



Music and Driving – are they a good mix?

Extending your RYDA road skills

Have you ever put together the perfect playlist for a road trip? What criteria did you use to pick the music – best songs for a singalong, songs to keep you pumped, something you can car-dance to? What if we were to tell you, your playlist could be putting you at risk on our roads? Listening to music is great to get you in a good mood but when it comes to combining it with complex tasks like studying or driving, it can do more harm than good. But.... is there a way to get the best of both worlds?

Assignment:

STEP 1 – RESEARCH: Review research material to gain a deeper understanding of how music impacts you when studying and driving and how you can select music that supports the task at hand. [Access research article here](#)

STEP 2 – APPLICATION: Using the research article as a base, complete Table One (below), identifying the main considerations (at least three) for song-selection for a safer driving playlist. Using Table Two, choose 10 songs to start your driving playlist. Each song must meet the criteria outlined by you in Table One.

STEP 3 – TESTING: Once you have the beginnings of your playlist, put your headphones on and take a 10-15 minute walk to test it out. During your walk, take a mental note of the impact each song has on your walking pace, your ability to hear/tune in to the environment around you, your engagement with the song (ie, were you singing along?) and anything else you notice. After your walk is complete, use Table Three to record your observations. Make any final adjustments to the playlist that the testing exercise highlighted were needed.

STEP 4 – SHARING: Don't like your parent's taste in music? Here's an opportunity to update it. Take your learnings about music and driving and share them with your family. Work together to create a playlist for their family car. Find music that everyone can enjoy that will keep the family safe.

TABLE ONE – Rules for the Playlist

Using the research article as a base, identify the main considerations (at least three) for song-selection for a safer driving playlist. Be specific (ie, song should be under XX beats per minute).

Considerations for driving playlist song-selection
1
2
3
4
5
6
7
8

TABLE TWO – Creating the playlist

Choose 10 songs to start your driving playlist. Each song must meet the criteria outlined by you in Table One. Don't forget, you can use the [BPM checker](#) to check the tempo of each song. Leave the last column blank until after you've tested the playlist in STEP 3 of the assignment.

Song Title	Artist	After testing... How did this song make you feel?
1		
2		
3		
4		
5		
6		
7		
8		
9		
10		

TABLE THREE – Testing and tweaking the playlist

Record any observations from your test-walk. Don't forget to fill in the column about how each song made you feel in the table above.

Observations might include: Did you walk faster/slower to certain songs? Did you get totally lost in some songs, maybe even forgetting anything you saw on those few minutes of your walk? Were you more attuned to traffic (pedestrians, cars) with certain songs?

Observations	Song Titles (use corresponding numbers from your playlist to save your writing them out again)
<i>Example: I walked faster</i>	<i>1, 3 and 9</i>

Think about the impact of these observations on driving – speeding, tuning out, losing time. Music with that kind of impact should not be on your playlist. Take one more look at your playlist with these observations in mind and make your final tweaks. Cross out any songs that you feel didn't pass the test and add more appropriate selections in their place.

Summary

There's a lot to consider before you crank up the volume and hit the road. **RYDA highly recommends practicing mindfulness while driving – turning off any competing sounds and tuning into the road, the car and the environment.**

However, if you decide to bring music into your car, take what you've learned about music and plan your playlist. Set it before you start the car and keep it at a reasonable volume so you can keep your hands on the wheel, eyes on the road and ears attuned to everything around you.