



# Benefits of Participation in Music Education



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## Overview of Programs

Music at Eden is thriving! Current program offerings include middle school and high school band, orchestra, and chorus. Additionally, students have the ability to participate in pit orchestra, jazz band, fiddle club, and marching and pep band opportunities. Students can also strive to audition for All-County and All-State ensembles. With a wide variety of instrumental offerings, students have a sea of opportunities ahead of them!

## Academic Achievement

Participation in music education activities has often been believed to be linked to academic performance and overall achievement. Kraus and White-Schwoch (2020) purport that the benefits of music education are directly tied “to educational outcomes such as standardized testing, attrition, grade point average, college matriculation, and even health outcomes” (p. 213). Students at Eden who participate in music education are often ranked among the tops of their class, participate in several advanced or honors courses, and perform strong academically. We also notice that students who participate in instrumental music courses are rarely seen on the academic probation list, and maintain strong standing in their commitments. Furthermore, Tanja et al. (2021) state that “studies have found a positive correlation between music training and intelligence in children, adolescents, and adults” (p. 8). Participating in our music education courses and extracurricular activities can have extensive positive effects for students, providing all the more reason to consider joining an ensemble or trying your hand at a new activity.

## Cognitive Development

There has been significant research conducted over the past few decades to support the fact that one’s participation in music education classes and programs will support their brain function and lead to overall stronger cognitive development. Kraus and White-Schwoch state in their study on this topic that “we are confident that music education should be part of every child’s curriculum. Music education manifestly supports child development in ways both easy and difficult to measure. Augmented sound processing in the brain makes young musicians better learners, which can generalize to benchmarks such as standardized tests and grades that society values in education” (2020, p. 213). The effects of music education in regard to the neuroplasticity of the brain are far-reaching, and provide all the more reason to join an ensemble today.

## Creativity & Individual Expression

“Music being one of the most universal means of expression and communication for humankind is present in the everyday lives of individuals of all ages and from all cultures around the world” (Lalchuangkima, 2021, p. 1). In our school body today, students are constantly finding new and unique ways to express themselves and grow into their own person. The time of middle school and high school is a key time for self discovery and blossoming personal expression. Participating in music courses and ensembles, particularly ones where students are actively creating music together, has been shown to boost student creativity, which in turn provides numerous benefits to other parts of a student’s social and emotional development. Lalchuangkima (2021) mentions that “[d]ifferent studies these days show that music can actually help people become more creative. Even ones who are not exposed to any kind of music lesson can already reap the benefits of becoming more creative by simply listening to music regularly” (p. 21). At such a crucial time in student development, being involved in music activities does so much to support creativity and allow students an outlet to express themselves. Creativity is a highly sought after quality for colleges and employers alike, and is something that fostering at an early age will have long lasting effects down the road. Students here at Eden are highly encouraged to participate in music classes and ensembles, and to consider getting involved in ways they haven’t thought of before. It’s never too early or late to build new skills!



### 2024 High School Band

Presenting our full instrumental wind ensemble at the high school level. With a large variety and array of instruments available to choose, our program allows students to learn multiple instruments and become experts in a certain instrument family.

## Family and Community Engagement & Involvement

Making the choice to participate in the music programs offered in Eden will have effects greater than just the enjoyment of the student! With several concerts, performances, and community events, we strive to include the entire family in our programs! Being engaged in your child’s learning is easy when your child is a music student. There are ample opportunities to support your child, without feeling burdened by an intense schedule. Locker (2014) mentions that “[a]ctive participation and meaningful engagement translate into children being highly involved in their musical training – these are the kids who had good attendance [and] who paid close attention in class” (p. 2). We all know that being involved and engaged in your child’s learning is easier said than done – sports, clubs, ensembles, and personal schedules are difficult to balance. However, the benefits speak for themselves; by being an active participant and dedicated member of your child’s support team, the effects will stretch beyond the music classroom.

## References

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