

The Power of Music



Studies by the National Academy of Sciences suggest that background music stimulates the brain to absorb and retain knowledge. Georgi Lozanov, referred to as the “father of accelerated learning,” advocates the use of music as it has an observable affect on retention and memory. Build your own music repertoire using this research based list as a guide. Listen to these music selections before and/or while learning, working and solving challenging problems.

Active Learning – read material, aloud or silently, for the first time to the beat of the music.

- Mozart (1756 – 1791)
 - Strengthen the Mind – Don Campbell
- Brahms (1838 – 1897)
 - Violin Concerto in D major
- Beethoven (1770 – 1827)
 - Concerto #5 for piano – E Flat major
 - Concerto for Violin in D major

Memorizing – read material (aloud or silently) you need to memorize for meetings, interviews, negotiations, presentations, trainings or examinations.

- Bach (1685 – 1750)
 - Brandenburg Concertos
 - Preludes and Fugues for Organ
- Vivaldi (1678 – 1741)
 - The Four Seasons
 - Five Concertos for Flute
- Handel (1685 – 1759)
 - Water Music
 - Royal Fireworks Music

Creativity – play while problem solving, “brainstorming,” creative writing, doing art, inventing.

- Tchaikovsky, P.
 - The Nutcracker Suite
- Debussy
 - La mer
 - Prelude a l’apres midi d’un Faun
- Ravel
 - Daphne et Chloe

Summary

1. Music and rhythm significantly affect learning, memory and creativity.
2. Even though you may not like music, or consider yourself “musical,” you can still receive positive effects.

Web: www.brainpathways.net