

CCT Weekly Practice (Reading)

Mind-Changing Music

Some Mind Blowing Facts about Music and the Brain. Music is mind-changing. Literally. It affects your brain more than you realize. To prove my point, here are five amazing facts about music and the brain. Prepare to get your mind blown.

1. Music can get you high

*If you want to get a release of dopamine and oxytocin in your brain, turn on a song you love. According to The New York Times, **the “reward” part of the brain lights up when you hear music.** They say “the idea that reward is partly related to anticipation (or the prediction of a desired outcome)” is a fact in neuroscience.*

So when you listen to a song, your brain is trying to figure out what’s going to happen next without you realizing it. Then, whether or not your brain predicts correctly, it rewards itself with a shot of good-feeling chemicals. That’s why anticipation is a great tool to use in your song. It’s the thing that gets you high on music.

2. Music can heal the brain

*There’s a thing called music therapy where licensed professionals help people with brain damage, heart problems, or with many different physical issues through the power of music. It’s especially useful for people who have trouble speaking or comprehending language, whether because of a stroke or some other brain injury. **Therapists use a style of singing with certain rhythms that can help bring back the cadence of speech.***

The right side of the brain processes music while the left side processes language, so music therapy can help bridge the gap between the two. Music helps create new neurological pathways.

According to Harvard Medical School, patients with speech problems are “capable of singing words that they cannot speak.” And that’s why using “melody and rhythm has long been recommended for improving” speech and language comprehension in patients.

3. Music improves your memory

How did you learn the alphabet? Probably by learning the song.

One reason for this is that the part of the brain that processes music is the same part of the brain that creates and stores memories. So when you hear a song you know, it’s often attached to a memory.

***That’s because of the dopamine release we get when we hear a song we like.** So your brain makes a positive connection between a song and a memory. Then your brain can easily recall memories or things you’ve learned.*

4. Music can relieve your stress

We already know how music can help us be less stressed. Surely we've all experienced this regardless of your preferred genre.

Listening to music helps reduce the release and production of cortisol, which is called "the stress hormone." Less cortisol means better learning capability and memory, lower blood pressure, heart rate and cholesterol, and a less likely chance of heart disease.

So you should stop reading this post right now and go listen to some music you love.

5. Advertisers use music to make you buy stuff

Your brain belongs to Starbucks and Apple and McDonald's. They use music to mould our brains into product-buying machines. It is believed that "music tends to linger in the listener's mind...even when the mind is an unwilling host."

So, even if you don't realize it, the music Apple used in their latest commercial could subconsciously be making you more likely to buy the product

So, yeah, companies sort of control your brain with music.

Based on your reading of the above passage, answer the following questions :

Question 1.

Fill in the blanks with the appropriate word. Choose from the words given in brackets.

_____ is an effective tool in a song as it _____ the brain with a shot of dopamine or oxytocin which aid a sense of well-being.

(triggers, prediction, rewards , anticipation)

Question 2. Tick the least appropriate option:

According to the passage, the positive effects of music is least visible in which of the following health conditions:

- a) High blood pressure
- b) Low blood pressure
- c) Loss of memory
- d) Loss of speech

Question 3.

Fill in the blanks with the correct word from the ones given in brackets.

Cortisol levels in the blood are _____ to learning capability and memory. (directly proportional / inversely proportional).

Question 4.

In the passage, the phrase ‘Your brain belongs to’implies that your brain can be easily

- a) deceived
- b) influenced
- c) tricked
- d) Fooled

Question 5.

Fill in the blank with the appropriate word from the ones given in brackets.

Cadence is to music as intonation is to _____

(fluency, flow, speech)

Question 6.

What is the underlying belief that product manufacturers rely on while incorporating music in their ads and how does it impact sales?

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Answer Key

- 1- anticipation rewards
- 2- low blood pressure
- 3- inversely proportional
- 4- (b) influenced
- 5- Speech
- 6- They rely on the belief that music tends to linger on in the listener's mind long after it is heard .This helps to establish a connection with the product name in the consumer's brain who are then attracted towards buying the advertised product.

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