

The 5 Benefits of Music Lessons

From LessonsThatRock.com

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Forward

Music has long been a part of culture; culture that supercedes race, religion or creed. Music can be found on every continent, in every tribe, and in every age. In short, music is timeless and in some cases embodies the spirit of a generation. Think of how well the music of the seventies represented the “love-child” and “hippie” generation. Although each one of us an individual, we are linked by our common understanding of music; a music that can transcend the barriers of language and perspective and stir emotions deep within us. Most professional musicians may find it hard to explain their connection with music. How can you explain in words the relationship you have with a friend who is there when you are sad, who rejoices in your happiness, and who becomes a diary of lifetime experiences? That friend is music. If we are the vessel, then music is the medium we are filled with, keeping us charged and ready for everyday’s new experiences.

- Micah J. Mata; Owner, LessonsThatRock.com

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1. Music Lessons Dramatically Improve Grades

According to the National Education Longitudinal Study of 1988, music students received more academic honors and awards than non-music students. *A higher percentage of music participants received A's, A's/B's, and B's than non-music participants.*

(Source: NELS: 88 First Follow-up, 1990, National Center for Education Statistics, Washington D.C.)

Students taking courses in music performance and music appreciation scored higher in the SAT than students with no arts participation. Music performance students scored 53 points higher on the verbal and 39 points higher on the math. Music appreciation students scored 61 points higher on the verbal and 42 points higher on the math.

(Source: 1999 College-Bound Seniors National Report: Profile of SAT Program Test Takers, The College Entrance Examination Board, Princeton, New Jersey)

As part of our music education program, LessonsThatRock assigns each student a multitude of homework assignments including reading, writing, listening, as well as instrument practice. These diverse homework assignments help students to develop good study habits, as well as improve test scores in school.

2. Music Lessons Reduce Lifetime Substance Abuse

Student involvement in extracurricular or co-curricular activities makes students resilient to current substance use among their peers, according to a recent statewide survey of Texas Schools. *Secondary students who participated in band, orchestra or choir reported the lowest lifetime use of all substances.* (Source: 1994 Texas School Survey of Substance Abuse Among Students: Grades 7-12)

Music lessons provide an excellent outlet for youth to focus their energies on. Songwriting in particular becomes a great vehicle for young students to express their emotions without fear of being teased, humiliated or embarrassed. LessonsThatRock help young musicians grow and culture their inner creativity for songwriting, soloing and improvising all of which may certainly help teenagers cope with their day to day problems.

3. Music Provides High-Paying Job Opportunities

Lewis Thomas, physician and biologist, found that *music majors comprise the highest percentage of accepted medical students at 66%.*

(Source: As reported in "The Case for Music in the Schools," Phi Delta Kappan, February 1994.)

At LessonsThatRock, we stress the value of goals and planning to our young musicians. At a certain level, all students will learn how to make goals and timelines. Musical goal planning can certainly help with lifetime goal planning for education, career and other goals.

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4. Music Lessons Enrich Our Lives and Culture People

“The arts enrich communities and employees, and also stimulate the kind of intellectual curiosity our company needs to stay competitive.”

(Source: Norma R. Augustine, Chairman and Chief Executive Officer, Martin Marietta Corporation.)

Music lessons provide an opportunity for students to be exposed to various genres of music. Often, many students will avoid certain styles of music but after learning and understanding them, they come to see the beauty in the various genres. It's this exposition that enriches their lives and the lives of others around them, teaching tolerance and understanding instead of hatred and ignorance.

5. Music Boosts Self-Esteem

“I believe arts education in music, theater, dance and the visual arts is one of the most creative ways we have to find the gold that is buried just beneath the surface. They (children) have an enthusiasm for life, a spark of creativity, and vivid imaginations..”

(Source: Richard W. Riley, U.S. Secretary of Education)

Music lessons challenge each individual to push and work harder, and the rewards of their work are almost immediately visible; playing a song from start to finish or accomplishing a new difficult technique can be a good shot of self-esteem to anyone who didn't believe in their own ability.