

Symphony Internship Program Essay

Prompt: "How does the study of music help with other areas of life"

My whole life has been surrounded by music the day I was born. My mom played the piano and my older sister started playing the violin before me, so the house was filled with music all the time. I've always had a fascination with music from the way it calmed me and allowed my problems to drift away. Studies have shown how music eases pain and allows comfort in our daily lives. Music has allowed me to push through the hardest of times. For example, if I'm feeling stressed or anxious about school or a big test next week, playing my viola or listening to music allows me to calm my anxiety and keep my head straight. I've learned about what it means to have to work hard to be able to achieve my goals from a young age. It taught me how to work with others by being in ensembles like a quartet. Because of music, I was able to meet so many talented, bright musicians in the music community that have become my bestest of friends. Not only does music help benefit my overall experience of life, but it also strengthens my brain's executive functions. When I'm playing my instrument, it allows my brain to use all of its functions, because I'm processing multiple things at once. Music has changed my life for the better and I'm forever grateful that I get to experience it everyday.