

The Benefits of Music Education

Music and our Brain



"Playing an instrument engages practically every area of the brain at once" Anita Collins

https://www.ted.com/talks/anita_collins_how_playing_an_instrument_benefits_your_brain



Improved Language Abilities

The Benefits of Music Education: Improved Language Abilities



Studies show that children receiving music lessons have increased phonological skills. This involves being able to identify where syllables begin and end. Children learn words and develop an extensive vocabulary faster. They also learn to read sooner!

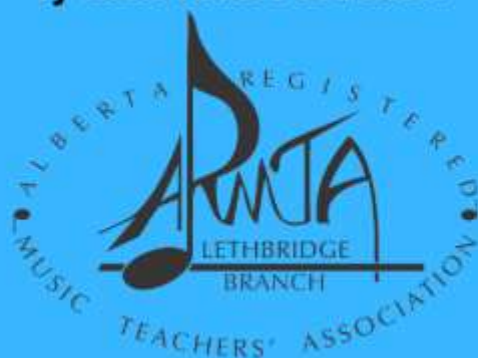


Increased Emotional Resilience

The Benefits of Music Education: Increased Emotional Resilience



Students learn so much when they engage in music lessons! They are challenged to learn new material and share their music with others, as they are supported by a music teacher. Throughout they will experience successes and failures as they gain a better understanding of their learning. The successes and failures they experience can be seen as learning opportunities with the support of their music teacher.



Increased Empathy

The Benefits of Music Education: Increased Empathy



*Music is emotional!
There is a connection between increased empathy and music lessons. Why is this? This comes in part from improved verbal intelligence. Music students may be quicker to pick up on subtleties in speech and have increased listening skills.*



Increased Attention Span and Focus

The Benefits of Music Education: Increased Attention Span and Focus

Engaging in music lessons requires focus and concentration. Studies show that children who take music lessons are better able to focus their attention and have better working memory. The musical training a child receives through lessons is a mental training that can increase cognitive abilities.



Increased Self-Confidence

The Benefits of Music Education: Increased Self-Confidence

There is a strong connection between music and self-confidence. When engaging in music lessons, students are given opportunity to express themselves. They experience the process of strengthening and improving their skills on their instrument as they practice and then perform. They are able to connect with emotions and memories through music.



Improved Overall Health and Cognitive Function as We Age

Music Impacts Overall Health and Cognitive Function as We Age

Music has been used in therapy settings with patients dealing with stroke or Parkinson's disease. Studies have shown that music benefits Alzheimer patients emotionally and behaviorally. Music study can also compensate for hearing loss in adults. Whether we are listening to music or playing an instrument, it is a workout for the brain--reducing anxiety, blood pressure, and even pain.



Increased Brain Capacity

Music Impacts Capacity in the Brain

Music increases capacity in:

- *Corpus Callosum - Connects the right and left sides of the brain--transferring motor, sensory, and cognitive information between the two hemispheres.*
- *Temporal Cortex - Controls hearing*
- *Frontal Cortex - An area in charge of abstract thoughts, planning, complex behaviors, and movements.*



[Click for More Information](#)

The Benefits of Music Education

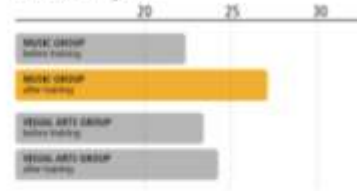
NEUROSCIENTISTS HAVE DEMONSTRATED that learning to play an instrument or sing leads to changes in a child's brain that make it more likely they will reach their full cognitive and academic potential.



SPEECH AND READING

Young children taking music lessons showed dramatic improvement in their verbal intelligence after only four weeks of music training.¹

Raw Vocabulary Score



ACADEMIC SUCCESS

The quality of a child's music education is linked to their academic achievement.²



Elementary school students in higher quality music education programs had **20% improvement** in standardized tests of English and math.²

COGNITIVE BENEFITS OF MUSIC EDUCATION



"The theory of relativity occurred to me by intuition, and music is the driving force behind this intuition. My parents had me study the violin from the time I was six. My new discovery is the result of musical perception." ⁶ Albert Einstein



To download "The Benefits of Music Education" scan here or visit romusic.ca/resources

1. John Murray et al. (2010) Learning to Play an Instrument Improves Verbal Intelligence in Children. *Journal of Music Therapy*, 52(1), 1-10.

2. J. Murray et al. (2010) Learning to Play an Instrument Improves Verbal Intelligence in Children. *Journal of Music Therapy*, 52(1), 1-10.

3. J. Murray et al. (2010) Learning to Play an Instrument Improves Verbal Intelligence in Children. *Journal of Music Therapy*, 52(1), 1-10.

4. J. Murray et al. (2010) Learning to Play an Instrument Improves Verbal Intelligence in Children. *Journal of Music Therapy*, 52(1), 1-10.

5. J. Murray et al. (2010) Learning to Play an Instrument Improves Verbal Intelligence in Children. *Journal of Music Therapy*, 52(1), 1-10.