

How does the study of music help in other areas of life?

When my dad signed me up for piano classes in Kindergarten, I was entirely against it. Spending an hour of my Saturday to learn music sounded terribly dull to me. What I didn't understand at the time was that my father's intentions were not to waste my time or bore me-- He wanted to open up pathways to creative thinking in my life, something that was severely lacking at the time. As a young child, finding a sense of inventiveness was challenging-- I remember struggling to perform well in my early years of school due to my lack of focus.

Music changed everything for me. For the first time in my life, I was passionate about something and was interpreting a whole new musical language. In addition to the weekly classes, I began to practice Carnatic music. I was now connecting with my heritage, something I had not done in the past. Due to my immersion in music, my performance at school improved as well as my day-to-day mood.

By providing me with creative thinking and giving me the chance to find my identity, music has significantly shaped who I am today.