

## **The Effects Of Music On the Testing Effect**

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Music is a vital component of many people's lives, whether it be routine listening in the morning while getting ready for the day, driving to work with the speakers on, or listening to music while studying and completing homework for school. As a society, we have made music an integral part of our lives without taking into consideration whether it positively or negatively affects the functioning of our brains, and specifically our memory. This can entail whether students are studying in the most efficient way possible for their exams and classwork. Divided attention has been found to disrupt memory encoding but has much less of an impact on the *testing effect* – the difference in recall following retrieval as compared to restudy. Since students continuously encounter distractions in their day-to-day lives, it is vital to assess how these distractions, including music, affect their studying habits and final outcomes. Participants studied random word pairs in phase 1, restudied and retrieved the word pairs in phase 2 under full attention (FA) and divided attention (DA), and took a final exam immediately after to assess and confirm the testing effect as well as the interaction between the two. The results confirm that the testing effect did indeed occur even with the distractor of music used in phase 2; however, music did not interact significantly with the testing effect.

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