

6 BRAIN- BASED ACADEMIC SKILLS STUDENTS LEARN AND DEVELOP IN THE **ARTS**

1. CHAMPION MINDSET

Students gain increased self-confidence and social literacy through the Arts. The Arts teach these skills by allowing students to explore and work through challenges that have multiple solutions, which means students gain confidence to try new things and work with others.

2. HOPE/ OPTIMISM FOR LEARNING

A student can neither create a sculpture, learn to play an instrument, nor learn how to solve a complicated math problem quickly. The Arts teach students about delayed gratification of learning, which helps them persist through challenges.

3. ATTENTION SKILLS

The brain is programmed to notice changes in surroundings. The Arts teach students how to train their brains to focus on relevant information and suppress irrelevant information, which strengthens their ability to give focused attention to specific tasks.

4. MEMORY BUILDING STRATEGIES

In the Arts, students learn to memorize musical compositions, lines for a play, and how to move their hands to create certain types of marks on paper. These short-term memory skills are transferable to learning across the curriculum.

5. PROCESSING SKILLS

The brain is shaped daily when students make connections between new observations and existing knowledge. In the Arts, students develop observational skills, auditory awareness, pattern recognition skills, and perceptual awareness.

6. SEQUENCING SKILLS

The Arts teach students how to sequence tasks, access visual imagery, and identify steps in a process. These skills can be applied to several academic areas such as writing, organizing thoughts, completing steps in scientific experiments, solving word problems, test-taking strategies, and many others.