

## Tune Up Your Brain, Lesson Three, Module Three

### Why does Rhythm Help us Learn?

There are several reasons, but the first is because rhythm itself helps us focus and pay more attention to what you're learning.

Also, the brain and nervous system themselves have internal cadences. The rhythm of the brain begins with the firing patterns of individual brain cells. Some types of cells tend to fire as slowly as once a second, while others tend to fire more than a hundred times as fast. Some researchers have called them little clocks because they have their own intrinsic frequency.



You would think that all those different beats in the brain could produce chaos, but the reason they don't is that groups of brain cells synchronize when they need to get something done.

So, when you need to learn something, the cells begin firing together in areas of the brain involved in navigation and memory. It works a bit like a room full of people clapping their hands. At first, each person claps to his own beat. But if you ask them to clap together, they'll start listening to their neighbors and adjusting their rhythms until the claps are synchronized.

If you utilize an external beat to set up that synchronization, like a conductor getting people to clap together, the cells start firing together faster. That's why we will use a metronome in this exercise for learning language.

There's still debate about why this synchronization takes place. But many scientists believe it's important, because they know that when any two cells fire together, the connections between them get stronger, a process that is critical to learning and memory.

## Learning Language to the Beat

This language learning method is not going to replace any other study techniques; it's just a supplement, not a routine. You still must take the time and make the effort to practice vocabulary and grammar. However, this is a great adjunct to make learning easier AND to help you remember the vocabulary.

First, you need to practice your rhythm with a metronome. A metronome will make sure that you have the most accurate time-keeping possible. If you don't have a metronome, you can just use this one online, <https://www.flutetunes.com/metronome/> or get an app on your phone.

### How to Practice the Beat

All you have to do is pick a short sound to say out loud, preferably one with a vowel and a consonant. For example, in our hello example, we are going to learn to say, "Buenas tardes" (good afternoon).

Pick the sound "buen" and recite it along with the beats of the metronome.

Try saying "buen" at the exact same time the metronome beeps. Keep saying it until you feel like you're completely in-sync with the beat. You shouldn't even hear the metronome beep if you're reciting that sound exactly with the tempo. Once you get eight beats in a row (accurately), try changing the tempo.



In order to get a well-rounded practice session, you should increase and decrease the tempo as you go. This way, you can practice rhythmic accuracy at any speed. This will help you speak your new language slow or fast, depending on your needs. Spend a few minutes playing around with this.

### How to Practice the Language

Once you feel comfortable with your rhythmic accuracy, now you can apply this method to your new language. Here's what you should do:

1. Write a sentence in your desired language (you can use [a translator](#)).
2. Break down each word into separate syllables.
3. Recite each syllable with the metronome beeps.

It may feel funny at first, but you'll get more used to it as you practice. After you recite an entire sentence in your new language, syllable by syllable with the metronome, your mouth should feel more comfortable speaking it.

With this language learning method in the back of your mind as you study, you'll be more aware of syllables and patterns in the dialect. Thus, you'll be able to read, write, and speak with greater ease.

*This exercise of practicing language with a metronome was originally published in a blog at [TakeLessons.com](https://www.takelessons.com) – If you are interested in learning a language, this is a great resource.*

