

Why music? What effect does it have on us?

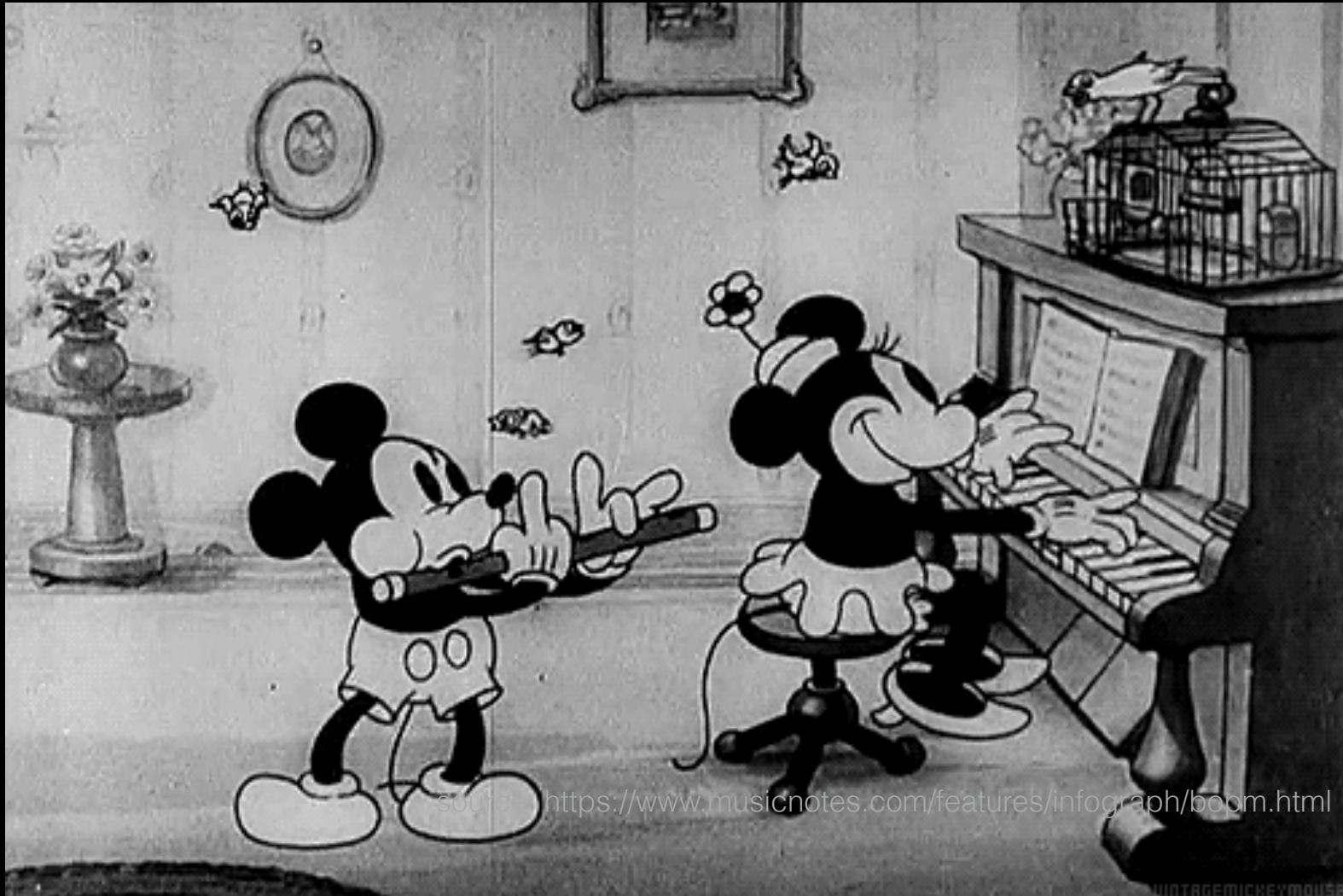
Does it challenge and/or enrich your brain?

Can we do without it? Evolutionary
adaptation?

attention
listen

working memory
synchronise
planning

adapt
emote



transfer effects?

Cognitive (transfer) effects

8120 children
10-11 year olds



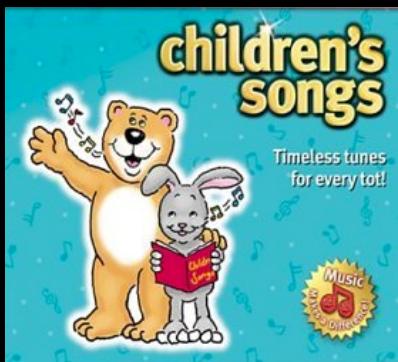
10 mins

"there is no merit to the claim of a link between listening to music composed by Mozart to the exclusion of music by other composers"

Schellenberg EG, Hallam S (2005) Music listening and cognitive abilities in 10- and 11-year-olds: the Blur effect. Ann NY Acad Sci 1060:202–209.

Cognitive (transfer) effects

- creativity in Japanese 5 year olds
(Schellenberg et al., 2005)

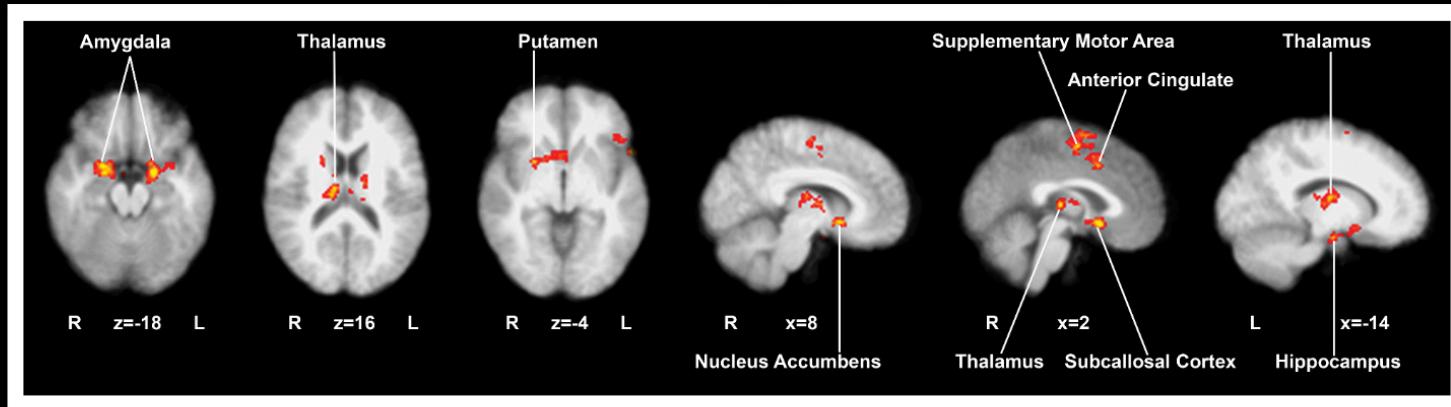


Sang Familiar
songs

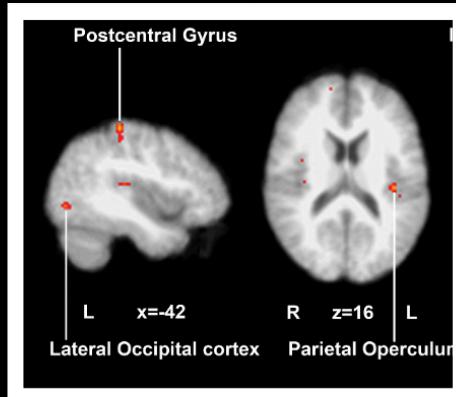
“familiarity and liking matters”

Familiarity Matters!!

Familiar



Unfamiliar



Transfer Effects of Musical Training

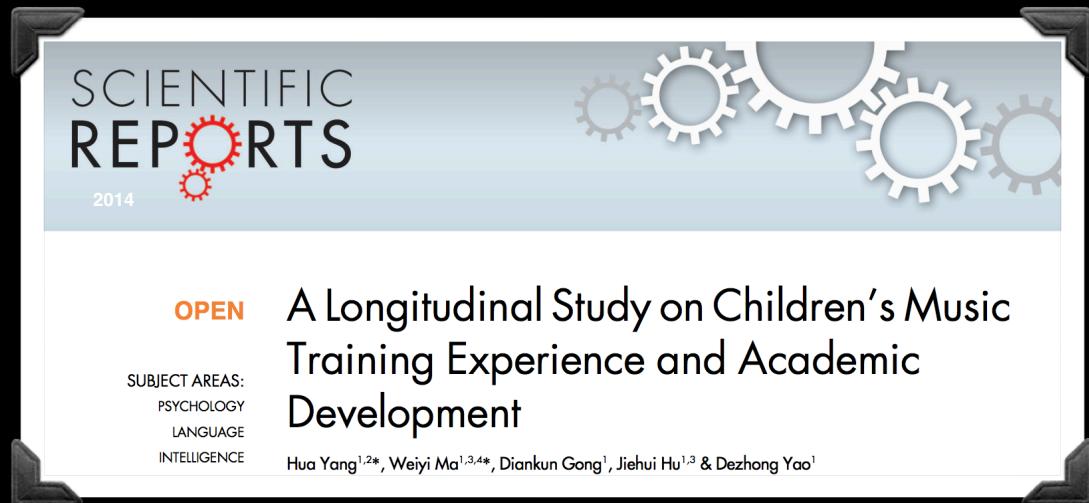


"evidence of reviewed studies seems suggestive of mild to moderate beneficial effects (some mixed results)"

Why some mixed results?

- duration of instruction (short-term)
- type of instruction
- sample size & heterogeneity
- attrition
- how long is “**long**” ?

Transfer Effects of Musical Training



250 students

~6 years

45 mins/week

3.5 years



Transfer effects

The
Guardian

How to improve the school results: not extra maths but music, loads of it



Hands-On Music Education:
The Kodály Method

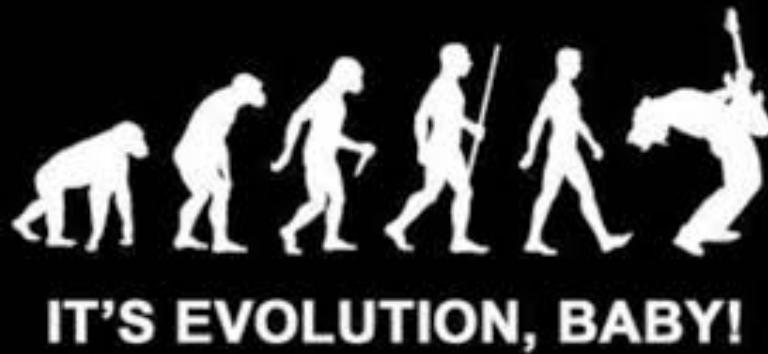
6 hours a week





can we do without it?

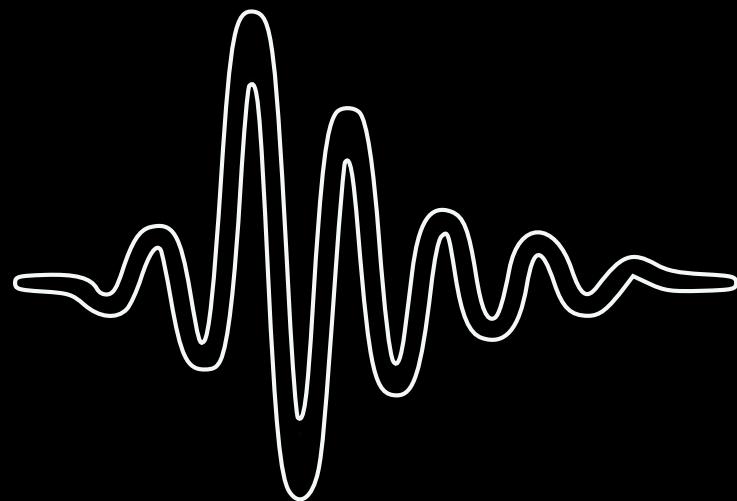
Evolutionary origin of music?



biologically useful? survival value?

a side effect of other evolutionary or cultural processes?

Music as a (Sound) Signal



primitive sounds and instruments?



~42,000
years old

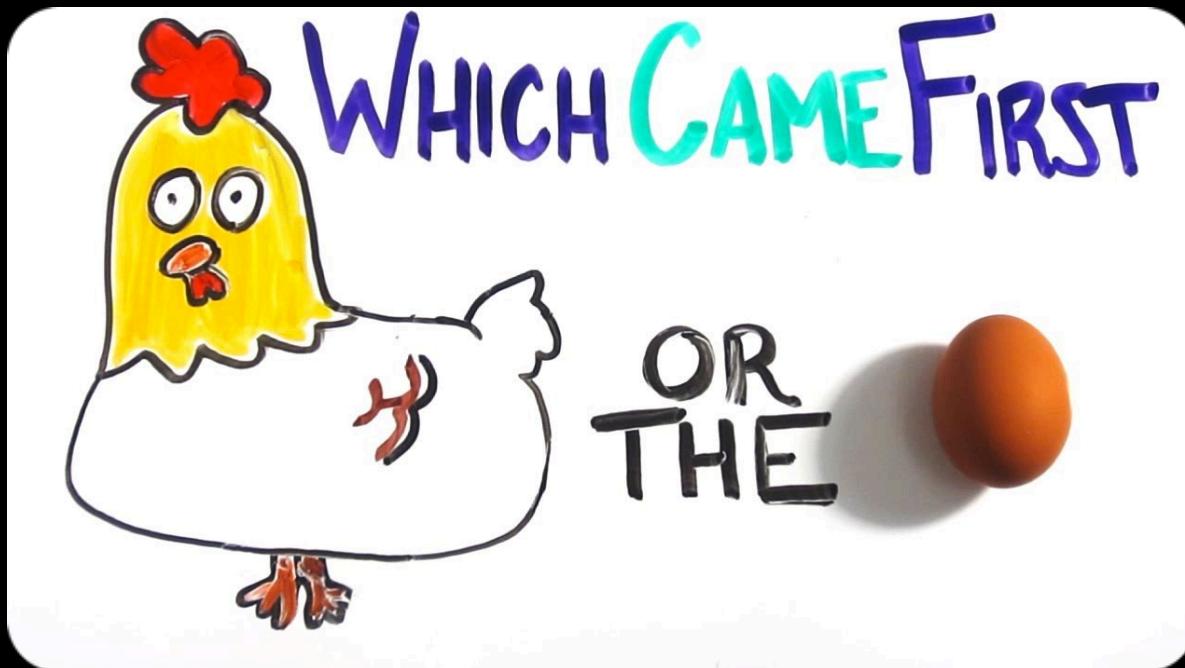
Survival benefit?



FOOD???



Language or Music?



wordless courtship songs predated our linguistic abilities, and that such singing provided the scaffolding upon which language itself evolved

DARWIN