

# **LEARNING MUSIC**



## **BENEFITS OF LEARNING MUSIC**

**&**

## **HOW TO CHOOSE AN INSTRUMENT**

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### **1. Patience**

One of the  
most  
difficult  
parts of  
learning an

instrument is dedicating your time and effort to  
practice. For guitar players it's the pain endured  
when pressing on the guitar strings while for pianist  
it would learning all those notes on the music stave.

Students that dedicate their time and effort to  
learning their chosen instrument demonstrate a  
strong sense of patience and perseverance on the  
road to achieving their goals.

## 2. Achievement

Every person that starts learning an instrument will have a goal in mind that he or she wants to achieve. The time and effort put in to reach for this goal will instill a sense of achievement in the learner that will eventually be evident in any other venture he or she aspires for. This trait will prove valuable in all areas of life.



### 3. Focus

Learning and instrument can be beneficial as it will have a positive effect on concentration. This is evident with reading notated music and playing with other musicians as small lapses in concentration will result in the student being out of sync with the music and other musicians. As the student's skills and technical abilities improve, the level of focus and concentration will naturally improve impacting other areas of life as well.



#### 4. Social

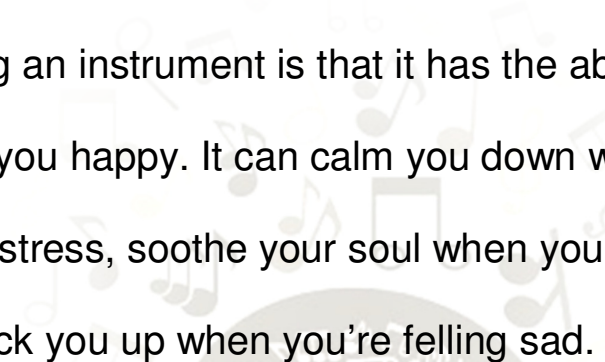
Playing and learning an instrument allows a student to connect with other musicians to form groups with common interests. The possibility of meeting with other music students increases which in turn could lead to friendships and bonds. Music is a universal language which gives people from all cultures and backgrounds a common ground in which to communicate. Musical training additionally helps develop individual's self-expression and helps you break out of your shell.



## 5. Emotion

Music plays an important part in our emotions.

Listening to the right song can make us feel happy or sad. Music will have a powerful effect on our emotions and everyone would have had some experience with this. A very important benefit of playing an instrument is that it has the ability to make you happy. It can calm you down when you're under stress, soothe your soul when you're anxious and pick you up when you're feeling sad.



In summary, regularly playing music teaches patience, discipline, concentration, responsibility and a strong sense of self-achievement and identifying new found talent. More importantly, playing music makes you happy and has stress relieving power.

# HOW TO CHOOSE AN INSTRUMENT

Regardless of how old you are now, learning an instrument for the first time can be a fun and exciting experience. There are many factors to consider when deciding which instrument to learn. This section highlights the factors to consider whether you are a parent trying to help your child find the best instrument to start with or an adult who has been waiting to play the music you love.





## 1. Be Practical

If you aspire to be a rock star, learning the drums sounds like a lot of fun. Here you have to consider the space you have at home to practice. However, even if you do live in a small space, there are other options available such as electric drums and practice pads that you could consider.

For smaller living spaces, something more portable like the guitar or ukulele might be good, especially if you like entertaining guests at parties or want to be able to play your instrument at the beach!





## 2. Time



Some instruments require a lot more practice time and discipline. For instance the piano and violin are more long term learning instruments which might suit a person with more time to practice and patience to pursue the grades available. Instruments like the guitar, ukulele and drums are easier to pick up quickly and may not require much practice time to start playing the songs you love. Consider the commitment you or the child is ready to make towards learning the instrument. Remember that daily practice, even in small time periods, will be key to making good progress on any musical instrument.

### 3. Music preference



# Different individuals like different styles of music.

There's classical, rock, jazz, pop and many more. If

classical is more your taste, consider instruments

like the piano, violin and classical guitar. If you or

your child dream of being the next pop and rock star,

you might want to consider learning instruments that

are more contemporary like the guitar, drums,

keyboards or even singing. If you're still unsure here,

think about the songs and artists that you enjoy

listening to. Also, take time to consider the

instrument that stands out the most whenever you're

listening to a song.

#### 4. Investment

Learning any  
instrument would  
require you to  
invest in an

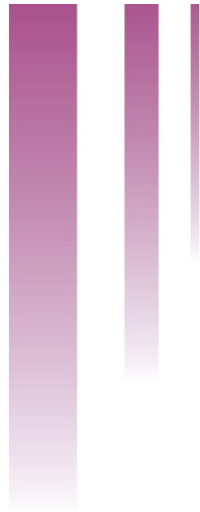


instrument to practice at home with. The piano and drums would require a bigger investment as compared to buying a guitar or ukulele. Keyboards would be a cheaper alternative to the piano while practice pads are very affordable to give a drummer the option to practice. Learning to sing would not require you invest any money at all.

## 5. Try out different instruments

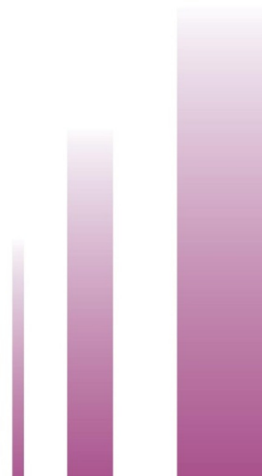
Head on down to a music shop or school and get a feel of the different instruments on hand. Listening to someone playing, holding and getting a feel of the instrument will suggest if you are comfortable with the instrument or not. Always remember that it's never too late to learn an instrument or even pick up one that you've given up on a long time ago.





*Excel Music wishes you the best as you move forward  
towards achieving your goals and dreams. We would be  
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we can.*

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