



## The Examination

Carefully read Texts **A**, **B** and **C** and then answer the questions about the texts.

## Text A

You pick up this leaflet in the doctor's waiting room:

# HIGHFIELD HEALTH CENTRE: Music Therapy

Music has the power to move almost anyone emotionally. Most people can tell you their favourite song, usually one that cheers them up or calms them down. A piece of music can bring back memories or even spark new ones. Music therapy makes use of this common experience to help a range of people with emotional or physical difficulties.

### WHAT IS MUSIC THERAPY?

It is a complementary therapy used by trained therapists to help people overcome physical, emotional, social and intellectual problems in a safe and relaxed environment. It may involve listening to or playing music, singing or writing a song. No previous musical experience is required. If the therapist wants you to play an instrument, it will usually be a percussion instrument. You may wish to simply sit back and listen, or you can get up and move to the rhythm, or dance. Its aim is to improve the patients' well-being by helping them to express their feelings while reducing anxiety and encouraging relaxation.

### WHO CAN BENEFIT?

Music therapy can help children, teenagers, adults and the elderly. The main benefits are that:

- children can improve their language skills while developing creativity and play
- people with learning difficulties can develop communication skills and coordination
- people with brain injuries or neurological conditions can regain skills that have been lost
- those with autism learn to express themselves through music, reducing the frustration felt at not being able to use words
- the elderly, especially those with dementia, can feel less isolated through interaction with others and can regain memories previously forgotten
- people with mental health problems can learn how to cope with difficult situations and reduce stress



**“Music promotes growth and healing”**

### WHERE DOES MUSIC THERAPY TAKE PLACE?

A music therapist can work with an individual or a group of people. The therapy can take place in several settings, such as schools, care homes or hospitals.

### ARE THERE ANY DRAWBACKS?

While some people may experience anxiety when listening to certain types of music, stemming from bad memories or overstimulation, this can be easily avoided. Music therapy is not a cure, but it can help. Depending on the issues being addressed, it may slow down memory deterioration and improve the ability to cope by raising self-esteem and releasing emotion. However, it should not replace existing treatments or medication without a doctor's agreement.

**For more information, speak to your doctor or to our music therapist**

### GLOSSARY

<b>Complementary</b>	used in addition to/working alongside
<b>Dementia</b>	a condition that affects how the brain works, particularly the ability to remember, think and reason
<b>Percussion</b>	any instrument that is played by being struck, beaten or scraped

## Text B

You read the following on a job website:

# HIGHFIELD JOURNAL OF HEALTH AND WELL-BEING



Highfield Health Centre (HHC) is looking for a **music therapist** to join its growing team of therapists. The Highfield Health Centre is in the busy market town of Highfield and is experiencing an increasing demand for alternative therapies to support established medical treatments.

Applicants will be **fully qualified to post-graduate level (MA) with a first degree in music**, although those with a degree in education or psychology will be considered if they have a high level of musical ability. Newly qualified music therapists may apply, although some work experience is desirable. The interview process includes a written application, an interview and an audition.

### Responsibilities include:

- completing an initial assessment with the client and agreeing a therapy plan
- taking an active part in sessions by listening, singing and playing instruments
- encouraging the client to join in by playing an instrument (such as a drum or tambourine), singing, dancing and/or listening to music
- reviewing sessions to establish how the client is progressing and adjusting the plan if necessary
- working with others involved in the client's welfare (for example, parents, care workers, doctors and teachers)
- keeping records of the client's sessions and progress
- writing reports

The successful applicant **must be a skilled musician** who is able to improvise and adapt to the client's needs. They will have good listening and communication skills and be empathetic, non-judgemental and mature enough to deal with challenging clients<sup>1</sup>. The successful applicant will be expected to keep detailed records of all sessions, therapy plans and client progress. Progress may be slow, so patience is essential. Client confidentiality must be maintained at all times.

This is a **full-time post** and the successful applicant can expect to work **Monday to Friday, 9am-5pm**, although some evening and weekend work may be required for clients unable to make themselves available during working hours. The salary will be in line with current NHS rates and will depend on experience. Locations will vary, but are likely to include Highfield Care Home, Highfield School and the Health Centre itself.

### CONTACT

Email **HHC@highfield.coz** with any queries.

Applications should be made in writing to **The Practice Manager, Highfield Health Centre, Highfield, HF6 3DG** by no later than 30 June.

<sup>1</sup> Highfield Care Home has a number of patients with dementia, who can be aggressive or disruptive, or who have difficulty with concentration and memory

## Text C

You work at Lowfield Care Home and receive the following letter:

Sarah White  
Senior Care Assistant  
Lowfield Care Home  
Lowfield  
LF13 1PG  
23 July

Highfield Care Home  
High Street Highfield  
HF8 4RF

Hi Sarah

We've started using music therapy at Highfield Care Home. It's been such a success! You should try it at Lowfield.

I heard about music therapy from a friend who said that it was great for elderly people, especially those with dementia, as the group sessions make them feel less isolated.

The music therapist, Sandra, arrived for the first session and asked me to help set up the chairs in a circle. Then she brought out all sorts of instruments – a guitar, banjo, a few drums and tambourines, even hand bells and castanets.

I think the residents were a bit wary at first, but they soon warmed up. Sandra began by singing a song by Doris Day (while playing the guitar). I noticed that Mary, who has dementia and is rather uncooperative, began to smile and tap her toes. Then Joe started to join in and before long they were all singing and swaying to the music. It was fab!

Next, Sandra suggested that they join in by playing one of the percussion instruments. Some did, though some preferred to just listen, which was ok with Sandra.

Then, a new resident called Ron, who is rather shy, suddenly got up, went to the piano and began to play along! The residents began to clap and some of them even got on their feet and danced! Molly said it brought back happy memories of dancing with her husband. They were having a ball!

The change in the residents is incredible! Sandra's agreed to come back next week, which is music to my ears! What's even more exciting is that, in the meantime, they've continued to sing together, often doing so spontaneously when they're gathered in the lounge. Someone will start singing and others join in, or just enjoy listening. Ron is often asked to play the piano – he's got quite a collection of songs at his fingertips!

The atmosphere in the home is livelier and the residents interact more with each other which, in turn, makes their relatives happy. As far as I can see, it's a win-win situation. You should try it at Lowfield - what have you got to lose?

Hope to see you soon!

Maddie

**1**

The writer of Text A states that 'music has the power to move almost anyone emotionally'.

Provide **one** example from the text that supports this.

(1 mark)

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**2**

Look at the 'What is music therapy?' section in Text A.

Music therapy is described as a complementary therapy.

What does 'complementary' mean in this context?

(1 mark)

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**3**

Identify **two** organisational features used by the writer of Text A.

Using the text, state what information **one** of these features helps the reader to find.

**(3 marks)**

Organisational feature 1: \_\_\_\_\_

Organisational feature 2: \_\_\_\_\_

Information: \_\_\_\_\_

**4**

The writer of Text A states that music therapy 'should not replace existing treatments or medication without a doctor's agreement'.

What does this suggest?

**(1 mark)**

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**5**

Give **two** reasons why the writer of Text B has used bold words.

(2 marks)

Reason 1: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Reason 2: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**6**

Where does the writer of Text B say the **most** challenging clients are?

(1 mark)

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**7**

Using Text B, identify **three** qualities a successful applicant must be able to demonstrate.

**(3 marks)**

Quality 1: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Quality 2: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Quality 3: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**8**

Look at the second paragraph in Text B.

What style of writing is used here?

Provide **two** examples from the text to support your answer.

**(3 marks)**

Style of writing: \_\_\_\_\_

Example 1: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Example 2: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**9a**

The **main** purpose of Text C is to:

Tick (✓) one box

(1 mark)

<b>A</b>	persuade the reader to start using music therapy	
<b>B</b>	explain how to become a music therapist	
<b>C</b>	instruct the reader on how to control residents	
<b>D</b>	describe the daily life of the residents	

**9b**

The writer of Text C has used **rhetorical questions** and **idioms** to support the purpose.

Using the text, give **one** example of each of these.

(2 marks)

Rhetorical question: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Idiom: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**10**

Identify whether the following statements in Text C are **facts** or **opinions**.

(4 marks)

As far as I can see, it's a win-win situation: \_\_\_\_\_

I heard about music therapy from a friend: \_\_\_\_\_

The residents began to clap: \_\_\_\_\_

I think the residents were a bit wary: \_\_\_\_\_

**11**

In Text C, the writer says that the residents 'continued to sing together, often doing so spontaneously'.

What does 'spontaneously' mean?

(1 mark)

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## 13a

Compare Text A and Text C.

Identify **two** similarities or differences about **music therapy**.

(2 marks)

Comparison 1: _____ _____ _____
Comparison 2: _____ _____ _____

## 13b

Compare **two** ways the information has been conveyed in Text A and Text C.

In your answer, you could consider the use of:

- vocabulary
- style of writing
- tone of voice

(2 marks)

Way 1: _____ _____ _____
Way 2: _____ _____ _____

**END OF ASSESSMENT**

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**For official use only:**

	1	2	3	4	5	6	7	8	9a	9b	10	11	12	13a	13b	TOTAL
Mark(s) available	1	1	3	1	2	1	3	3	1	2	4	1	3	2	2	30
Marker																
2 <sup>nd</sup> line marker																

Marker:	
Date:	

2 <sup>nd</sup> line Marker:	
Date:	



# Level 2

## Reading

**Highfield Qualifications**

Highfield Icon  
First Point  
Balby Carr Bank  
Doncaster  
South Yorkshire  
DN4 5JQ  
United Kingdom

**01302 363277**  
**info@highfield.co.uk**  
**www.highfieldqualifications.com**

*We listen and respond*