

I'm only seeing bands I loved when I was 14. Am I in a musical rut – or is this growing up?

Level 3: Advanced – Teacher's notes

Article summary: The article describes how the author's musical tastes have remained the same over 20 years and discusses whether our interest in new music stops when we reach the age of 30.

Time: 45–60 minutes

Skills: Reading, Speaking

Language focus: Vocabulary

Materials needed: One copy of the worksheet per student

1. Warmer

- a. This activity aims to get students thinking about some well-known bands and solo musicians of different eras. You could expand the activity to ask students to suggest other names for each period, for example, Taylor Swift (the 2000s). Note that while we say *nineteen-nineties* for 1990s and *twenty-tens* for 2010s, etc., we say *noughties* for the 2000s.

Key:

1. c
2. f
3. b
4. a
5. d
6. e

2. Key words

- a. Ask students to do the exercise individually and compare their answers in pairs or small groups. Note that a *gig* is not normally used for performances other than those of rock or pop music. If people have feelings of *nostalgia*, they usually think about a past period with the impression that their life was better then. A *rut* is literally the groove made by a vehicle on a muddy track. If you are *in a rut*, the idea, idiomatically, is that you can't get out.

Key:

- | | |
|---------------------|--------------------------|
| 1. <i>gig</i> | 7. <i>evoke</i> |
| 2. <i>weird</i> | 8. <i>high</i> |
| 3. <i>Nostalgia</i> | 9. <i>intoxicating</i> |
| 4. <i>rut</i> | 10. <i>intertwined</i> |
| 5. <i>stagnate</i> | 11. <i>catastrophise</i> |
| 6. <i>evolve</i> | 12. <i>Heritage</i> |

3. Comprehension check

- a. The answers given are only suggested answers, and students may correctly answer the questions in different ways, e.g., in item 5 they may say, "discovering a new favourite song" or similar.

Key:

1. *the fact that recently she had only seen bands she loved when she was 14 years old*
2. *nostalgia*
3. *14 for men and 13 for women*
4. *The reward centre in our brain is flooded with dopamine and serotonin, amongst other chemicals.*
5. *discovering new bands*
6. *twenty-four*
7. *when you reach the age of thirty*
8. *because they are too busy with work and children*

4. Key language

- a. Students could be asked to do this exercise individually and then compare their answers in pairs. The answers given are the phrases used in the text.

Key:

- | | |
|--------------|--------------------------|
| 1. <i>at</i> | a. <i>in a rut</i> |
| 2. <i>in</i> | b. <i>at that moment</i> |
| 3. <i>in</i> | c. <i>at play</i> |
| 4. <i>at</i> | d. <i>In other words</i> |

5. Discussion

- a. Allow students time to note down their ideas about each statement and encourage them to say why they agree or disagree with each one.

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6. In your own words

- a. The task could also be done as homework, and students could then present their reports to the class.