

**Exercise 3**

Read the article by a music teacher about learning to play a musical instrument, and then complete the notes.

Let's play a musical instrument!

Are you a young person who's thinking of taking up a new hobby? If so, there are many options available and the one that I'd like to discuss today is playing a musical instrument.

The most popular instruments are the guitar, keyboards and drums, but you may not want to play any of these instruments, and that is fine. It's generally wise to choose an instrument that you love, as no one wants to spend time doing something that they find boring. Some people ask which instrument is the easiest to learn, but although some could be easier to learn than others, it depends on the person, so it's difficult for me to give you any recommendations about this.

If possible, try out a few instruments before you make your final decision about what to take up. For some of you, it might be a straightforward choice – perhaps because you're influenced by a musician you admire. For others, it could take some time to make up your mind. Once you do make a choice and get started, you could discover that you feel relaxed. That was certainly the case for me when I began playing the piano.

Teenagers have different reasons for taking up this hobby. Some think it adds a creative element to their academic record, for example. Creative subjects or activities can require a considerable amount of time, and learning to play an instrument is no different. But if you want to make quick progress, you should practise every day. Some people may think that this adds to an already busy schedule with school and part-time jobs. If you want to play, though, you'll manage to fit it in.

Some musicians are self-taught and others have learned from having formal lessons. I'd say that it's always desirable to learn from someone who already plays well. Lessons can be expensive but that's not always the case. However you choose to learn, when you successfully play something well for the first time, you will get a wonderful sense of achievement, and this will make all your hard work worthwhile.

Scientists have carried out a lot of research which has found a connection between playing an instrument and an improvement in memory, which I'm sure many of you would find really useful! Of course, there's no guarantee that this will actually happen, so it shouldn't be the only reason for anyone to take up this hobby. However, teachers like myself often notice that once students do so, they find that it's easier to learn maths.

Now that you have read about some of the possible benefits of playing a musical instrument, you can decide whether it's the right hobby for you!



Question 8

Benefits of playing a musical instrument:

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