Music Training Improves Adolescent Brain Development (2015)


This blog post was published on July 28, 2015 on the Psychology Today website. The author cites and links to several articles on the benefits of music education for children and youth. Some of these include improving the brain’s response to sound, sharpening language skills, improving overall academic performance, and counteracting the negative impact that poverty has on brain development in low-income children.

Highlights

- Playing an instrument before age 7 benefits brain structure and function throughout a person’s lifespan
- In a study by Northwestern University, children who took music classes showed a quicker maturation and higher sensitivity in their brains’ response to sound
- Stable processing of sound details, which is fundamental for language skills, is known to be less developed in children raised in poverty

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