### WE BENEFIT FROM MUSIC EDUCATION IN MANY WAYS

## **MUSIC EDUCATION DEVELOPS:**

 More adaptable, critical and resilient individuals in diverse social learning situations.



- ·Capacity to utilise more working memory.
- Bigger, faster and more efficient brains.

A large body of research and literature now exists that demonstrates how musicians' brains differ structurally and functionally from non-musicians brains. These differences are caused by learning music and include changes in capacity, morphology, density, connectivity and function across many regions of the brain.

Music improves capacity to act on feedback, strategise self-learning and reflect on how to get better. 🖽

**EXECUTIVE FUNCTION** 

Learning music fundamentally helps develop sound encod-ing skills that enables better listening and understanding [2]

> SOUND **ENCODING**

Music provides a shared experience of learning, improving, developing across small and large teams, cultivating belonging, personal identity and confidence. [4]

> **WELL-BEING. IDENTITY**, **BELONGING**

Music's engagement of brain and body equips learners with a brain plasticity that improves learning. 🖪

WHOLE BRAIN WHOLE BODY

Rhythm skills and literacy call on overlapping neural mechanisms that boost cognitive processing.

**READING DEVELOPMENT AND CODING** 

# **INCREASED IQ**

Research has found greater increases in IQ scores among children in music lessons compared to those that didn't. [6]

### CREATIVITY

Research involving FMRI brain scans of musicians playing jazz found the development of calm, focus and flow towards creative actions. [7]

#### MUSIC AND ACADEMIC SUCCESS

Ground-breaking population research of 12,000 high school students across years 7-12 found those who learn an instrument and play in school band score significantly better on maths, science and English exams than non-musical peers. The benefits of learning music provides improved learning capacity across a range of other subjects. It enhances whole-school academic achievement. [8]

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