

## **Music Advocacy's Top Ten for Everyone**

1. Ninety-five (95) percent of people responding to a 2000 Gallup Poll believe that music is part of a well-rounded education.

- *Gallup Poll Shows Strong Support for Putting Music in Every School's Curriculum*, Giles Communications, 2000.

2. Practicing musicians demonstrate 25 percent more brain activity than non-musicians when listening to musical sounds.

- *Exposure to Music Is Instrumental to the Brain*, University of Muenster.

3. In a 1998 study, retirees who participated in group keyboard lessons reported decreased anxiety, decreased depression, and decreased loneliness when compared to a control group.

- *Scientific Study Indicates That Making Music Makes the Elderly Healthier*, American Music Conference, 1998.

4. People who participate in the arts live longer than others, according to a Swedish study.

- *British Medical Journal*, 1996.

5. At-risk children participating in an arts program that includes music show significant increases in self-concept, as measured by the Piers-Harris Children's Self-Concept Scale.

- *Project ARISE: Meeting the needs of disadvantaged students through the arts*, Auburn University, 1992.

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6. Martin Gardiner of Brown University tracked the criminal records of Rhode Island residents from birth through age 30, and he concluded the more a resident was involved in music, the lower the person's arrest record.

- "Music Linked to Reduced Criminality," *MuSICA Research Notes*, Winter 2000.

7. The part of the brain responsible for planning, foresight, and coordination is substantially larger for instrumental musicians than for the general public.

- "Music On the Mind," *Newsweek*, July 24, 2000.

8. Students who participate in school band or orchestra have the lowest levels of current and lifelong use of alcohol, tobacco, and illicit drugs among any group in our society.

- *H. Con. Res 266*, United States Senate, June 13, 2000.

9. In a French study, the use of melodies was shown to stimulate speech recovery in stroke victims.

- *Neurology*, December, 1996.

10. Taking a music elective course is a better indicator that a student will stay in college than high SAT scores or high GPA.

- Dr. Denise C. Gardner, *Effect of Music Courses On Retention*, Georgia Tech, 2000.