term memory storage.

Listening to a particular song could help you remember memories you made while originally listening to it.

Consequently, your recall is better when you listen to the same music during learning or studying and testing.

LISTENING TO MUSIC MAY INCREASE PRODUCTIVITY

While the research isn't conclusive, some studies suggest that faster music may make you and your brain work faster.

Similarly, others suggest that listening to music improves your mood while doing something boring, which can help fight fatigue. This occurs because listening to music triggers the release of dopamine.



PLAYING MUSIC INCREASES MEMORY & LANGUAGE SKILLS

Studies have revealed that performing music increases memory and language skills.



Musicians have more gray matter in their auditory cortex, the area of the brain that deals with processing sound.



Playing a musical instrument changes the anatomy and function of the brain by creating more neural pathways, new connections our brains use to retrieve information.



Playing an instrument allows you to better assess the relevance and predictability of information in an auditory signal. So, when performing other auditory tasks, like listening to a speech or learning a new language, musicians usually remember more than non-musicians.



Learning and playing music is a heavy load for your working memory; however, this can help you expand your working memory capacity.



Musical training improves how the brain distinguishes between rapidly changing sounds in the spoken word.



Musicians can more quickly and accurately differentiate between similar sounds like "da" and "ba," because their musical experiences improve their ability to hear pitches and increase verbal memory.

3 BEST MUSIC TO STUDY TO

While most people study to any type of music that allows them to concentrate, some types of music may be more beneficial to study to than others.



Classical
Classical music activates the right and left sides of the brain, which can increase your learning capacity and information retention.



Jazz
Jazz is not only viewed as an alternative to classical, but one study revealed students were more productive while listening to jazz.



Music without repetition
Studies have shown that three or four rhythm repetitions may cause the mind to shut down or enter a state of sub-conscious thinking.



Silence
As studies have revealed, recall is better when the testing is done under the same conditions as studying.

SOURCES: lifeshackers.com | cambionents.org.br | wired.com | news-medical.net | en.wikipedia.org | jumping.com | psychologytoday.com | blog/memory-medic.com | elgate.com | theglobeandmail.com

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