



10 Reasons to Study Music

1. **Makes you smarter.** Many studies have been conducted on the effects of music on the brain. Music is unique in that it connects both the right and left sides of the brain. This has been shown to improve reading, math, and creativity.
2. **Gives you a sense of achievement.** Playing an instrument is very satisfying!
3. **Relieves stress.** Music balances your energy, and makes you forget your problems for that moment. It recharges your emotional batteries.
4. **Aids in flexibility and coordination.** Many children have shown improved handwriting after beginning piano lessons.
5. **Helps with emotional expression.** Music has a huge influence on human emotions. Children who learn to play the piano are better able to express their emotions.
6. **Improves self-confidence.** Group lessons are especially beneficial as students play for each other every week.
7. **Develops concentration.** & teaches discipline.
8. **Sharpens memory** and helps mind remain active.
9. **Broadens musical experience** by exposing you to a variety of music and musical styles.
10. *It's fun!*