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Subject: Music as a study aid?

Posted by [srdmind](#) on Tue, 11 Dec 2012 12:37:11 GMT

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I personally can't concentrate when music is playing. There have been countless studies proving the fact that when you listen to music and study you are multitasking, which leads to decreased attention. Yet, countless people swear by it. Why is this?

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Subject: Re: Music as a study aid?

Posted by [iLoveiPod](#) on Tue, 11 Dec 2012 23:19:37 GMT

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For me, it depends on the type of music that's playing. If it's music with singing in it, I tend to pay more attention to the music. If it's classical music on the other hand, it tends to blend into the background and become a "white noise" of sorts.

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Subject: Re: Music as a study aid?

Posted by [srdmind](#) on Wed, 12 Dec 2012 13:23:30 GMT

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Interesting, when I asked my girlfriend this question she responded more or less along the same lines. In her case, she uses it to block out other sounds which bother her.

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Subject: Re: Music as a study aid?

Posted by [timron](#) on Wed, 12 Dec 2012 18:24:31 GMT

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When I was in school, I had a science teacher that always played classical music for us during tests. She said she'd read somewhere that listening to classical music while you're studying or taking a test makes you do better. I don't know if that's true or not, but it was kind of relaxing, regardless.

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Subject: Re: Music as a study aid?

Posted by [Kingfish](#) on Wed, 12 Dec 2012 20:20:49 GMT

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There is something about classical music that helps you concentrate. You don't have to listen intently for it to effect you and it does relax you.

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Subject: Re: Music as a study aid?

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Posted by [Nisha](#) on Thu, 04 Jul 2013 13:53:35 GMT

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There is music specifically 'designed' to facilitate learning. It usually works best with headphones as it stimulates certain areas of the brain. For me, I learn the same with or without music. When I really concentrate, all noise and sounds are blocked out.

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Subject: Re: Music as a study aid?

Posted by [Nymeria](#) on Fri, 12 Jul 2013 12:33:38 GMT

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I tend to concentrate better when music is playing, particularly if there are no lyrics. If there is no music, I find myself distracted by the general silence.

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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.

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Subject: Re: Music as a study aid?

Posted by [roxxi](#) on Sat, 20 Jul 2013 18:19:55 GMT

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I can study with music on but I can't concentrate if the TV is on (even if it is a music station). I think I tune out the noise but not the picture. I know everyone is different though.

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Subject: Re: Music as a study aid?

Posted by [The Mother](#) on Sun, 21 Jul 2013 16:51:38 GMT

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I cannot tune music out, unless it's really bad music. I have trouble concentrating on conversations if the music is good. In fact my husband said that one of the first things that made him notice me. He said in a group of friends talking, I just seemed to occasionally check out until a song ended. I try harder in one-to-one conversations.

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Subject: Re: Music as a study aid?  
Posted by [RustyC](#) on Sun, 21 Jul 2013 16:55:30 GMT  
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The ability could change as you age, I suppose. I used to swear that I couldn't study without music. Now, I can't study at all!

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Subject: Re: Music as a study aid?  
Posted by [The Mother](#) on Tue, 23 Jul 2013 02:42:43 GMT  
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What I heard as a college student years ago is that if you are studying for a test you should study in the same conditions as you will take the real test.

If you've had a lot of coffee studying, you should go to the test well caffeinated. If you know you'll be taking the test in the room with a noisy fluorescent light, you should study with similar noise.

Since very few teachers play music during tests, or allow things like iPods, I think music would not be a good study aid.

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