

From: 'Accelerating Learning' Alison Smith.

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### Using music

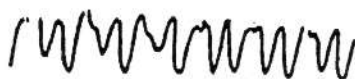
Selectively used, music can enhance the learning environment in a number of ways. It can be used as part of an active or passive concert, to energise or relax, set a theme or eliminate 'white noise'.

#### Brain Wave

BETA  $\beta$   
13-25 CPS

This is the brain wave of your 'conscious' mind. It characterises logical thought, analysis and action. You are wide awake and alert, figuring out complex problems, talking, speaking, doing.

#### Normal Activity



ALPHA  $\alpha$   
8-12 CPS

This is the brain wave that characterises relaxation and meditation. The state of mind during which you daydream and let your imagination run away. It is a state of relaxed alertness, facilitating inspiration, fast assimilation of facts and heightened memory. Alpha lets you reach your sub-conscious, and since your self-image is primarily in your sub-conscious, it is the only effective way to reach it.



THETA  $\theta$   
4-7 CPS

Deep meditation and reverie. The twilight zone associated with creativity, high suggestibility and flashes of inspiration. Dominant during ages 2-5.



DELTA  $\delta$   
0.5-3 CPS

Deep dreamless sleep.



(Colin Rose, Accelerated Learning)

According to recent research the playing of Mozart co-ordinates breathing, cardiovascular rhythms and brain wave rhythm and acts on the unconscious, stimulating receptivity and perception. Baroque music - Bach, Pachelbel, Handel, Vivaldi - which has a beat of 60-70 beats per minute induces an Alpha state brain wave cycle. 60-70 beats per minute is about the rhythm of the resting heart. The Alpha state is one of relaxed alertness where receptivity to storing of new information is high.

In Dr Lozanov's language learning, Baroque music is used as an integral part of **passive or concert review**. This review occurs at the conclusion of a session and is used to engage the whole brain. By using sensory based suggestive language to summarise content whilst the learners attune their listening to the music, long-term recall of the information is dramatically improved. An effective concert review will begin with the reader inviting the learners to relax, make themselves comfortable and begin to listen

to the music. As the reader continues to speak with the voice just below the music, the learners are kept in a relaxed state. The content is recalled in summary and the learners are invited to consider the applications and uses they can put the new knowledge to. To close the concert review, the reader gently brings the listeners back to the present as the music fades.

An **active concert** is a reading where the voice modulates according to the movement of the music: the voice rides the music lending it, and the content of the reading, dramatic emphasis. An active concert is a powerful way of inputting new information. It is used consistently as part of many Accelerated Learning language programmes.

Music can be used to energise or relax. By turning the volume down to a point where it is just perceptible when there is quiet in the room 'white noise' - the hum of lights, heating systems, etc. - can be overcome and a supportive calm ambience generated.

It is best to avoid the tribalism which often comes with playing student's own music. Once you have agreed protocols for the use of music and you are seen to use it as part of the learning you can perhaps begin to experiment. Generally it is best to use instrumental music, with music with lyrics confined to special breaks or energisers. Personal stereos are not a good idea in classrooms!

Some suggested choices for different purposes are outlined below. These are pieces which I have used or know have been used. The list is far from complete but may be a good starting point.

#### Establish a positive learning attitude

Create the atmosphere you seek by selective choice of music

- What a Wonderful World: Louis Armstrong
- Let's Work Together: Canned Heat
- Celebration: Kool and the Gang
- Stand By Me: Ben E King
- Oh What a Beautiful Morning: Rogers and Hammerstein
- Heal the World: Michael Jackson
- Simply the Best: Tina Turner

#### Provide a break state or demarcate time on task or for fun!

- Theme from Jaws
- Epic Movie Soundtracks (Chariots of Fire, Close Encounters, Star Wars etc.)
- Flinstones, Twilight Zone, Mission Impossible and other TV Theme tunes

#### Energize or relax

- Hallelujah Chorus: Mozart
- William Tell Overture: Rossini
- New World Symphony: Dvorak
- Trois Gymnopédies: Satie
- Prelude a L'Après-midi d'un Faune: Debussy

#### Focus concentration and enhance imagination

- Violin Concerto nos 1 and 3: Mendelssohn
- Optima learning nos 1 and 2: Bartokov
- Relax with the Classics: LIND Institute
- Watermark: Enya

#### Used as a revision tool or as part of a learning journey

- Tubular Bells: Mike Oldfield
- The Four Seasons: Vivaldi
- Masterpieces: Sky
- Earth Tribe Rhythms: Lewis
- A Week in the Real World: Womad and Peter Gabriel

#### As part of a multi-sensory learning experience

- Oxygene: Jean Michelle Jarre
- Various: Gypsy Kings
- Friends On the Road: Bundhu Boys
- Welela: Miriam Makeba
- Folon: Salif Keita

#### Active Concert

- Piano Concerto no 5: Beethoven
- Symphony nos 93 and 94: Haydn
- Violin Concerto nos 4 and 5: Mozart

#### Provide inspiration and motivation

- Chariots of Fire: Vangelis
- Fantasia for the Common Man: Copeland
- We Will Rock You: Queen
- Thus Spake Zarathustra: Strauss

#### Accentuate theme oriented units

- Native peoples' selections: eg., Australian Aborigine, American Indian, Inca
- Recordings on environmental themes by Steven Halpern, KiHaro Big Band, Trad Jazz, Marching Bands
- Celtic folk and Celtic Rock

#### Concert Review

- Brandenburg Concertos nos 2 and 5: Bach
- Canon in D: Pachelbel
- Music for the Royal Fireworks: Handel
- Four Seasons: Vivaldi

