**Benefits of Music Education**

*February 14, 2018*

**PROFESSIONAL Success**:

* 83% people with incomes higher than $150,000 participated in music.
* Television broadcaster Paula Zahn played the cello
* Larry Page, co-founder of Google, played saxophone in high school
* Steven Spielberg is a clarinetist and son of a pianist
* Former World Bank President James D Wolfensohn played cello at Carnegie Hall

**ACADEMIC Success**:

* 10% **higher SAT scores** for students who studied 4 years of music
* Thomas Südhof, who won the Nobel Prize for Medicine, said being a bassoonist, “was a lot harder than being a scientist.”

**HIGH SCHOOL Success:**

**Accepted into the most prestigious universities in the country...**

Harvard, Princeton, Yale, Stanford, MIT, UCLA, USC, UC Berkeley, Pomona

**Academic and Music Honors...**

* **40% of 2017 National Merit semifinalists were in band**
* 40% of band members’ GPA is over 4.0
* 70% are on the Honor Roll (3 .5+)

**SOCIAL/EMOTIONAL Benefits:**

* Playing an instrument lowers blood pressure, lowers stress levels, decreases heart rate, and reduces anxiety and depression
* Band provides strong peer support as evidenced by testimonials from band alumni:
* *“Marching band really helps with a difficult transition.“*
* “*Marching band is like having a second family. “*

**Music Changes the Brain**

USC’s Brain and Creativity Institute partnered with LA Philharmonic to study effects of music training and are finding: “…**music training induces macro and microstructural brain changes in school-age children.”**

Northwestern study showed improved neural processing improvements. “We like to say that **‘making music matters**,' because it is only through the active generation and manipulation of sound that music can rewire the brain.”

***Manhattan Beach parents are fortunate to have school district officials that understand the importance of providing musical instrument training.***