

April – June 2023

MUSIC

SOUND

MAGAZINE

MUSIC AND PRODUCTIVITY

How learning an instrument can
improve your productivity and
work/life balance.

SIGHT READING TIPS How to take the sting out of learning to read music

MIXOLOGY How to start the process of mixing your music with minimal fuss

MUSICAL HIGHLIGHTS The events to watch out for in the coming weeks

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FROM THE EDITOR

In a world where digital media reigns supreme, it's easy to forget the simple pleasure of holding a physical item in your hands. That's why we're excited to announce the launch of our quarterly music magazine.

We wanted to create something that was more than just pixels on a screen, but rather something tactile, tangible and that you could take with you wherever you go. Our magazine is designed to focus on music not just as a hobby, but as a lifestyle. We believe that music is more than just sound waves; it's a way of life that connects people across the globe. But of course it's available online as well at our amazing website.

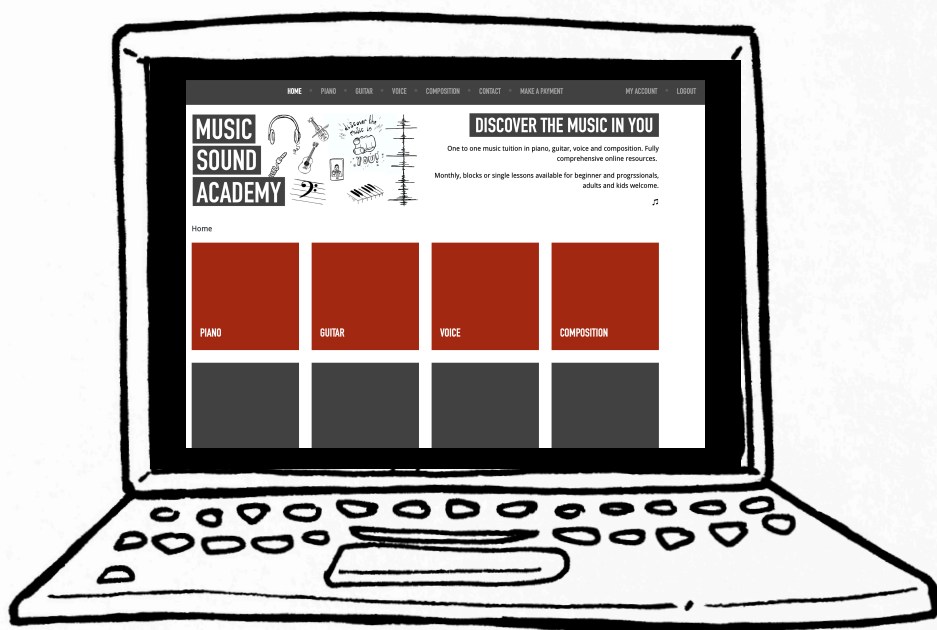
We don't want this to be just our vision. We want our readers to shape the direction of the magazine as it evolves over time. We encourage you to give us feedback on what you'd like to see more of or less of in the magazine. We want this to be a collaborative effort, where the passion and enthusiasm of music lovers around the world can come together in one physical space.

So, whether you're a seasoned music aficionado or a casual listener, we hope that you'll find something to enjoy in our magazine. Join us as we celebrate the power of music to bring people together and enrich our lives.

Rob

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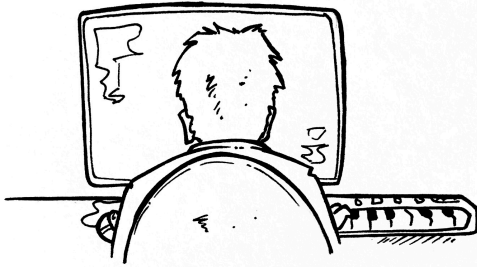
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MUSIC AND PRODUCTIVITY

Can music really make you more productive at work? We explore the idea.



Music has been a part of human culture for centuries, and it's not hard to see why. There is something inherently captivating and inspiring about music that has drawn people to it throughout the ages. But music is not just an art form to be enjoyed in one's free time; it can also have a profound impact on work productivity and efficiency.

Several studies have shown that learning music and playing a musical instrument can have a positive impact on overall work productivity. For example, a study conducted by the University of Helsinki found that musicians had a better working memory and were able to complete tasks faster and with greater accuracy than non-musicians. Additionally, a study

conducted by the University of Texas found that listening to music can improve mood, reduce stress, and increase focus, all of which can contribute to improved work performance.

But the benefits of learning music extend far beyond just improving work productivity. Learning a musical instrument can also contribute to a better work-life balance. The process of learning an instrument requires discipline, patience, and dedication, all of which are valuable skills that can be applied to one's work and personal life. Additionally, playing an instrument can serve as a form of stress relief and a way to unwind after a long day at work.

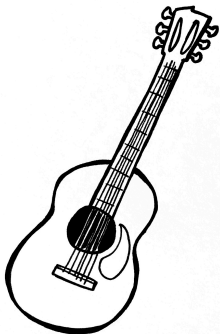
Moreover, learning music and playing an instrument can also provide a sense of accomplishment and boost one's confidence. As one improves their skills on an instrument, they gain a sense of mastery and accomplishment that can spill over into other areas of their life, including their work. This increased confidence can lead to greater success and productivity in the workplace.

It's important to note that the benefits of learning music are not

limited to just a specific group of people. Anyone can learn to play an instrument, regardless of age or musical background. In fact, some studies suggest that learning an instrument later in life can have even greater benefits, such as improved cognitive function and memory retention.

Learning music and playing an instrument can have a significant impact on work productivity and efficiency, as well as overall work-life balance. The benefits of learning music extend beyond just the realm of music, providing valuable skills and a sense of accomplishment that can improve success in the workplace.

So why not pick up an instrument and start learning today? Your work and personal life may just thank you for it.



FURTHER READING

"Musicians have enhanced subcortical auditory and audiovisual processing of speech and music" Nina Kraus et al., published in the Journal of Neuroscience in 2014.

"Stress-reducing effects of music listening are partly mediated by decreasing arousal and increasing feelings of emotional safety" Julia Karbach and Daisy Fancourt, published in the Journal of Positive Psychology in 2021.

"Musical training and the ability to simultaneous tasks" E. Glenn Schellenberg and Sylvain Moreno, published in the Psychology of Music journal in 2018.

"The effects of music-making on occupational stress and well-being in a sample of working adults" Lila Shiffrin et al., published in the Journal of Occupational Health Psychology in 2019.

"The effects of high school music participation on student achievement and motivation" Christopher Johnson et al., published in the Journal of Research in Music Education in 2011.

LEARNER SPOTLIGHT

IN CONVERSATION WITH FINLAY

We had a chat with our learner, Finlay, to see what he thinks about learning the piano!



What kind of music do you like to listen to?

I like a range of genres. A lot electronic music (house, techno, ambient) hip hop, uk grime, piano covers, some indie stuff

What made you start music lessons?

I've always wanted to try something new like learning an instrument and thought it would be a good challenge. It's very hard but rewarding.

What's the most surprising aspect of learning that you've discovered since taking lessons?

I'm surprised that I can even learn at in my late 20s.

What's the most challenging part of learning music?

I find learning very hard! I think I'm a bit of slow learner but I don't really mind that. I find the theory side especially hard to get down.

How and when do you practice in the week?

I've played around with a few different times in the day, all have the benefits and draw backs. In the lighter months, I played in the morning before work. This was good as I got my practice in early but sometime I was a bit rushed and tired. Currently, I practice after work for around 30 minutes at night.

What positive benefits do you think that music has on you?

When you learn a new key or a new bit of song it's really rewarding! It makes me feel good that I've done something that i thought i never could.

What advice would you give to anyone thinking about taking music lessons?

My advice would be... don't be scared to start at any age. Don't compare yourself to others. No point in thinking you should be at a certain level after learning for X amount of time, everyone learns at a different pace. When practicing put the phone AWAY. 15-20 focused practice is far better than an hour of shattered unfocused learning.

Has your attitude to music changed since starting to learn it?

Yes - it makes you appreciate music a lot more and how hard it is play.

What kind of music do you like to play?

I absolutely love playing music that is very deep and sad. Chopin prelude still moves me - even after playing it a million times!



OUR PRACTICE TIPS

Practice Regularly

Consistent practice is crucial for making progress on the piano. Try to practice for at least 15 minutes every day, or as often as you can. Regular practice will help you build muscle memory and improve your overall playing skills.

Start with the Basics

Start with simple songs and exercises to help you get comfortable with the piano keys and basic finger movements. You can then gradually work your way up to more complex pieces as your skills improve.

Seek Feedback

Feedback from a teacher or experienced pianist can be incredibly valuable for improving your playing skills. Consider taking lessons or finding a mentor who can give you feedback on your playing. You can also record yourself playing and listen back to identify areas that need improvement.

Don't be afraid to make mistakes or ask for help - learning the piano is a process, and everyone starts at a different level.

TIPS AND RESOURCES

SIGHT READING

Sight reading music is a valuable skill for any musician, whether you're a beginner or a seasoned professional. It can be daunting to learn how to read music, but with the right approach, anyone can do it.

Here are some tips to get you started:

Start with the basics: Before diving into complex pieces, make sure you have a solid foundation in music theory. Learn the names of the notes on the staff, durations, and basic rhythms.

Practice regularly: Sight reading is a skill that improves with practice. Set aside time each day to practice sight reading exercises or songs.

Read ahead: Try to look ahead of the notes you are playing. This will give you time to anticipate what's coming next and make adjustments as needed.

Break it down: If you're struggling with a particular piece, break it down into smaller sections and practice them individually. Once you have mastered each section, put them together.

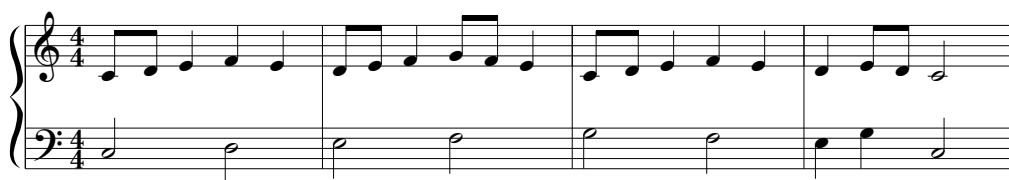
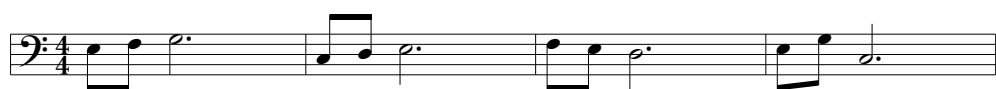
Use different types of music: Practice sight reading with different types of music, including classical, jazz, and pop. This will help you become comfortable with different styles and rhythms.

Don't stop if you make a mistake: Keep going even if you make a mistake. This will help you develop your ability to recover and stay on track.

Sight reading is a skill that takes time and practice to develop. Don't get discouraged if you don't see results right away. With patience and persistence, you can become a confident and proficient sight reader.

Why not try to play the bars on the next page in whatever instrument you are learning?

GIVE THESE A TRY!



THE BASICS OF MIXING

Mixing music is a complex process that requires a combination of technical skill and creativity. The equipment and software needed can be overwhelming, but once you have the basics down, you can create high-quality audio recordings that sound professional. With the right tools and practice, anyone can learn to mix music like a pro.

EQUIPMENT

Studio Monitors / Headphones:

Studio monitors are designed to deliver an accurate representation of the audio being played. They are ideal for mixing because they provide a flat frequency response, allowing you to hear every detail of your audio recording.

Digital Audio Workstation (DAW):

A DAW is a software program used to record, edit, and mix audio. Some popular DAWs are Ableton Live, Logic Pro, Pro Tools, and FL Studio. These programs allow you to import audio files, add effects, EQ, and manipulate audio tracks to create your desired sound.

Audio Interface: An audio interface is a device that connects your computer to the studio monitors or headphones. It provides high-quality audio inputs and outputs, ensuring

that the audio signal is clean and clear.

Microphone: A microphone is essential for recording vocals and other live instruments. A good microphone will capture the sound accurately, providing a clear recording that can be edited and mixed later.

Cables: High-quality cables are essential to ensure that the audio signal remains clear and consistent.

SOFTWARE

EQ: EQ stands for equalisation. It is a tool used to adjust the balance between the frequencies of the audio signal. EQ can be used to enhance certain frequencies or reduce unwanted noise.

Compression: Compression is used to control the dynamic range of the audio signal. It reduces the volume of the loudest parts of the signal, allowing you to increase the overall volume of the track without clipping or distortion.

Reverb: Reverb is an effect used to simulate the sound of a room. It can be used to add depth and space to a recording.

Delay: Delay is an effect that repeats the audio signal after a specified time. It can be used to create echoes or add rhythmic elements to a track.

Limiter: A limiter is a tool used to prevent clipping or distortion. It limits the maximum volume of the audio signal, ensuring that it does not exceed a certain level.

EXAMPLE WORKFLOW

Set Levels: Adjust the levels of each track to ensure that they are all balanced and sit well together. Use the volume faders to make sure that no track is too loud or too quiet.

EQ: Use EQ to adjust the frequencies of each track. Start by cutting any frequencies that are muddying up the mix, then boost the frequencies that make each instrument or vocal sound its best.

Compression: Apply compression to each track to even out the dynamics of the performance. Use a light touch to avoid over-compressing and losing the natural feel of the performance.

Reverb: Add reverb to the vocals and any instruments that need to

sound like they're in a space. Use a reverb with a shorter decay time for a more intimate sound or a longer decay time for a more open feel.

Stereo Imaging: Adjust the stereo image of each track to make the mix sound wider and more spacious. Pan tracks left and right to create a sense of space, or use stereo imaging plugins to widen the stereo image of a track.

Final Touches: Listen to the mix as a whole and make any final adjustments as needed. Make sure that everything sits well together and that there are no harsh frequencies or any other issues.

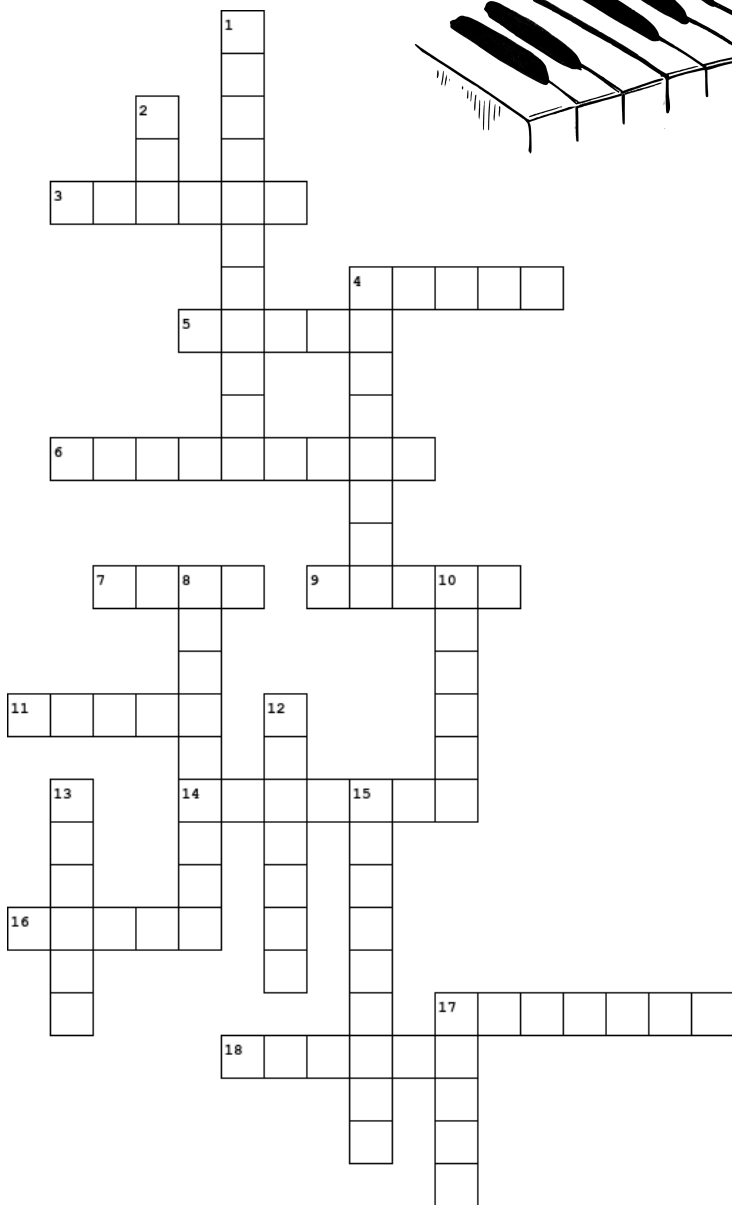
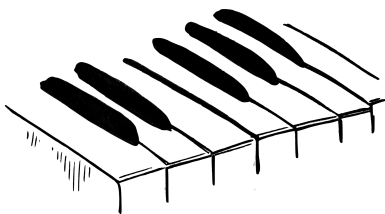
Export: Finally, export the mix as a high-quality WAV or MP3 file. Check the mix in different playback systems to make sure that it sounds good on different devices.

Remember to trust your ears and take breaks to avoid ear fatigue while mixing.



GAMES

CROSSWORD



ACROSS

3. The pattern of beats in a piece of music
4. A group of three or more musical notes played together
5. A keyboard instrument with 88 keys that produce sound by striking strings with hammers
6. A portable, box-shaped instrument with a keyboard and buttons that produce sound by air passing over reeds
7. The lowest sounding instrument in a group, often played with a large, hollow body and four strings
9. Percussion instruments played by striking with sticks or hands
11. The speed at which a piece of music is played
14. The combination of different musical notes played at the same time
16. A woodwind instrument with a high, clear sound produced by blowing across a hole
17. A brass instrument played by blowing into a mouthpiece and pressing valves
18. A stringed instrument with a long neck and six strings

DOWN

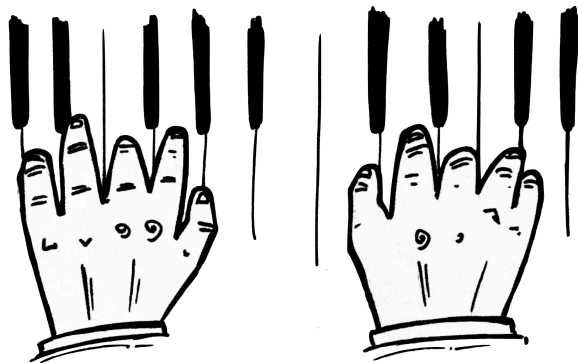
1. An electronic instrument that produces a variety of sounds and can simulate other instruments
2. A lever on a musical instrument used to produce a note
4. Someone who writes music
8. A woodwind instrument with a curved metal body and a single reed mouthpiece
10. The tune of a song or piece of music
12. The group of instruments in an orchestra that produce sound by vibrating strings
13. A stringed instrument played with a bow, consisting of four strings tuned in fifths
15. A large group of musicians playing together, often featuring strings, woodwinds, brass, and percussion
17. A musical ornament consisting of rapid alternation between two notes.

GAMES

WORD SEARCH

O	M	E	E	L	E	L	E	K	U	S	P	E	C
C	H	O	K	A	T	P	I	A	N	O	B	E	R
D	A	L	L	A	B	R	E	M	T	N	E	C	O
C	O	R	S	I	N	G	E	R	I	A	E	K	T
F	H	U	G	O	T	E	V	B	N	T	T	E	C
C	R	O	R	O	C	K	A	F	L	A	H	Y	H
R	E	H	P	O	O	M	T	E	O	E	O	E	E
O	K	L	Y	I	O	M	C	L	L	O	V	F	T
N	U	A	L	T	N	B	O	C	C	A	E	R	Z
I	M	Y	B	O	H	E	A	H	T	I	N	S	S
M	I	N	I	M	M	M	C	S	S	Y	B	T	I
R	O	G	U	I	T	A	R	I	S	A	T	T	L
R	S	S	S	Y	N	C	O	P	A	T	I	O	N
A	E	P	S	E	M	I	Q	U	A	V	E	R	L

OCTAVE
 STAVE
 KEY
 SYNCOPATION
 TREBLE
 MINOR
 UKELELE
 CELLO
 MINIM
 ROCK
 SEMIQUAVER
 LISZT
 CROTCHET
 BALLAD
 FOLK
 BEETHOVEN
 GUITAR
 CHOPIN
 CLEF
 PIANO
 RHYTHM
 SINGER
 SONATA
 BASS



can I learn music



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AND SIGN UP**

USEFUL DATES

EUROVISION

Saturday 13th May 2023

GLASTONBURY FESTIVAL

Wed 21 - Sun 25 June 2023

PARKLIFE

Sat 10 - Sun 11 June 2023

ISLE OF WIGHT FESTIVAL

Thur 15 - Sun 18 June 2023

OUR 2023 LESSON BREAKS

Mar 24 - Apr 8 (*Spring Break*)

May 12 - 20 (*Spring Half Term*)

Jun 23 - Jul 8 (*Summer Break*)

Aug 11-19 (*Summer Half Term*)

Sep 22 - Oct 7 (*Autumn Break*)

Nov 10-18 (*Autumn Half Term*)

Dec 22 - Jan 6 (*Winter Break*)

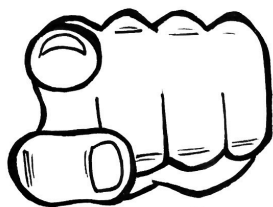
MIGHTY HOOPA

Sat 3 - Sun 4 June 2023

THE GREAT ESCAPE FESTIVAL

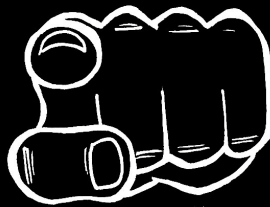
Wed 10 - Sat 13 May 2023

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