

## Can Piano Lessons Improve Your Life?

Kids and adults alike are constantly bombarded with the benefits of learning to play the piano. Piano makes you smarter! Piano makes you a better problem solver! Piano makes for well-behaved children! While learning to play any instrument is considered a good thing, there's just something about the piano that makes people think of classical smarts and genius-level abilities.

Recent studies have shown that there is quite a bit of truth to these assessments - when it comes to your kids. The good news is, kids aren't the only ones to benefit. Learning to play the piano can actually improve quality of life for adults, as well.

## Traditional Benefits of the Piano

In most cases, people and studies both link playing the piano with being smart. Students with a background in music score higher on the SATs, have higher IQs, are better at reasoning and logic, and have better linguistic skills. It has become something of a national movement to get kids started early, since these kinds of benefits are good for everyone involved.

Adults without a background in music shouldn't feel left out, though. Although they may not be able to get the same intensity of results, piano lessons . at any age . enhance different aspects of life and work.

## Learning to Practice and Follow Through

Piano lessons are also a great way to improve the amount of self-discipline you have in all areas of your life. Few people play songs perfectly the first time around, and it can take weeks or even months of dedication before you can get through some of the more difficult passages in the songs you like best.

The piano offers a great way to set goals that require you to follow through before they can be completed. If you want to learn to play a song or to make it through your introductory level course, you have to set aside time to practice, refine your skills, and eventually make it all the way through to the end. Over time, this can develop into a habit that is not only evident in the musical world, but in all areas of your personal and professional life.

## Coordinating Skill Sets

Playing the piano isn't as simple as learning to do one thing and then running with it. It takes mastery of fingering, the ability to read sheet music, an internal tonality, and coordination of the two sides of the brain. Although these types of skills might not directly relate to the things you do in your everyday life, there is something to be said for being able to master so many things at once. It offers you a higher level of thinking and acting that trains your brain to be similarly engaged in other activities.

## Having Fun and Feeling Good

Of course, playing the piano can also simply be an enjoyable experience, as well. For many adults, learning to play is a lifelong dream. For kids, it can be a creative outlet that allows them to experiment with their likes and dislikes when it comes to music. No matter how old you are or what you hope to get out of your piano learning experience, one thing remains the same: you're growing and developing as a person. And that's something to be proud of.