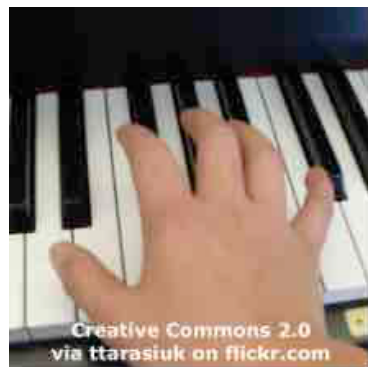


## Energy levels of songs affect memories

28th August 2025



A new study has found that the energy levels of music affect what we remember. Two researchers from Goldsmiths, University of London looked into what kinds of memories people had after listening to different types of music. Music

psychologist Safiyyah Nawaz and neuroscientist Dr Diana Omigie investigated how the tempo and mood of songs affected what people remembered about their life. The researchers found that high-energy music made people remember funny and happy events from their past. In contrast, slower and acoustic music brought back memories of calmness and sadness. It even made people recall romantic experiences.

The researchers asked 233 people about the sorts of memories they had after listening to music. The people listened to popular songs from their childhood and early adulthood. Dr Omigie said the feelings people had for music affected their memories. She said: "It's not just the musical features that influence memory, but also how much a person likes a song." Ms Nawaz said: "Acoustic songs were associated with memories that were more vivid, unique, and characterized by complex emotions like romance." She added that energetic songs were linked to "social, exciting, high-energy memories". The research will be put into a database of musical memories on the website [memoryrecords.xyz](http://memoryrecords.xyz).

Sources: [eurekalert.org](http://eurekalert.org) / [cosmosmagazine.com](http://cosmosmagazine.com) / [earth.com](http://earth.com)

## Writing

Music is more important than books and exercise. Discuss.

## Chat

Talk about these words from the article.

study / energy levels / memories / music / tempo / mood / happy events / acoustic / researchers / popular songs / childhood / adulthood / emotions / romance / website

## True / False

- 1) Researchers say music helps us remember when we were babies. T / F
- 2) A psychiatrist was one of the researchers who conducted the study. T / F
- 3) High energy music was most associated with unhappy memories. T / F
- 4) The researchers said acoustic music brought back romantic memories. T / F
- 5) Thousands of people answered questions about music and memories. T / F
- 6) People listened to songs that were popular in their childhood. T / F
- 7) How much people liked a song affected what they remembered. T / F
- 8) The research is going to be published in a book of memories. T / F

## Synonym Match

(The words in **bold** are from the news article.)

- |                           |                  |
|---------------------------|------------------|
| 1. <b>found</b>           | a. effect        |
| 2. <b>different</b>       | b. beat          |
| 3. <b>tempo</b>           | c. linked to     |
| 4. <b>past</b>            | d. various       |
| 5. <b>recall</b>          | e. complicated   |
| 6. <b>popular</b>         | f. life          |
| 7. <b>influence</b>       | g. discovered    |
| 8. <b>associated with</b> | h. well liked    |
| 9. <b>complex</b>         | i. recollections |
| 10. <b>memories</b>       | j. remember      |

## Discussion – Student A

- a) Why do people like music?
- b) How important is music to you?
- c) What kinds of music do you like and dislike?
- d) What memories do you have when you listen to music?
- e) How does music change the way you feel?
- f) What do you think of up-tempo of downtempo music?
- g) What do you think of acoustic music?
- h) What music brings back memories of romantic experiences?

## Phrase Match

- |  |                         |
|--|-------------------------|
| 1. what kinds of memories                    | a. from their past      |
| 2. the tempo and                             | b. romantic experiences |
| 3. people remember funny and happy events    | c. of musical memories  |
| 4. acoustic                                  | d. early adulthood      |
| 5. It even made people recall                | e. mood of songs        |
| 6. popular songs from their childhood and    | f. likes a song         |
| 7. It's not just the musical features that   | g. music                |
| 8. how much a person                         | h. emotions             |
| 9. characterized by complex                  | i. people had           |
| 10. The research will be put into a database | j. influence memory     |

## Discussion – Student B

- What do you think about what you read?
- What does your favourite song make you remember?
- What songs did you like when you were a child?
- How have your musical tastes changed?
- Why do you like your favourite song?
- Why do we all have a different favourite song?
- What would life be like without music?
- What questions would you like to ask the researchers?

## Spelling

- Music sohsyploitgc
- Dr Diana Omigie ntdgaeviiset how
- the tpome and mood of songs
- In atrntcso
- ocatcsui music
- made people celral romantic experiences
- people listened to aoplrrpu songs
- from their childhood and early touodahld
- It's not just the musical arufseet
- fcenienlu memory
- songs were tasodacies with memories
- cxlempo emotions like romance

### Answers – Synonym Match

1. g	2. d	3. b	4. f	5. j
6. h	7. a	8. c	9. e	10. i

## Comprehension Questions

Listen to / read the news article. Answer these questions.  
(Answers are on p. 27 of the 27-page PDF.)

1.	How many researchers conducted the study in the article?
2.	What kind of researcher is Safiyyah Nawaz?
3.	What kind of music made people remember happy events?
4.	What did acoustic music bring back memories of besides calmness?
5.	What experiences did acoustic music make people think of?
6.	How many people answered questions about music and memories?
7.	How far back were the songs that people listened to?
8.	What "complex emotion" did a researcher mention?
9.	What kinds of songs led to exciting memories?
10.	Where will the research be made available?

## Speaking – Music Genres

Rank these with your partner. Put the best music genres at the top. Change partners often and share your rankings.

- |             |           |
|-------------|-----------|
| • Classical | • Rap     |
| • Country   | • Rock    |
| • Pop       | • Electro |
| • Folk      | • Jazz    |

### Answers – True False

1	F	2	F	3	F	4	T	5	F	6	T	7	T	8	F
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Answers to Phrase Match and Spelling are in the text.