12. Sınıf İngilizce Okuma Metni: Music and the Brain

WORKSHEET

Ünite/Tema: Music · Seviye B2 · 287 kelime · dersimizingilizce.com

Name: _____ Class: _____ Date: _____

A Read the text and choose

Read the text. Then choose the best answer. *(Metni okuyun ve her soru için en uygun seçeneği işaretleyin.)*

Why does a particular song give you goosebumps, while another makes you want to dance? Scientists have been asking similar questions for decades, and brain-imaging technology has finally allowed them to look for answers. What they have found is that music is one of the few activities that involves almost the entire brain at once.

When we listen to music, areas responsible for hearing process the sounds, but that is only the beginning. Regions linked to movement become active, which may explain why we tap our feet without thinking. Areas connected to memory are activated too, which is why a song can suddenly bring back a holiday or a friend from years ago. Most interestingly, music we love triggers the release of dopamine, a chemical associated with pleasure and reward. Researchers have shown that dopamine is released not only at the emotional peak of a song but also in the moments just before it, as the brain anticipates what is coming.

Learning to play an instrument seems to have additional effects. Musicians must read notes, coordinate both hands, listen carefully and control their emotions, often all at the same time. Several studies have found differences in the brains of people who began musical training in childhood, for example in areas involved in hearing and movement. Some research also suggests links between musical training and skills such as language processing, although scientists warn that this does not mean music lessons will automatically make children better at maths or reading.

Music is also being used in medicine. Music therapists work with patients recovering from strokes, people with dementia and children with developmental difficulties. For many of these patients, familiar songs can reach memories and emotions that words alone cannot.

1. What has brain-imaging technology shown about music?

a) It uses only one small part of the brain.
b) It involves almost the entire brain.
c) It is processed only by memory areas.
d) It has no effect on the brain.
e) It slows down the brain.

2. Why might a song bring back memories of a holiday?

a) Because areas connected to memory are activated

b) Because dopamine stops working

c) Because songs are always about holidays

d) Because hearing areas switch off

e) Because we tap our feet

3. According to the text, when is dopamine released?

a) Only after the song ends

b) Only when we dance

c) Only when we play an instrument

d) Both at the emotional peak and just before it

e) Only when we hear new songs

4. What do scientists warn about musical training?

a) It damages hearing.

b) It is only useful for adults.

c) It does not automatically improve maths or reading.

d) It should start after age twenty.

e) It makes children less creative.

5. Who do music therapists work with, according to the text?

a) Only professional musicians

b) Patients recovering from strokes and people with dementia

c) Only teenagers

d) Sports teams

e) Music teachers

B Vocabulary

Match the words from the text with their Turkish meanings. *(Metindeki kelimeleri Türkçe anlamlarıyla eşleştirin.)*

1. goosebumps	a) eşgüdümlemek, uyum içinde kullanmak
2. trigger	b) tüylerin diken diken olması
3. reward	c) ödül
4. anticipate	d) iyileşmek
5. coordinate	e) tetiklemek
6. recover	f) beklemek, önceden sezmek

C Complete the sentences

Complete the sentences from the text. Use the words in the box. *(Metindeki cümleleri kutudaki kelimelerle tamamlayın.)*

cannot • coordinate • movement • must • release • silence

1. Regions linked to _____ become active.
2. Music we love triggers the _____ of dopamine.
3. Musicians must read notes, _____ both hands, listen carefully and control their emotions.
4. Familiar songs can reach memories and emotions that words alone _____ .

D Your turn

Write a short answer based on the text. *(Metne dayanarak kısa bir cevap yazın.)*

1. Describe a song or piece of music that has a strong effect on you. Use ideas from the text to explain why.