

Music has proven to be a huge asset to the learning process and growth in children as well as adults. When trained musically, Students develop skills crucial to their success in school and in life. These skills can include cognitive, emotional, and personal that can be applied to every aspect of their life.

Learning

Higher SAT Scores: There have been many studies conducted that show the correlation between music and education. Students who actively participate in performing arts have tested higher on the SAT, have higher grades overall and are able to critically think.

One study showed that students who had 4 years of musical education outperformed peers by 58 points on the verbal portion and 38 point on the math portion.

Improved Work: Student who play an instrument take value in what they are doing. They want to perform to the best of their abilities and this is a trait that carries on into every facet of their life.

Memorization: It has been found that students who are required to read sheet music on a regular basis are more skilled at memorizing information. The skill of reading sheet music challenges the student to use their memory on a daily basis.

Develop Language Skills: The left side of your brain is better developed when you participate in music. This helps to increase the development of skills required to learn languages and reason.

Personal Growth

Fights Stress: Those who perform and learn to play music tend to have less anxiety and stress than those who do not. Calming music helps the mind to relax and focus on the moment.

Empathy Towards Others: When learning to play an instrument, you gain a higher appreciation for other cultures and people. You tend to be more accepting and more in tune with emotions than others.

Self-confidence: Students who are required to perform in front of their peers, teachers and the public have a greater sense of self. This helps to improve confidence in all different types of situations. They are more likely to be successful with public speaking and overall communication.

Takes Risks: Performing in fronts of others can be terrifying. When students overcome that fear and realize they are capable of facing their fears, they are more likely to take risks in life.

Discipline: It takes a lot of hard work and practice to learn a new instrument. You have to put in a lot of effort to practice everyday and move past any hurdles or frustrations you may encounter. Students apply this discipline to challenges they encounter in their daily life.