

A Sample Summary of the Benefits of Music and Arts

“When I examine myself and my methods of thought I come to the conclusion that the gift of fantasy has meant more to me than my talent for absorbing positive knowledge.”

- Albert Einstein

- musicians are better able to process foreign languages
<http://onlinelibrary.wiley.com/doi/10.1111/j.1467-9922.2006.00374.x/abstract;jsessionid=0558A84559E3A18FDF3A432DD127EE6E.f03t01>
- childhood music instruction has strong linguistic benefits and improves performance on everyday listening tasks. This can be particularly important for children with learning disorders or those for whom English is a second language.
<http://blogs.scientificamerican.com/science-sushi/even-a-few-years-of-music-training-benefits-the-brain/>
- musically trained kids do better in school, with stronger reading skills, increased math abilities, and higher general intelligence scores *ibid.*
- the arts contribute to lower recidivism rates; increased self-esteem; the acquisition of job skills; and the development of much needed creative thinking, problem solving and communications skills
http://www.auburn.edu/outreach/ecdi/documents/arts_ed_and_wfp.pdf
- schools that have music programs have significantly higher graduation rates than do those without programs (90.2% as compared to 72.9%). In addition, those that rate their programs as “excellent” or “very good” have an even higher graduation rate (90.9%). Schools that have music programs have significantly higher attendance rates than do those without programs (93.3% as compared to 84.9%)
<http://www.nafme.org/graduation-rates-and-keeping-students-on-track/>
- SAT takers with coursework/experience in music performance scored 57 points higher on the verbal portion of the test and 43 points higher on the math portion than students with no coursework or experience in the arts
<http://www.montgomeryschoolsmd.org/uploadedFiles/schools/qohs/signature/SAT-art-scores.pdf>
- the IQ of students in keyboard or voice classes increased from their pre-lesson IQ score, more than the IQ of those students taking no lessons. Generally these increases occurred

across IQ subtests, index scores, and academic achievement

<http://www.psychologicalscience.org/index.php/video/a-musical-mind.html>

- high earnings are not just associated with people who have high technical skills. In fact, mastery of the arts and humanities is just as closely correlated with high earnings
https://books.google.com/books?id=o6uX_4Y_IeYC&pg=PT71&lpq=PT71&dq=%E2%80%A2%09high+earnings+are+not+just+associated+with+people+who+have+high+technical+skills.+In+fact,+mastery+of+the+arts+and+humanities+is+just+as+closely+correlated+with+high+earnings&source=bl&ots=cWhpjzUZUp&sig=3A4689b8V3XU9ENf1dQN4v22MW8&hl=en&sa=X&ei=F2BCVeXHEY_GogSHl4GwCg&ved=0CCQQ6AEwAQ#v=onepage&q=%E2%80%A2%09high%20earnings%20are%20not%20just%20associated%20with%20people%20who%20have%20high%20technical%20skills.%20In%20fact%20C%20mastery%20of%20the%20arts%20and%20humanities%20is%20just%20as%20closely%20correlated%20with%20high%20earnings&f=false
- the nonprofit arts and culture industry in the State of Wisconsin generates \$535.2 million in total economic activity, supports 22,872 full-time equivalent jobs, generates \$479.5 million in household income to local residents, and delivers \$64.9 million in local and state government revenue.
<http://artsboard.wisconsin.gov/category.asp?linkcatid=3698&linkid=1654&locid=171>
- 14-month-old infants were more likely to engage in altruistic behavior and help the experimenter after having been bounced to music in synchrony with her... These findings support the hypothesis that interpersonal motor synchrony might be one key component of musical engagement that encourages social bonds among group members, and suggest that this motor synchrony to music may promote the very early development of altruistic behavior.
<http://onlinelibrary.wiley.com/doi/10.1111/desc.12193/abstract>
- Swedish researchers, writing in the *Archives of Pediatrics & Adolescent Medicine* studied 112 teenage girls who were struggling with problems including neck and back pain, stress, anxiety and depression. Half of the girls attended weekly dance classes, while the other half didn't. The girls who took the dance classes improved their mental health and reported a boost in mood – positive effects that lasted up to a year after the classes ended. <http://archpedi.jamanetwork.com/article.aspx?articleid=1390784>