

THE BENEFITS OF MUSIC LESSONS



Santa Teresa Academy of Music and Dance

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CREATIVITY & SELF-EXPRESSION

Music provides a forum for communicating feelings and using imagination for creative endeavors.

CONFIDENCE & POISE

Frequent performance helps develop confidence and poise that will be useful in dealing with many situations in life.



PERSEVERANCE & COMMITMENT

The demands of music study help develop the skills necessary to follow through on projects and commitments.

CONCENTRATION & PROBLEM SOLVING

The study of music fosters concentration and problem solving skills that carry over into other subjects.



PATIENCE

The process of learning effective practice skills aids in developing patience.

PRIDE IN ACHIEVEMENT

Students develop a sense of pride in their abilities through musical achievements.



COORDINATION & STRENGTH

The coordination of both small and large muscles is strengthened through playing a musical instrument.

TEAMWORK & FRIENDSHIP

Music study provides opportunities for cooperation and interaction with peers which establish friendships.



SELF-ESTEEM & SATISFACTION

As music skills are developed, students feel a strong sense of satisfaction in their progress and develop a feeling of self-esteem that transfers to other situations in life.

FUN & RELAXATION

Playing music is fun! This skill can provide hours of entertainment and relaxation throughout one's entire life.