

### **Assignment:**

Begin by reading the passage below

#### **Is Music a Good Tool for Health?**

Research has shown that music has a profound effect on your body and mind. In fact, there's a growing field of health care known as music therapy, which uses music to heal. Those who practice music therapy are finding a benefit in using music to help cancer patients, children with attention problems, and others. Hospitals are beginning to use music therapy to help with pain management, depression, to promote movement, to calm patients, to ease muscle tension, and other benefits. This is not surprising, as music affects the body and mind in many powerful ways.

For example, research has shown that music with a strong beat can stimulate brainwaves to synchronize with the beat. Faster beats bring sharper concentration and more alert thinking. Slower beats promote a calm, meditative state. Even after you've stopped listening, the change in brainwave activity that music causes can continue, which means that music can bring lasting benefits to your state of mind.

In another example, research shows that breathing and heart rate may be affected by the changes music can bring. This may mean slower breathing, slower heart rate, and an activation of the relaxation response, among other things. This is why music and music therapy can help prevent the damaging effects of chronic stress, thereby aiding not only relaxation, but also health. Music can also be used to bring a more positive state of mind, helping to keep depression and anxiety under control.

With these and other benefits, it's no surprise that music therapy is growing in popularity.

*Adapted from "How and Why Is Music a Good Tool For Health?" by Elizabeth Scott, M.S. About.com Guide. Updated November 22, 2009.*

[http://stress.about.com/od/tensionamers/a/music\\_therapy.htm](http://stress.about.com/od/tensionamers/a/music_therapy.htm)

#### **Writing Directions**

Read the passage above and write an essay responding to the ideas it presents. In your essay, be sure to summarize the passage in your own words, stating the author's most important ideas. Develop your essay by identifying one idea in the passage that you feel is especially significant, and explain its significance. Support your claims with evidence or examples drawn from what you have read, learned in school, and/or personally experienced.

Remember to review your essay and make any changes or corrections that will help your reader follow your thinking. You will have 90 minutes to complete your essay.

**Summarizing means finding the main ideas of a text, along with the key supporting ideas, and presenting them to your audience.**

**A summary tends to contain broad concepts and ideas, but very few specific facts/statistics.**