

HOW MUSIC HELPS CHILDREN



EMOTIONAL

Music provides a creative outlet and a break from the routine and rigor of the traditional school day. Students in music are among the highest academic performers and still report less stress and tension than their non-musical counterparts.

SOCIAL

Participating in musical groups promotes self confidence, team social skills, social networking a sense of belonging, self discipline, a sense of accomplishment, cooperation, responsibility, commitment, mutual support, and friendships.



ACADEMIC

Research has found that learning music facilitates learning other subjects and enhances skills that children inevitably use in other areas including language development, spatial-temporal skills, pattern recognition, critical thinking, and so much more.

PERSONAL

Through music, students become better people, as they develop self discipline, confidence, commitment, responsibility, good decision making, and personal pride. They are able to do this with the support of peers in a safe and risk-free environment.



MAKES CONNECTIONS



"There's evidence that kids get better at math when they've taken classes that make the connection between STEM and the arts - and that when they've had certain courses in the arts, kids can grow in self-confidence, and in linguistic skills, as well as in creativity ... I've had the opportunity to see struggling schools make real change by infusing the arts into their school models." - John B. King, US Secretary of Education

BROADENS THEIR MINDS

89% of teachers and of parents rate music education highly as a source for greater student creativity, a 21st century skill that's highly likely to help young people stand out in an increasingly competitive global economy.



MUSIC ENSURES LIFELONG SUCCESS

Information courtesy of "Be Part of the Music" initiative

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College & Career Readiness

Arts Education Is Essential

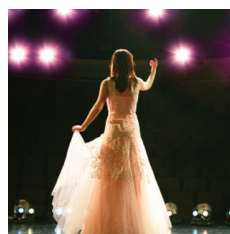
All Texas students deserve a well-rounded education that includes the arts. Fine arts courses provide students a safe place to **express themselves, take risks, and collaborate** with others. Students in arts courses develop essential characteristics for a successful future:

- **Confidence**
- **Effective communication**
- **Analytical reasoning**
- **Problem-solving**
- **Creativity**
- **Accountability**
- **Perseverance**
- **Ingenuity**
- **Flexibility and adaptability**



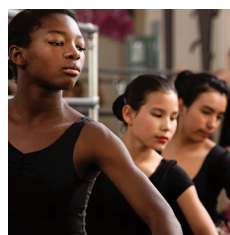
Arts education is not a frill; it is beneficial to every student. The arts help teachers reach students across a broad spectrum of learning styles and raise achievement in at-risk students, young children, underserved populations, and students with disabilities.

—Gaston Caperton, President, The College Board (2010)



Other States Use Arts As a Measure of School Quality

Five states already include the arts in their accountability systems, and others are considering adding similar measures. —*Education Week* (March 7, 2017)



Texas leads the nation in arts education, and how we examine school quality should reflect our commitment to offer all students a well-rounded education.

The arts are a response to our individuality and our nature and help to shape our identity. The arts are not a frill and should not be treated as such. They have the potential to become the driving force for healing division and divisiveness.

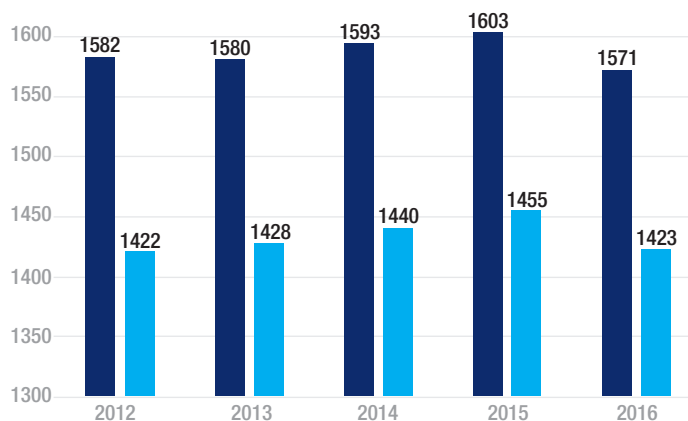
— Former Texas Congresswoman Barbara Jordan —

The College Board reports that **students with four years of music/arts study score 10–12% higher on the SAT than others.**

Texas schools with more students in music classes have:

- **better academic ratings**
- **fewer discipline problems**
- **higher attendance rates**

SAT Scores of Fine Arts Students



■ Students with 4 years of music/arts study
 ■ Students with less than a half-year of music/arts study

Source: The College Board College Bound Seniors Total Group Profile Reports, 2012–2016.

College & Career Readiness

Arts Education Is Essential

The Impact of Fine Arts



Art and culture industries generate **\$5.5 billion** to the Texas economy and contribute **\$343 million** in state sales tax revenue.



Our state's creative sector employs **1 in 15** Texans—nearly 800,000 innovation workers.



In 2016, **1.89 million** Texas students in grades 6–12 studied fine arts in school.

Sources: Texas Cultural Trust and TEA PEIMS data.

School districts should be recognized and rewarded for providing meaningful learning opportunities in the arts.



Texas Leads the Nation

Sir Ken Robinson, internationally acclaimed education policy authority and arts advocate, devotes several pages in his latest book, *Creative Schools*, to praising the Texas House Public Education Committee and Texas Legislature for leading the way to personalized strategies that take into account the different talents of students. He acknowledges the need for new paths to graduation for high school students who have many different goals for their futures.

The keys to the kingdom are changing hands . . . we need to make sure we are preparing our kids for their future and not our past. Arts education is not ornamental but fundamental for economic reasons.

—Dan Pink, author of *A Whole New Mind: Why Right-Brainers Will Rule the Future*

STEAM for Student Success

There is a rapidly expanding movement across the country to integrate the arts into STEM initiatives. To quote a *Scientific American* op ed, “There is a growing group of advocates who believe that STEM is missing a key component—one that is equally deserving of renewed attention, enthusiasm and funding. That component is the Arts. If these advocates have their way, STEM would become STEAM.” In that same article, celebrated physicist Richard Feynman is quoted as saying, “Scientific creativity is imagina-

tion in a straitjacket. Perhaps the arts can loosen that restraint, to the benefit of all.”

Arts education teaches the flexible thinking, risk-taking, and creative problem-solving needed to solve today’s most complex and pressing challenges.

Nobel laureates in the sciences are seventeen times likelier than the average scientist to be a painter, twelve times as likely to be a poet, and four times as likely to be a musician.

—*Scientific American*, Aug. 22, 2012



**Music students
don't just
learn notes.**

**They learn to create.
They learn to innovate.
They learn to analyze.
They learn to collaborate.**



John B. King Jr., U.S. Secretary of Education:

“There’s evidence that kids get better at math when they’ve taken classes that make the connection between STEM and the arts—and that when they’ve had certain courses in the arts, kids can grow in self-confidence, and in linguistic skills, as well as in creativity . . . I’ve had the opportunity to see struggling schools make real change by infusing the arts into their school models.” (May 2016)

**Texas schools with more
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**Top Ten Skills Children
Learn from the Arts**

- Creativity
- Confidence
- Problem-Solving
- Perseverance
- Focus
- Nonverbal Communication
- Receiving Constructive Feedback
- Collaboration
- Dedication
- Accountability

“Top Ten Skills Children Learn from the Arts” by Valerie Strauss.
The Washington Post, 1/22/13.

EL PASO INDEPENDENT SCHOOL DISTRICT FINE ARTS DEPARTMENT

YOU SHOULD BE IN THE BAND!!!

**"MUSIC GIVES A SOUL TO THE UNIVERSE,
WINGS TO THE MIND, FLIGHT TO THE
IMAGINATION, AND LIFE TO
EVERYTHING." -PLATO**

70%

107

The College Entrance Examination Board found that students involved in public school music programs scored 107 points higher on the SAT.

Admissions officers at 70% of the nation's major universities have stated that high school credit and achievement in the arts are significant considerations for admission to their institutions

*Don't miss your opportunity,
be part of the Band!*

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EPISD FINE ARTS DEPARTMENT

**JOIN THE BAND
TODAY!!**



Music Ensures Lifelong Success

YOU + BAND = SUCCESS!!!!

This is a math problem that's not hard to figure out. We all want to experience success in school and in life, and a little music goes a long way toward achieving that goal



BAND STUDENTS:

- get higher grades
- score higher in math
- have higher test scores
- have higher graduation rates
- do better in foreign languages



ACADEMIC

Research has found that being in band facilitates learning other subjects and enhances skills that students inevitably use in other areas including language development, spatial-temporal skills, pattern recognition, critical thinking, and so much more.



SOCIAL

Participating in band promotes self confidence, team work, social skills, social networking, a sense of belonging, self discipline, a sense of accomplishment, cooperation, responsibility, commitment, mutual support, and friendships.

To learn more about how band can change your life, talk to your school's counselor or band director or please visit episdinstrumentalmusic.weebly.com.

Why Learn to Play MUSIC?



Educational Benefits

In schools in which principals and vice principals say the quality of their music education programs is excellent or very good, graduation rates are **90.9%**, and attendance is at **93.8%**.¹

87% of teachers and **79%** of parents strongly believe music education has a positive impact on overall academic performance.²

89% of teachers and **82%** of parents rate music education highly as a source for greater student creativity, a 21st century skill that's highly likely to help young people stand out in an increasingly competitive global economy.³

Research reveals strong connections between rhythm skills and pre-reading abilities in toddlers.⁴



“Music is... magical...you take some seemingly random marks on a page, you blow air through a carefully constructed tube, and what comes out the other side is a sound that can convey things that words cannot...And while we can do a million random things with a million random objects, somehow, when we just blow some air through a tube, we create sounds that can move other human beings, can reach right into our brains and our hearts... That is... magical.”

– PETER GREENE, *THE HUFFINGTON POST*⁵

Health Benefits

“We don't see these kinds of biological changes in people who are just listening to music, who are not playing an instrument. I like to give the analogy that you're not going to become physically fit just by watching sports.”

– NINA KRAUS, *TIME*¹⁶



Studies show that music can trigger the brain to release chemicals that distract the body from pain.¹⁷

Musical training is thought to improve nervous system function by focusing attention on meaningful acoustic cues, and these improvements in auditory processing cascade to language and cognitive skills.¹⁸

Children who receive musical instruction have more robust brainstem responses to sound as adults than peers who never participated in music lessons. These results suggest that neural changes accompanying musical training during childhood are retained in adulthood.¹⁹

Cognitive and neural benefits of musical experience continue throughout the lifespan, from childhood through senior adulthood, and counteract some of the negative effects of aging, such as memory and hearing difficulties in older adults.²⁰

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“Music may not make you a genius, or rich, or even a better person. But it helps train you to think differently, to process different points of view — and most important, to take pleasure in listening.”

– JOANNE LIPMAN, *THE NEW YORK TIMES*⁶



Cognitive Benefits

Everyday listening skills are stronger in musically-trained children than in those without music training. Significantly, listening skills are closely tied to the ability to: perceive speech in a noisy background, pay attention, and keep sounds in memory.⁷

In order to fully reap the cognitive benefits of a music class, kids have to be actively engaged in the music and participate in the class.⁸

In a 2009 study in the *Journal of Neuroscience*, researchers used an MRI to study the brains of 31 6-year-old children, before and after they took lessons on a musical instrument for 15 months. They found that the music students' brains grew larger in the areas that control fine motor skills and hearing—and that students' abilities in both those areas also improved. The corpus callosum, which connects the left and right sides of the brain, grew as well.⁹

Music training leads to greater gains in auditory and motor function when begun in young childhood; by adolescence, the plasticity that characterizes childhood has begun to decline. Nevertheless, our results establish that music training impacts the auditory system even when it is begun in adolescence, suggesting that a modest amount of training begun later in life can affect neural function.¹⁰

Social Benefits

Children who study a musical instrument are more likely to excel in all of their studies, work better in teams, have enhanced critical thinking skills, stay in school, and pursue further education.¹¹

Perseverance is developed and strengthened through music education and supports better study habits and self-esteem.¹²

As they make music together, Making music together, children learn to work as a team while they each contribute to the song in their own way. At the same time, music helps children learn that together they can make something larger than the sum of its parts.¹³

More benefits of music for children include learning cooperation, sharing, compromise, creativity, and concentration—skills that become invaluable as they enter school, face new challenges, and begin to form new friendships and develop social skills.¹⁴

“One of the biggest kicks is to see a child come into the music program as an introvert and leave as a student leader. That's a tremendous process”

– DICK ZENTER, 2013 PATRICK JOHN HUGHES PARENT/BOOSTER AWARD WINNER¹⁵



Music and the Arts are Vital Elements of the Curriculum

Visit NAMMFoundation.org to learn the benefits of music education; how to support music programs in schools; and to join the SupportMusic Coalition, a national network of music education advocates.

Sources

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