Why SEL is a strong argument for music education:

- Purposeful integration of SEL into music education will enrich the students’ personal connection to music.
- The relationship built between teachers and students over multiple years of instruction fosters the caring environment necessary to help build school connectedness and foster empathy.
- The perseverance needed to dedicate oneself to musical excellence fosters resilience both in and out of the music classroom.
- Musical creation fosters self-awareness and allows for students to develop a greater sense of autonomy and emotional vocabulary.
- The collaborative community developed in the music classroom around music-making welcomes discussions and an awareness of acceptance and embracing diversity.
- Musicians learn the necessity of personal goal-setting, self-assessment, and accountability as they develop high standards for musicianship and themselves.
- Music is a cultural necessity and is fundamental to being human. Music education and SEL exposes and deepens this for a cross-section of the student body.

WE NEED TO CHANGE THE “HOW” OF MUSIC EDUCATION SO WE DO NOT LOSE THE “WHAT.” SEL CAN BE THE “WHY” BY MEETING OUR STUDENTS’ NEEDS THROUGH MUSICAL SEL.

Music Education & SEL: The Heart of Teaching Music

For more information or help advocating for music education through SEL contact:

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