

## Why Study Music?



“Casals says music filled him with the wonder of life and the ‘incredible marvel’ of being a human. Ives says it expanded his mind and challenges him to be a true individual. Bernstein says it is enriching and ennobling. To me, it sounds like a good cause for making music and the arts an integral part of every child’s horizons, and teaches them to appreciate the wonder of life.”—Richard W. Riley, former U.S. Secretary of Education

“Music provides cognitive benefits (language, math, science), physiological benefits (fine motor control, released creativity, better emotional regulation), development of multiple brain systems, non-academic benefits (support relaxation, creativity, self-discipline and motivation), and healthy culture consideration (aesthetic awareness, cultural exposure, social harmony, emotional expression, appreciation of diversity and sense of self).”—Eric Jensen

“Secondary students who participate in music reported the lowest lifetime and current use of all substances (alcohol, tobacco, illicit drugs).”—Texas Commission on Drug and Alcohol Abuse

“Music is a magical gift we must nourish and cultivate in our children, especially now as scientific evidence proves that an education in the arts makes better math and science students, enhances spatial intelligence in newborns, and let’s not forget that the arts are a compelling solution to teen violence, certainly not the cause of it.” (Michael Greene)

“Many colleges view participation in the arts and music as a valuable experience that broadens students’ understanding and appreciation of the world around them. It is also well known and widely recognized that the arts contribute significantly to children’s intellectual development.”—United States Department of Education

“Music is life enhancing. Music brings order to muscular movement and the mind. Listening/participating in music can restore a person to himself, recapturing subjectivity, recovering personal feelings, making life more colorful, interesting and exciting.”—Anthony Storr

“Music promotes passionate involvement or contributes to making sense of the human existence. Music sharpens our sense of participation in life.”  
(Nietzsche)

“The musician is constantly adjusting decisions on tempo, tone, style, rhythm, phrasing and feeling—training the brain to become incredibly good at organizing and conducting numerous activities at once. Dedicated practice of this orchestration can have a great payoff for lifelong attentional skills, intelligence and an ability for self-knowledge and expression.”—John J. Ratey, M.D.

“Studying music encourages self-discipline and diligence, traits that carry over into intellectual pursuits and that lead to effective study and work habits. An association of music and math has, in fact, long been noted. Creating and performing music promotes self-expression and provides self-gratification while giving pleasure to others. In medicine, increased published reports demonstrate that music has a healing effect on patients. For all these reasons, it deserves strong support in our educational system, along with the other arts, the sciences and athletics.”—Michael E. DeBakey, M.D.

“Music is about communication, creativity and cooperation, and by studying music in school, students have the opportunity to build on these skills, enrich their lives and experience the world from a new perspective.”—Bill Clinton, former President of the United States

“Music education can be a positive force on all aspects of a child’s life, particularly on their academic success. The study of music by children has been linked to higher scores on the SAT and other learning aptitude tests, and has proven to be an invaluable tool in classrooms across the country. Given the impact music can have on our children’s education, we should support every effort to bring music into their classrooms.”—Jeff Bingaman, U.S. Senator

“Music has a great power for bringing people together. With so many forces in this world acting to drive wedges between people, it is important to preserve those things that help us experience our common humanity.”—Ted Turner, Turner Broadcasting System