

# MUSIC EDUCATION BENEFITS EVERY CHILD

EVIDENCE FROM  
NEUROMUSICAL RESEARCH

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# MUSIC LEARNING IS FOR EVERY CHILD NOT JUST THOSE WHO ARE INTERESTED

There is a commonly held belief that learning music should only be for those students who are identified as **talented or interested**. Neuromusical research has shown that music learning **can benefit all students** in terms of cognitive development.

Our auditory (sound) processing network has been found to be our **largest information-gathering sense**. Our auditory processing network is our first active sensory network at birth, it never turns off even when we sleep, and it is often overlooked in educational settings.

The **only learning area** that develops our auditory processing network to a high level is music. This is why so many skills that children learn through music are transferable to all other learning areas.

There is also a commonly held belief that **music should only be learned by those who will excel at it**. Talent as we know it may not be an on-and-off switch, rather music learning looks and feels easier to some students because of their genetic predispositions.

**MUSIC LEARNING, ESPECIALLY BETWEEN  
3-12 YEARS OF AGE, SUPPORTS THE NEURAL  
FOUNDATIONS FOR ALL LEARNING.**



# MUSIC LEARNING HELPS LITERACY & NUMERACY

Music learning has been found to improve language learning and literacy as well as numeracy processing.

## Literacy



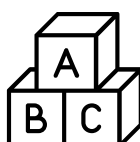
### DECODING

Music learning assists with word decoding



### LANGUAGE SYNTAX

Music learning improves young readers understanding of language syntax



### LEARN NEW WORDS

Music learning increases the speed at which children learn new words



### DISADVANTAGED

Music learning counteracts the negative effects of low SES on children's literacy development



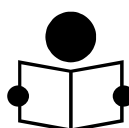
### PHONOLOGICAL AWARENESS

Music learning improves phonological awareness for specific language sounds more than direct phonological training



### COMPREHENSION

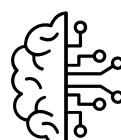
Music learning improves comprehension in beginner readers



### READING DIFFICULTIES

Music learning improves comprehension in those students experiencing reading difficulties

## Numeracy



### COGNITIVE CONTROL

Music learning improves cognitive control



### NUMERICAL COGNITION

Music learning improves numerical cognition



### DIVERGENT THINKING

Music learning enhances divergent thinking



### ANXIETY

Music learning reduces mathematical anxiety symptoms



### TASK SWITCHING

Music learning enhances tasks switching efficiently



### COGNITIVE PROCESSING

Music learning increases cognitive processing speeds



### IQ SCORES

Music learning increases IQ scores by an average of 7pts

# MUSIC LEARNING HELPS EXECUTIVE FUNCTION & SOCIAL SKILLS

Music learning has been found to improve learning habits as well as social skills and wellbeing.

## Executive Function



### WORKING MEMORY

Music learning improves our memory for procedure



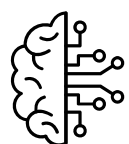
### FOCUSED ATTENTION

Music learning improves young readers attention for language learning



### DIVERGENT THINKING

Music learning develops creative and innovative thinking patterns



### INHIBITORY CONTROL

Music learning enhances the ability to stay on task and not get distracted



### COGNITIVE SPEEDS

Music learning increases cognitive speeds and brain synchronicity



### VERBAL MEMORY

Music learning improves memory for spoken instructions and directions



### ATTENTION STAMINA

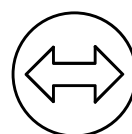
Music learning increases students ability to maintain attention

## Social Skills & Wellbeing



### PROSOCIAL BEHAVIOURS

Music learning improves empathy and kindness



### SOCIAL ENGAGEMENT

Music learning promotes greater levels of social engagement through life



### MANAGE DEPRESSION

Music learning give greater capacity to manage depressive periods



### TRUST & RESPECT

Music learning assists the development of trust and respect in social groups



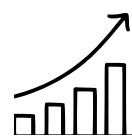
### WELLBEING

Music learning improves psychological wellbeing and self-regulation



### DECISION MAKING SKILLS

Music learning improves personal decision making skills



### BRAIN HEALTH

Music learning improves immune and brain health

# FURTHER NEUROMUSICAL RESEARCH TO EXPLORE

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