

## DEVELOPING LIFELONG SKILLS IN MUSIC

by Rebecca Van Treeck



### The Tangible and Intangible Benefits of Band Participation

It's well known that music students [typically outperform](#) their non-music peers academically. Past studies have indicated that [SAT students](#) who participated in music scored an average of 31 points above average in reading, 23 points above average in math, and 31 points above average in writing. Researchers have also demonstrated a strong relationship between individuals who participated in school arts experiences and higher academic success as demonstrated by grade point averages.

[Additional studies](#) have confirmed that students engaged in music programs outperformed their peers on every indicator, including grade-point average, graduation rate, ACT scores, attendance, and discipline referrals. Overall, the University of Kansas study demonstrated that the more a student participates in music, the more positive these benefits become.

Equally important to the academic benefits of participation in music and band programs are the intangible qualities that come along with the full band experience.

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## A Sense of Belonging

It can be tough fitting in as a kid! Band provides students with a place to belong, both inside and outside of a school environment. It provides a home where kids can feel confident and safe, providing an opportunity to build friendships and skills to carry through life, regardless of where it takes you!

## Creativity and Expression

Band enhances creative thinking and provides an enriching creative outlet. It gives students an opportunity to create beauty, elicit emotion, and create a work of art. Participation in band offers a unique opportunity to foster creative thought and growth. Artistic expression is something our society is sorely lacking in the midst of the digital age, so it's always nice to see students channeling their creative energy through something other than their phone or computer!

## Collaboration, Teamwork, and Accountability

Band is collaborative in nature! It provides students with a means to learn patience, persistence, and responsibility. Every member of a band plays off of one another. Both what you do, and don't do will have a profound influence on others in the band. If you miss a note or two, the impact on the surrounding musicians is discernible. When all of the pieces fall into place, band offers a remarkable opportunity for students to collaborate with one another, creating a beautiful musical harmony.

## Perseverance

In a world of instant gratification, participation in band is a rare outlet that teaches students how to handle failure and keep on going. Mastery of an instrument requires years of hard work, and can typically be considered a student's first apprenticeship opportunity.

## Mental and Physical Acuity

Abilities learned in band extend well beyond the academic environment. Physical attributes include improved audio and visual perception, enhanced fine motor coordination, and a well-defined muscle memory.

Mental dexterity is also improved through band. Increased cognitive reasoning, collaborative skills, emotional balance, and creative thinking are fostered through the band program. It provides a foundational discipline that can be applied to learning of all other subjects. Simply put, band can provide

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**White House of Music**  
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Play it. Protect it. Learn it. **Love it.**



social and emotional development that teaches students how to be better people through music.

## **Building Life Skills in Band**

Participating in band provides students with a solid foundation that they can build off of for the rest of their lives. Whether tied to mental acuity, physical dexterity, or a variety of [career paths](#), the band experience is just as vital to academic success as any other scholarly pursuit. Feel free to visit your [local White House of Music store](#) to learn more about [music lessons](#) and [instrument rental opportunities](#) in your area. We would be more than happy to play a part in helping your student Make Music For Life!

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