

### **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/tensioamers/a/music\\_therapy.htm](http://stress.about.com/od/tensioamers/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.**

**A summary should be objective; it does not include the words “I” or “me”! (You may use these words when you respond to a text, but not when you summarize a text.)**

***How do you write a summary?***

**(1) Read carefully. Determine the general idea and the author’s purpose.**

You don’t necessarily have to understand every single word, just those that relate to the main point.

**(2) Find the main point and the key supporting points.**

Read it again. Underline words, phrases, or even sentences that you feel contain main and supporting points; not every detail, just those that seem important.

**\*How do you find these important pieces?** Try looking near the beginning of the text and look for topic sentences (often the first sentence of each paragraph). Look for words like *major, main, larges, above all, etc.*

**(3) Paraphrase key points.** Combine the paraphrasing.

Helpful Hint: If you want to avoid repeating reporting words like “said” or “wrote”. Consider using some of the verbs below.

## **2. Guidelines for Summaries**

For a score point of 4 (competent), with a competent degree of understanding of the complexity of ideas in the reading passage, students should mention the following points:

- Music has a profound effect on your body and mind.
- There’s a growing field of health care that uses music to heal.
- Studies show that music therapy is used to help cancer patients, children with attention problems, pain management, depression, breathing, heart rate.
- Brain wave activity can continue after you’ve stopped listening, so the benefits are lasting.

Additional points that may be mentioned:

- Music can stimulate brain waves to synchronize with the beat: slower music promotes a calm, meditative effect; faster music promotes concentration and more alert thinking.
- Music therapy can help prevent the damaging effects of chronic stress.
- Music therapy can bring about a more positive state of mind by helping to keep anxiety and depression under control.

## **3. Sample Papers**

**Paper 1: 5 5 5 6 6**

**MUSIC – GOOD FOR THE BODY & SOUL**

Researchers have been studying music therapy for sometime and have supporting evidence to prove its advantages. It has been found that music can have both positive and negative effects on the body, mind& soul.

As we look back at our lives, we can all agree that music has played a large role in the various aspects of our lives. A familiar song can conjure up happy memories. It can bring us back to a time in our lives when we were younger, happier, sadder, or confused. This create memories. Sometimes we may hear a certain song on the radio and smile to ourselves. We

remember! Our bodies become more relaxed and our thoughts begin to wander. It has a calming and soothing effect.

Have you ever heard a song on the radio and it reminded you of something or sometime in the past? It is almost as if you are transported back in time. Your memories of that time become more vivid & clear. This happens to me quite often, especially when I hear one familiar song. This song was played at my High School graduation. When I hear this song, I feel as though I'm right back in 1985 Standing on the steps of the school with my classmates, taking pictures, smiling, laughing and feeling as though we had our whole lives ahead of us. I immediately feel my stress level going down and a calmness takes over me. In the research that was done on music therapy, it has been found that music helps lower stress. As my experience I've related above supports, this is true.

Stress is the #1 cause of many illness. For example, Diabetes. It is been shown that along with unhealthy eating and unhealthy habits, stress exacerbates this problem. When the body is in stress mode, it raised our blood sugar, blood pressure and endorphins. Our bodies try to fight this off and causes even more stress. Stress brings on depression as well. When we are highly stressed it takes a large toll on our bodies and our minds. We find ourselves at various doctors, seeking help and advice. Most times doctors will prescribe medications to help alleviate these problems. Our already tired and stressed bodies take on additional stressors while we try to fight the side effects of the medications. It seems to me like a never ending cycle. Our ever-changing environment calls for ever changing treatments.

Prevention would be the first step in helping us gain control of our health. If we gain control of stress as a first step, it will help us with each step after that.

Music therapy seems like the perfect solution. Like Yoga, it appears to have a calming effect. Our blood pressure is lowered, our thoughts calmer and our bodies heal better. All without the use of harmful medications. Music therapy is something each and every one of us can start to do in our own lives.

We can listen in the car while driving. This might help lower the incidents of road rage. We can listen while at the gym. It can make the time pass faster and enable us to get a better workout. We can play our favorite music while working. It will inspire us to work faster. Sometimes music can even help with Homework. It helps many "tune out" the outside interference so we may concentrate better. Wake up to music on your alarm clock, start the day on a good note. Use music to express yourself.

Most importantly, make music part of your life, and this will help your life seem like music.

## **Paper 2: 4 4 4 4 4**

Since I was a little girl, music was my passion. I danced, sang, and listened to any kind of music. Today, all grown up, I still have the same passion for music. I am a very nervous person and I have experienced anxiety, but for some reason, when I listen to music, it helps me relax, lowers my stress level and my state of mind feels at ease. So, in my opinion, I believe music is a very good tool for health, especially when people are stressed.

In the passage that I read, research has proved and has shown that music has a positive effect on the human body and mind. Research has also shown that depending on how strong the music beat is, it can stimulate brainwaves to adapt to the beat itself. Also, depending on your mood or state of mind, music can have an effect on your feelings and can change them in a positive or negative mood, sometime a romantic mood. To add more, research has also shown that hospital patients with a deadly disease and children with attention problems listen to music for therapy to help them calm, to ease muscle tension and even depression.

I believe that one of the main significant factor that most people suffer from is chronic stress. Students have stress everyday in their lives because, they have to study for exams, for class or most of the time, students worry highly for their final grades. People who work two jobs have a lot of stress because their job can be physically and mentally tiring. I also strongly believe that single mothers have tremendous stress in their lives because not only they have to work, but they play two roles in their children lives, the mother and father roles. Living in New York City, many people suffer from depression and anxiety and research has shown that music helps to keep those diseases under control.

Honestly, writing about music being a good tool for health, I strongly agree and believe that music helps a lot with our lives, especially my life. It lowers stress, keeps anxiety under control and helps sick people feel more at ease with their diseases. Music is very important in my life, it truly relaxes me, so I believe everyone should listen to music. As they say, even when a baby listens to music, it helps develop their brain better and they do better in school. I don't think I could ever live without music. I can't imagine it.

### **Paper 3: 1 1 1 2 2**

#### Summary

After many research, music has been qualify as being an essential art for our Health. It presents lot of advantages in the way that it helps improving our wellbeing. Hence, Hospitals start using the music therapy to help patients because of its efficiency.

The impact that music has toward children is that it can help some of them who have attention problems by severals ways. It helps stimulating the brain activity of the patient. For example while the child listen to music, He focus on the idea vehiculated through the song. Hence, He start paying attention on what He is listening. More He listen, more His brain activity increase. By listening for example Beyonce's song, The child try to understand and memorize all words He get from the song. And in the meantime, despite of the fact that music is combined with harmony, it becomes easier for a child to concentrate on it. All that train the brain so it stays in consistent activity. The mental state improves as far and the youth enjoy listening music frequently. He starts memorizing, and the training starts being fruitfull. It wouldn't be the case if for example the patient was trying to pay attention on what is written on a paper. Laziness will take him out of concentration and the procedure will end without success.

## 4. Scoring Articulations

**Paper 1:** 5 5 5 6 6

**Critical Response to Writing Task and the Text:** The response effectively integrates a critical discussion of illness, stress, and the soothing effects of music from the text and from the writer's experience. The paper demonstrates a good understanding of the text.

**Development of Writer's Ideas:** Ideas are well-developed and effectively used.

**Structure of the Response:** The problem-solving organization of the response shows a clear plan, with transitions clearly conveying relationships among ideas.

**Language Use: Sentences and Word Choice:** Sentences are well-controlled and varied, and word choice conveys meaning and tone vividly.

**Language Use: Grammar, Usage, and Mechanics:** There is obvious command of language throughout.

**Paper 2:** 4 4 4 4 4

**Critical Response to Writing Task and the Text:** The essay competently integrates a critical discussion of the text with elements of the writer's experience, demonstrating an understanding of the main ideas of the text.

**Development of Writer's Ideas:** Ideas are competently developed, summarizing the main ideas of the text and specific details of personal experience.

**Structure of the Response:** The controlling idea, the effects of music on stress, is derived from the text and shapes the discussion throughout. Transitions are simple but clear.

**Language Use: Sentences and Word Choice:** Sentence control is competent, with word choice clearly conveying meaning.

**Language Use: Grammar, Usage, and Mechanics:** Sentences are mostly correct.

**Paper 3:** 1 1 1 2 2

**Critical Response to Writing Task and the Text:** The essay shows little understanding of the text, despite hinting at an idea or two, and the attempt to integrate an idea from the text with observations of children is irrelevant.

**Development of Writer's Ideas:** There is little development of ideas or supporting details, and elements from the text are brief and minimally developed.

**Structure of the Response:** It is difficult to find a central focus in the paper or a progression of ideas.

**Language Use: Sentences and Word Choice:** Word choice is often unclear and includes invented words ("vehiculated"). Generally, there is a weak control of language, which obscures meaning.

**Language Use: Grammar, Usage, and Mechanics:** Conventions are sometimes correctly followed, but there are many distracting errors.