Music Should Be a Required Class in High-School

Author Name

 [Name of the Institution]

**Importance of Music Education**

The number of schools offering music education is very low. Many schools have started excluding music from their modules in order to include other subjects. Music is a very important subject for children of all ages, especially for high school students. It helps students learn and enhance human connection and improves their intellectual skills. Due to the removal of music from schools, students no longer get these benefits. They have to enroll themselves in private classes, which is unaffordable for most people.

# Reasons

Following are some of the major reasons why music education is important for high school students:

## Learning

 Research shows that students of music are also very good at academics. Many studies have shown that music helps in the enlargement of the brain and in the development of its function. Music for sure has some significant effects on our lives and is as necessary a subject for students as English or Mathematics is. Learning about how to play a musical instrument has very prominent and desirable effects on the intellect and when a group of students play music or sing together, they learn about synergy and association1.

## Creativity and Teamwork

 The inclusion of activities related to music on a daily basis in school time may also develop and enhance creativity and teamwork among students. Music helps the students build self-confidence and in finding them their freedom of opinion. Music education teaches the students some very important personal skills including critical thinking, working in a cooperative environment to achieve common goals and different problem-solving techniques. The requirements of music lessons vary from individual to group performances, thus developing the skills of teamwork and collaboration3.

## Self-Worth

 According to research, music education can change the lives of a lot of students by enhancing their self-confidence and providing them with a sense of accomplishment. Consider the example of Sutro School, located somewhere in San Francisco. The school has numerous students with deprived backgrounds causing issues like high drop-out rate, absenteeism, and insufficient parental assistance. The school hosted an opera to be performed by the students. According to the principal, the changes in students after the event were considerable. Previously, the students were shy, with a low level of confidence and self-esteem. But this event turned things around. Students who were unable to work collectively in groups, now developed some admirable collaboration techniques, improved study and learning habits, and bigger achievements, both inside and outside of the classroom. There is a significant and appreciable increase in their self-esteem1.

## Enrichment for Life

By including music education in their curriculums, schools have encouraged children to either sing or play a musical instrument, thereby providing them with a lifetime gift. Students who study music are definitely well prepared for facing the world, after leaving their schools. Getting music education right from a young age can impart lifelong beneficiary skills. Also, it is the source of joy and pleasure for many people. Jo Ann Hood is a music teacher with 18 years of experience. He stated that music students possess good communication abilities, score high in their exams and are well disciplined. Moreover, they are more suitable for the workforce and have better chances of getting hired by companies1.

## Relieving Stress

Most of the high school students are overloaded by their homework and find it difficult to find a balance between their work and extracurricular activities. Music can help these students in relieving stress. Different [studies](https://www.ncbi.nlm.nih.gov/pubmed/16646877) show that music can reduce depression and improve moods. As students progress to the higher levels of education, they might feel burdened with the requirement to maintain high grades. Music can offer them a way to pass through this kind of situation smoothly2.

Music undoubtedly has many benefits and advantages for people of all ages. It is necessary to know why so that people can keep recommending and promoting music education in schools.

End Notes

1. Shankar Mahadevan Academy. Why should Music be a necessary part of a School

<https://www.shankarmahadevanacademy.com/blog/Why-should-Music-be-a-necessary-part-of-a-School/>. Accessed November 6, 2019.

1. Natalie Wilson. Why is Music Education in Schools Important? <https://theinspiredclassroom.com/2017/05/why-is-music-education-in-schools-important/>. Accessed November 6, 2019.
2. **Patricia Guth**. The Importance of Music Education

<http://education.more4kids.info/23/the-importance-of-music-education/>. Accessed November 6, 2019