



**COMPREHENTION**

I- **Read the text about the effects of music. Match the headings to the correct paragraph.**

**(2pts)**

a- Music for stress and pain.

c- The right music to study better

b- Get a better score and remember more

d- All kinds of music have effects

1-----

Music is not just entertainment. It is medicine for both the brain and the body. Don Campbell is an expert on *The Mozart effect* and the incredible power of music. He says that all kind of music, from Mozart to jazz, from Latin to rock can affect our learning and our health.

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Many people use music to help them feel relaxed after a busy day at work. Music can also reduce the stress of being ill, especially by reducing pain. The director of Baltimore Hospital says that thirty minutes of classical music has the same effect as ten milligrams of the painkiller Valium.

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Campbell also says that music can help you concentrate but you need the right kind of music for your mood. And you need to listen for about ten minutes before you start studying. Perhaps your mind needs relaxing or maybe you are tired and you want to feel more energetic. So you should choose the appropriate music to help you. You can use different kinds of music to help you concentrate. Mozart's music is very popular, however, because it is very organized and it makes your brain more alert and imaginative.

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Music helps you study better and it can also actually make you more intelligent. In one study, students who listened to Mozart before doing a test got much higher marks than those who didn't. Many studies also show that children who learn to play a musical instrument before the age of twelve have better memories for the rest of their lives.

II- **Are the following statements True (T) or False (F)?** (4pts)

1. Music is good for our bodies and brains.

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2. Music helps many people to relax after work.

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3. Listening to music before you study is a bad idea.

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4. It's a good idea for children to learn to play a musical instrument.

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