

# Speech outline

Literature



**ASSIGN  
BUSTER**

Thesis Statement: If people knew the beneficial effects of music it may help them succeed. Body: I. How does listening to music help you succeed? A. Depending on the type of music you listen to it could help improve your mood. It can bring a "more positive mind set", which helps with the reduction of stress, which essentially can improve your immune system. Transition: How music can decrease stress "Listening to music can have a tremendously relaxing effect on our minds and bodies..."

Music can have a beneficial effect on our physiological functions, slowing the pulse and heart rate, lowering blood pressure, and decreasing the levels of stress hormones. "according to Psych Central. B. It is said that classical music is what you should listen to but researchers say that you can listen to any music for a stress reliever. "We think the pleasant state that can be induced by music leads to special physiological changes which eventually lead to stress reduction or direct immune enhancement. Said Dry. Irony En, Dry. En lead recent research about music's effect on the immune system. I. So, if you're feeling stressed listen to your favorite music. Transition: Reducing stress will help you from getting sick. L. Stress hormones are likely to leave the body and Mucilaginous A is increased when listening to music A. "Scientists found that after volunteers had listened to just 50 minutes of uplifted dance music, the levels of antibodies in their bodies increased.

They also found that stress hormone levels, which can weaken the immune system, decreased after being exposed to the music. The scientists tested 300 people, asking them to listen to the dance music or to a random collection of tones. "Transition: Music will help you remember stuff. Music can help you remember important things, and help you study for a test It has

been said, " Research has shown that music with a strong beat can stir elate brain waves to resonate in sync with the beat, with faster beats bringing sharper concentration and more alert thin inning".

II. At the University of California at Irvine researchers had students study for a et SST without listening to music and then take the test. Then had students study for another test while listening to music c, they then took the test the second time. The outcome was that when the students listened to music the test scores we re higher from when they studied without music. After this study they began to name this the " Mozart Effect". Psych Cent trial.

Conclusion: People should listen to music if they are feeling sick, stressed out, or want to f Ochs on something.