

How does the study of music help in other areas of life?

(“Music is a moral law. It gives soul to the universe, wings to the mind, flight to the imagination, and charm and gaiety to life and to everything.” Plato) Music is one of the activities which enhances the ability to focus and activate both hemispheres of the brain. In a group, music also helps with developing teamwork skills and building lifelong friendships.

Studying music stimulates both hemispheres of the brain in many different ways. The left hemisphere engages in motor skills and the musical structure of a given piece. The right hemisphere engages in the melody and the dynamics of the piece. By stimulating both sides of the brain, music helps to develop skills such as focus and creativity.

Studying music can also develop teamwork skills and social skills. In an orchestra, the peers listen and look at each other for cues to play the given notes at the right time. One incident stands out and happened with me was during a UIL sight-reading sectional. To my surprise, I was selected to be the “conductor” of the violin section by my orchestra director. A combination of anxiousness and fear gripped me. I answered the questions with confidence. Under my direction I conducted the violin sight-reading session with a time frame of four minutes and 23 seconds. That moment gave me the confidence to lead a sight-reading session.

In conclusion, music helps in the ability to focus, stimulate both hemispheres of the brain, and developing teamwork and social skills. Music can enhance vital skills that are essential to the overall development of one’s personality.