

2023-2024
Why study music
in High School



Incoming
Students & Family
Information

Why Study Music in High School?

IT STRENGTHENS OVERALL ACADEMIC PERFORMANCE.

If you're looking to improve your overall performance in school, music study can help you get there. Studies have shown that those who study music perform better in a variety of subjects, including math, science, reading, and language. Students in music courses also tend to perform better on the SAT, earning an average of 63 points higher on the verbal section and 44 points higher on the math section.

IT FOSTERS TEAMWORK.

Band classes are taught in a group environment, where students must work together to perform larger, more complex pieces of music. This is a great way for students to learn how to contribute their own talents while depending on other students to create something amazing.

IT TEACHES DISCIPLINE.

If you want your teen to develop a strong sense of discipline, enrolling in a high school band class is a great place to start. Playing a musical instrument is one of the most tangible ways you can learn the importance of discipline, as your musical skills will only progress if you are willing to practice.

IT SHARPENS MEMORY.

Music students gain experience with memorization by practicing and performing musical pieces. Students hone their memorization skills and strengthen their muscle memory through musical practice.

IT OFFERS A CREATIVE OUTLET.

Those who study singing or playing an instrument often use their practice as a wholesome creative outlet for their emotions. The impact that music can have on our emotions is remarkable. In addition, music and band classes offer opportunities to express creativity through musical improvisation and learning new skills.

IT SUPPORTS MENTAL HEALTH.

Music can help relieve stress and reduce depression and anxiety, which is especially important for teens in today's society. In addition, music has been shown to slow the brain's aging process, to help with sleep, and can even help support the immune system.

TO HAVE FUN!

Band students have fun playing music and performing together! From concerts to parades to meals together, to outings just for fun, former students will tell you that their time in band provided some of their best school memories.

TO MAKE FRIENDS WHO BECOME FAMILY.

To be a successful band, students must work together, and they share the joys and rewards of group accomplishments. Band members share efforts and experiences, which in turn help develop close friendships. Band friends are often friends for life.

Sources for Benefits of Band and the Study of Music:

1. <https://www.alamomusic.com/discovermusic/4-reasons-why-your-child-should-join-band-/>
2. <https://www.amromusic.com/amro-blog/posts/five-reasons>
3. <https://mountainheightsacademy.org/6-reasons-study-music>