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## How Does Music Exposure Impact Cognitive Performance

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## **How Does Music Exposure Impact Cognitive Performance**

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Research has shown that background music can have mixed effects on cognitive performance. Many students listen to music while studying and completing school work. However, is music an effective way to promote cognitive performance while performing tasks? The purpose of the current study is to use an experimental paradigm to explore two factors: (1) background sound (music vs. silence) and (2) cognitive load (time pressure vs. no time pressure). Using a within subject design, undergraduates will perform a series of reasoning problems with music and no music as background conditions during individual Zoom meetings. We will look at reasoning task performance under these conditions. We hypothesize that background music will hinder task performance in comparison to silence, especially when questions are timed. The results from the study will provide insight as to whether music can enhance or hinder a student's cognitive performance in challenging and unchallenging contexts.