

# MUSIC LESSONS ARE LIFE LESSONS

by: Ed Lettner of The Music Studio



Spring was a busy time of the year at The Music Studio with many end-of-season events to organize and help students prepare for, such as our student recital and many community performances.

As I was in the midst of my annual ritual, I realized how much my ability to successfully complete these tasks is a direct result of the life skills I have learned from my musical training and experiences.

Practicing an instrument teaches me life skills such as self-discipline, concentration, patience, perseverance, time management and attention to detail. It also helps me to develop the self-confidence that results from learning a new piece of music. These skills enable me to organize the recital program and ensure that everything is ready to go on the day of the recital.

When I learn a new piece of music, I must consider the many technical and musical choices I have. From this process, I have learned that there are often different paths to choose from when encountering situations in life, such as choosing the best dates for the many springtime performances by our students.

Considering how the many smaller sections of a piece of music contribute to the whole reminds me to consider the big picture as I arrange the order of performances for the recital.

Performing builds the self-confidence that comes from learning to deal with nerves when playing for an audience. These experiences help me to improve as a public speaker, which is a life skill that I use at the recital and many other events.

Making musical choices with other musicians when learning a piece of music teaches me to consider the opinions and ideas of others. Consequently, I regularly seek input from my teaching staff as I organize our events.

My “music lessons” also help me to write my monthly SNAP editorial and submit it on time.

As a result of my experiences, showing students the link between music skills and life skills is an important component of the programs at The Music Studio. Music lessons are indeed life lessons.

*Ed Lettner owns The Music Studio in Etobicoke, which has offered music instruction since 1990. He is an honours graduate of the Humber College Institute of Technology music program. Ed enjoys watching and listening to a wide variety of movies. For information about the programs at The Music Studio, please call 416-234-9268, email [ed@themusicstudio.ca](mailto:ed@themusicstudio.ca) or visit [www.themusicstudio.ca](http://www.themusicstudio.ca)*