

Music and Its Effect on Brain

Discussion

How are you doing?

It's a busy day.

It's a busy day for me too.

What did you do before this lesson?

I had some emergency work to do.

I had to do some housework.

What is your job?

I work from home. I am purchaser.

What do you buy?

I often buy some spare part of glass edging machine.

Do you have any hobbies?

Yes, I do. I have some hobbies like swimming and running.

Taking your son to a park is a sparetime activity.

What styles of swimming can you use?

I can only use breaststroke style.

Why do you want to improve your English?

I like traveling, when I was a child I wanted to travel all over the world.

I became a mother, I have a son. He is 3 years old, I want to learn English and set a good example for him.

Why did you choose this topic?

These days booking classes is very difficult.

I often skip the topic class, and just choose the teacher.

Do you listen to music?

No, I don't.

Why not?

I only like listening to music when I feel sad. I can listen some music that can make me happy.

Do you believe that music can influence our brain?

Yes, I do.

There is a difference from our mood or feeling, and the brain.

Does music influence the development of our brain?

Yes, it does.

Do you play music to your boy?

No, I don't.

Vocabulary

Medicine or pill - take

Remember to use word “take” with a medicine.

I eat a medicine.(wrong)

I take a medicine.(correct)

New words

1. alleviate(verb):to reduce effects of something, usually of something negative.
e.g. Take a pill to alleviate the pain.
2. memory loss(noun):loss of the memory.
3. epilepsy(noun):a disorder that causes seizures(loss of the ability to control muscles and behavior.)
4. enhance(verb):improve, make something better.
5. hormone(noun):substance in our body that has very important function.
e.g. dopamine(one of hormones of happiness), melatonin(hormone of sleep)
6. trigger(verb, noun):to start something, to initiate. e.g. His behavior triggers my anger. :something that starts or initiates something else.

Useful words

1. demonstrate(verb):to show something by an example.
2. trial(noun):a process of examining something scientifically. e.g. This new medicine needs to go through a lot of trials before it becomes available to public.
3. IV(acronym):intravenously:a device that is used to insert a medicine or any kind of fluid directly in one's blood.
4. fibromyalgia(noun):a disorder that causes pain in the entire body, insomnia, and mental and physical pressure.
5. opioid(noun):substance, something that can affect one's mental condition, behavior, or mood.
6. insomnia(noun):disability to fall asleep.
7. traumatic(adj.):something that causes trauma(very bad experience), something that is related to bad experience.

Swimming styles

There are four olympic swimming styles:

1. breaststroke(looks like a frog)
2. backstroke(swimming backwards)
3. freestyle(the fastest one)
4. butterfly(the most difficult one)

Grammar

Past simple tense

This tense is used for things that started and ended in the past.

I worked as a teacher.(It was true in past but not anymore, it means that I don't teach anymore).

Past Tense

We use past tense frequently in our everyday conversation so when you talk about things you did and things that happened use past tense.

Pronunciation

Intonation question

When you raise the intonation at the end of the word or sentence, you change a statement into a question.

It's a busy day.

It's a busy day?

OK.

OK?

Pronunciation

Words to work on

1. trial(noun)
2. role(noun):the function, the purpose.
3. trigger(noun, verb)
4. opioid(noun)
5. alleviate(verb)
6. while(conjunction)
7. fascinating(adj.):impressive, something that amazes people, causes amazement.
8. probe(verb):to examine something carefully.
9. significantly(adv.):in a very meaningful, important, and strong way.