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Hello Music Educators, You are receiving this email because you are (or once were) a member of the Wicklow/Kildare branch of the PostPrimary Music Teachers' Association (PPMTA). Music and Theater Arts invites students to explore these disciplines as artistic practices and as cultural, intellectual, and personal avenues of inquiry and discovery. Students may pursue concentrations, minors, or majors in either Music or Theater Arts, as well as joint majors with Engineering or Science. Listening to music for relaxation is common among students to counter the effects of stress or anxiety while completing difficult academic tasks. Some studies supporting this technique have shown that background music promotes cognitive performance while other studies have shown that listening to ... Browse BBC radio programmes by category – such as comedy, documentaries, drama and more. Find a show to listen to on BBC Sounds. - Listening To Music (exploring The Arts)