

**Title:** Music, Our Secret Weapon to Cognitive Strength and Success

**Presenter:** Matthew Morreale, El Camino College

**Mentor:** Nancy Freeman

Neurological studies have shown that music has a positive effect on cognitive and neurological development. For this reason, I am proposing that music be a mandated part of each school's curriculum. A study conducted by the New York Academy of Sciences showed that music activates areas of the brain that are involved in attention, memory, and emotion. They found this information by comparing fMRIs of people who were listening to music, to people who were not listening to music. Another study conducted by neuroscientists, which was published in the journal, *Developmental Cognitive Neuroscience*, found that, "the auditory systems of children in the music program were maturing faster in them than in the other children. The fine-tuning of their auditory pathway could accelerate their development of language and reading, as well as other abilities" (Gersema 1). They found this evidence to support their claim that children's brains develop faster with music training by "using several tools to monitor changes in them as they grow: MRI to monitor changes through brain scans, EEG to track electrical activity in the brains, behavioral testing and other such techniques" (Gersema 1). Another study showed that "associations between music aptitude and general cognitive abilities, including performance in school, are often strong, particularly in childhood." (Deutsch 533). I feel that we should come together and demand that music be a mandated subject for all levels of education, rather than be a target of budget cuts, slowly being eliminated from our educational curriculum.

## Works Cited

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