

# 6. HOW MUSIC AFFECTS YOUR BRAIN

**November 15, 2018**

**By James and En Ming**

**AMI 101 - 02**

**Dr. Z Chesky Neceski**

# ARTICLE SUMMARY

- Research
  - Since the 1960s
- The Brain
  - Surgeries
  - Neuroimaging
- Technology Crescendo
  - Neuro technology
  - Brain imaging / scans
  - Digital music
- Therapies
  - Melodic intonation therapy
  - Increased Neuron activity

# BENEFITS

- Relieve stress
  - 49% of students are stressed
- Improves memory
  - Neuron connections
- Increases Brain Activity
  - Linguistic
  - Problem solving
- Therapy

## HEALTH BENEFITS OF MUSIC

**IMPROVES YOUR BRAIN**  
Did you know that music can make you smarter? Multiple studies have shown listening to music increases cognitive performance (1), (2), and the University of Kansas Medical Center found that the people who had had musical training in their lives had better mental sharpness, and scored the highest on brain function tests (3).

**WORK OUT HARDER**  
If you love listening to music while you work out, good news, music has been scientifically proven to make you work out harder. Studies have shown that those who took out with music work out harder (1, 2) and their perceived exertion is lower (3).

**SPEEDS UP RECOVERY**  
Not only does music help you work out harder but also speeds up recovery. Researchers found that music speeds up post-exercise recovery and that music tempo did not affect the recovery rate (4). Another study found that listening to music improves the recovery of stroke patients (5).

**REDUCES PAIN**  
Can listening to music turn you into a superhero? Probably not, but researchers from the University of Utah's Pain Research Center found that listening to music helped people to feel less pain (6).

**LIVE MUSIC**  
Party being your favorite after-grad? Well now you have an excuse. Research has shown that live music really affected their mood in a reducing anxiety and improving your mood (8).

**REDUCES STRESS**  
Need to relax? Get taken to some music! Many studies have shown that music can significantly reduce stress and anxiety levels. According to one study, listening to music that you enjoy on a daily basis can significantly lower your levels of stress, and is more effective at lowering anxiety than the popular relaxation CD. Another study found that music's effect on anxiety levels is similar to that of getting a massage (7).

**IMPROVES HEART HEALTH**  
Music can actually be good for your heart. Researchers have discovered that listening to joyful music can help promote a healthy heart (10, 11).

**OF MUSIC**

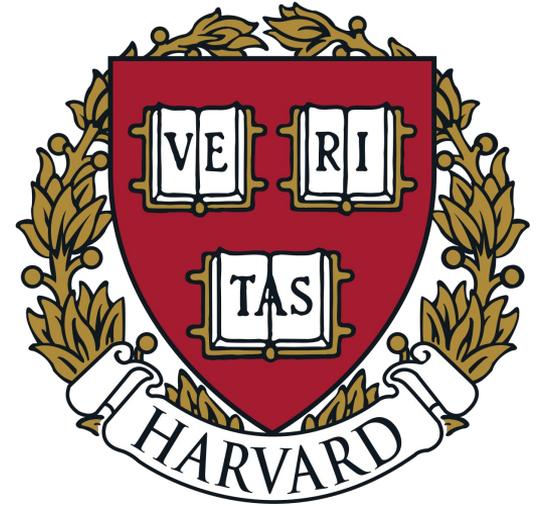
**ticketbis.com**

**DISC**  
DISC/WWW.DISCBENEFITSOFMUSIC.COM/

1. https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2722022/ 2. https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2722022/ 3. https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2722022/ 4. https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2722022/ 5. https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2722022/ 6. https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2722022/ 7. https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2722022/ 8. https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2722022/ 9. https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2722022/ 10. https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2722022/ 11. https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2722022/

# SOFT SKILLS

- What Universities are looking for
- Communication
- Problem Solving
- Time Management
  - Waterloo
    - Flexibility
    - Learn from criticism + Self-Confidence
    - Work ethic
  - Harvard
    - Potential
    - INVOLVEMENT



# HOW BAYVIEW SS MUSIC HELPS YOU

## 1. Practicing

- a. Commitment
- b. Time management

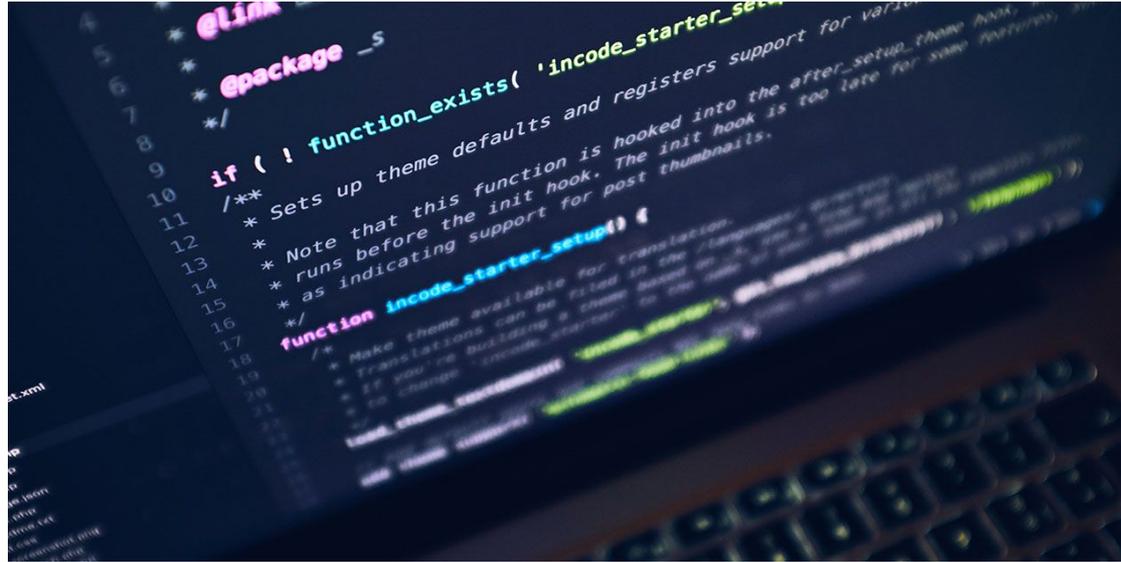
## 2. Band

- a. Collaboration
- b. Teamwork
- c. Communication



# CAREER JAMES: COMPUTER SCIENCES

- What You Need
  - Team work
  - Problem solving
  - Time management
  - Flexibility
- What you need to do
  - AIF
  - SATS
  - Do Contests
  - Get Involved
- Universities
  - UFT
  - Waterloo
  - Harvard



# CAREER ENHANCING-HUMAN RESOURCE MANAGEMENT

- Communication
- Organization
- Negotiation
- Problem solving and conflict management
- Multitasking

Today we will focus on communication



# COMMUNICATION

- Verbal communication
- Non-Verbal Communication
- Written communication



# SOFT SKILLS-VERBAL COMMUNICATION

-Standpoint and language

-Volume

-Speed and diction

-Tone

-Actively listening

-Often combined in use with non-verbal communication



# SOFT SKILLS-NON-VERBAL COMMUNICATION

- Queue
- Eye contact
- Smiles
- Gestures and postures
- Facial Expressions



# SOFT SKILLS-WRITTEN COMMUNICATION

- Diction
- Syntax (Emails, Memos, Reports, Summaries)
- Consider your audience beforehand
- Tone
- Structure



# WHAT DO I NEED TO DO?

- It is common to use in daily life. There are a few things that would often enhance one's skills
- Public Speaking
- Writing
- Debate
- Attending Social events
- MUSIC !!!



# UNIVERSITIES

- Some of the more famous ones are all in the US
  - Illinois State
  - Temple
  - Louisiana State

# REVIEW

- AIF (Additional Information Form)
- Practice / spend time in music
- Plan Ahead



# BIBLIOGRAPHY

<https://uwaterloo.ca/future-students/admissions/admission-information-form>

<https://www.eventbrite.com/e/10-soft-skills-you-need-in-waterloo-on-dec-12th-2018-tickets-47705448280>

[https://www.ted.com/talks/anita\\_collins\\_how\\_playing\\_an\\_instrument\\_benefits\\_your\\_brain?language=en](https://www.ted.com/talks/anita_collins_how_playing_an_instrument_benefits_your_brain?language=en)

[https://college.harvard.edu/admissions/application-process/what-we-look](https://college.harvard.edu/admissions/application-process/what-we-look-for)



*It's  
to do*

THANK YOU FOR LISTENING TO  
OUR PRESENTATION