Subject: Re: Music as a study aid?
Posted by The Mother on Fri, 19 Jul 2013 19:04:50 GMT
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The way I read the information, you should listen to the music before you study or take a test, not during. Listening does seem to both relax and to help with concentration if "administered" before you do a task, and the effect lasts for some time. But anything during the test or studying is just a distraction, no matter what people say.