

Before you start at The Sixth Form in September you are required to complete the following tasks to increase your curiosity about the subject and prepare you for your first lessons in Music.

WATCH THIS

1. How Music Affects Your Brain – TED-Ed

Discover the science behind why music makes us feel, move, and remember. It's a short animation that explains how music connects to our emotions, memory, and more.

 <https://www.youtube.com/watch?v=R0JKCYZ8hng>

2. Tiny Desk Concert – Anderson .Paak & The Free Nationals (NPR Music)

A live, stripped-back performance from one of today's most exciting genre-blending musicians.

 https://www.youtube.com/watch?v=ferZnZ0_rSM

READ THIS

1. "How Music Affects Your Brain" – TIME

Explores how music triggers emotions, releases dopamine, and supports mental well-being.

 <https://time.com/6275519/how-music-affects-your-brain/?utm>

2. "The Power of Music: How It Can Benefit Health" – Johns Hopkins Medicine

Find out how music impacts memory and overall wellbeing - especially relevant to music creators.

 <https://www.hopkinsmedicine.org/health/wellness-and-prevention/keep-your-brain-young-with-music>

LISTEN TO THIS

1. Song Exploder – Podcast Episode: Billie Eilish – "everything I wanted"

Hear Billie and Finneas explain how one of her most haunting tracks came together.

 <https://songexploder.net/billie-eilish>

2. BBC Radio 1 Live Lounge – Various Artists

Hear chart-topping artists rework their own songs and creatively cover others in a live studio setting.

 <https://www.bbc.co.uk/programmes/b006wq4s/episodes/player>

Optional Reflective Prompt (Just for You!)

As you go through these, ask yourself:

- What surprised you?
- What inspired you?
- What kind of musician or music professional might you want to be?

**Good luck and we look forward to hearing about your discoveries
when you start your course**