

Why music?

Music is important in and of itself and everyone should have opportunities for active engagement with high quality music making activities. In addition to the musical benefits, high quality music education:

- sharpens the brain's early encoding of sound enhancing listening, aural processing skills, aural memory and phonological awareness contributing to the development of literacy skills;
- enhances spatial reasoning which impacts on some mathematical skills;
- has a positive impact on IQ scores even when family background factors are taken into account;
- enhances attainment across all school subjects except sport even after general intelligence is controlled for;
- enhances creativity particularly when the musical activities are creative, e.g. improvisation and composition;
- requires sustained attention, goal-directed behaviour and cognitive flexibility which can transfer to other activities;
- can lead to a sense of accomplishment, enhanced determination and persistence;
- offers the potential for enhancing self-efficacy and self-esteem;
- affects aspirations which enhance motivation particularly in relation to disadvantaged groups of children;
- offers opportunities for increased social inclusion, pro-social behaviour, a sense of belonging and team work;
- can encourage empathy, emotional sensitivity, tolerance and the development of social ethics; and
- enhances psychological well-being, reducing stress and anxiety.

All of the above are taken from "*The Power of Music – a research synthesis of the impact of actively making music on the intellectual, social and personal development of children and young people*" Professor Susan Hallam MBE. Commissioned by the Music Education Council and Published in 2015 by iMerc.org. Available to [download here](#).