

## Unit 3: The Mozart Effect

**Narrator:** This is Dr. Jim Coan, a psychologist from the University of Virginia. He's doing an experiment to test the Mozart Effect. He is trying to find out if listening to classical music really makes you smarter. First, Jim tests people's IQ using some word puzzles. Here's the first puzzle.

**Dr. Jim Coan:** 12 MOTY. What do you think that might mean?

**Participant:** I don't know.

**Participant:** I don't know.

**Narrator:** Do you know what 12 MOTY means?

**Dr. Jim Coan:** Let's have a look. 12 months of the year.

**Participant:** I knew that one, I just didn't get it.

**Dr. Jim Coan:** OK, so let's try another one. 7 WOTW.

**Participant:** Hmm. 7 weeks of the year?

**Narrator:** 7 WOTW. What do you think this stands for?

**Dr. Jim Coan:** 7 wonders of the world.

**Participant:** Oh.

**Participant:** Oh, man. This is messing me up, man!

**Narrator:** The people in Jim's test aren't doing so well. But next, Jim wants to find out if listening to classical music can improve people's ability to figure out the answers to his puzzles. So, we're going to play some Mozart to see if the music can raise people's IQ. Now that they've listened to classical music, will the people in the experiment do better? Try this puzzle: 24 HIAD. What do you think it means?

**Dr. Jim Coan:** 24 HIAD.

**Participant:** 24 hours in a day.

**Participant:** Think I got this one, 24 hours in a day.

**Participant:** 24 hours in a day.

**Dr. Jim Coan:** Yes, that's exactly right. There you go, good.

**Narrator:** Did you get this answer too? If so, well done. Let's try another one. 18 HOAGC. Do you know the answer?

**Dr. Jim Coan:** 18 HOAGC.

**Participant:** 18 hours on a geometric clock?

**Participant:** 18 holes on a golf course.

**Dr. Jim Coan:** That's it!

**Participant:** 18 holes on a golf course.

**Participant:** Hah, man! I'm smart!

**Narrator:** Were you able to figure out the answer? Most of the people in Jim's experiment seem to do better after listening to Mozart for just a short while. Does this mean that listening to classical music does make you smarter? What about other kinds of music, like rock music? After doing more tests, Jim found that music—any kind of music—can help improve people's focus, reasoning abilities, and even creative skills.

**Dr. Jim Coan:** The Mozart Effect is a misconception, because it doesn't matter what music you listen to, as long as you like it.

**Narrator:** In other words, it's your enjoyment of the music that your brain reacts to, not the music itself.