

HOW MUSIC EDUCATION BENEFITS TEENS

Music makes you happy.

Listening to our favorite music increases the levels of dopamine and oxytocin in our brains – the same pathways that are triggered when we do anything pleasurable.

Music can improve your grades.

A study from German Institute for Economic Research found that adolescents with music training have better cognitive skills and school grades. They are also more conscientious, open, and ambitious. Another study by the University of Kansas, students attributed academic behaviors such as self-discipline, persistence, and leadership to their participation in music.

Music (and the arts) sets the stage for future success.

A study published by the National Endowment for the Arts found arts participation is positively connected with grades, test scores, and volunteering, as well as with higher rates of participation in extracurricular activities.

Music reduces anxiety.

According to the American Academy of Child and Adolescent Psychiatry, teenagers typically spend two and a half hours daily listening to music. That time of music intake contributes to a teenager's mental, physical and emotional health. In another study, teens successfully used music to improve their internal mood state to deal with their lack of control over the external situation.

Music brings people closer together.

Music has emerged as a crucial avenue for teenagers' social interactions. By sharing music or playlists, many teens are able to build connections with others.



Classes, lessons, events
603-448-1642



More Information
uvmusic.org



**UPPER VALLEY
MUSIC CENTER**