

# Peppermint yes, Mozart no for test-takers

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U.S. and European researchers have stumbled on a number of things that might help students do well on tests, the Atlanta Journal-Constitution reports.

But research has also broken a few bubbles. Listening to Mozart is apparently not the way to success.

The newspaper's survey found five tested aids -- smelling pepper or cinnamon, eating peanuts or other concentrated protein, watching television shows with as little intellectual content as possible, drinking a small amount of coffee and drinking orange juice.

Bryan Raudenbush of the University of West Virginia found that some smells, including peppermint or cinnamon, improve the performance of athletes. And he says they certainly won't do any harm.

Kevin Warwick of the University of Reading in England did studies that showed students' test scores went up an average of 5 points after watching "chat shows" on TV and down by an average of 2 points after listening to Mozart.

"Do not -- I repeat, do not -- listen to classical music before you take a test," Warwick warned.

In addition to Mozart, other suggested no-nos are drinking beer, doing crossword puzzles or other mind-straining activities, arguing with relatives or friends and skipping breakfast.

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