

Brain research tells us:

Musicians can make memories quickly, so they don't need to have things repeated

Musicians can retrieve memories quickly, so they can quickly recall something they have learnt before when they need it

Musicians improve their memory by using the skills they learn through music rehearsal, so through practicing their instrument or rehearsing in a musical group improves their memory



Literally, musicians have been found to have

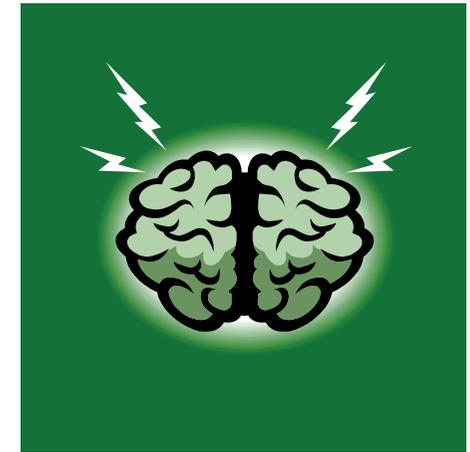
BIGGER BRAINS

(with more grey matter)

as well as

BETTER BRAINS

(that work more efficiently)

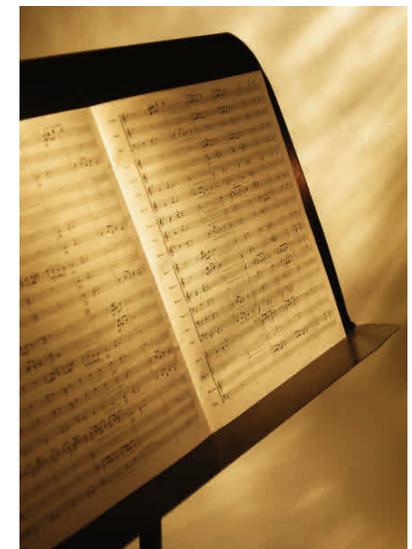


Music Education

&

Brain Development

This brochure developed by IMP staff with permission from Dr Anita Collins, Assistant Professor Music & Arts Education, University of Canberra



Music Education & Brain Development

At the beginning of the 21st century, neuroscientists started using technology that enabled them to watch our brains working in real time.

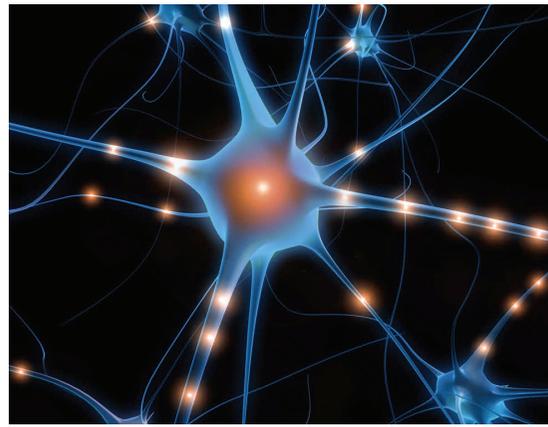
They started doing experiments and found that when the participants listened to music their brains worked in ways that hadn't been seen before.

Then they started comparing the brains of musicians and non-musicians.

What they found was amazing.

These comparative studies, which began with adult musicians and then moved to children, found that the brains of participants who have been exposed to musical training at an early age (4 - 12yrs) by learning a musical instrument in weekly lessons with a specialist teacher were better at things like:

- Storing and retrieving information
- Learning and understanding language
- Regulating logical and emotional responses
- Understanding and responding to sounds
- Working in teams
- Creating ideas and working creatively



These types of brain developments are associated with the following types of behaviours:

- Improvements in thinking and analytical skills
- Improved academic performance across different subject areas
- Improved social interactions
- Improved attention span
- Improved ability to understand and accept confusion and discomfort when learning new and difficult concepts
- Improved resilience and the ability to cope with change
- Improved brain health that can last into later life

These types of behaviors lead to:

- Greater capacity to maintain positive levels of well-being throughout life
- The ability to solve problems and find creative solutions that has been identified as a behavior in high performing professionals and effective leaders
- The ability to adapt to new working environments and continue to learn and advance across their working life
- Greater capacity to make considered choices and to be more discerning about career choices, relationships and pathways

Essentially this means...

A well rounded human being who can learn effectively and efficiently, perform at a high level academically and professionally while finding creative solutions to problems, understand and be discerning about their own behaviour and maintain healthy levels of brain function into later life.