

Highlighted & Underlined

A notebook of short but worthy items

Music matters



Older adults who studied music at a young age — no matter how long or what instrument — can process the sounds of speech faster than those who did not, according to a team of neuroscience researchers at Northwestern University.

Researchers measured the electrical brain activity of 44 healthy adults between the ages of 55 and 76. Study participants who had four to 14 years of musical training had faster response times to speech sounds than those without training. However, none of those who had musical training had played an instrument in the past 40 years.

“We suggest that early music training sets the stage for subsequent interactions with sound,” the authors said.

“These findings support current efforts to reintegrate arts education into schools by suggesting that music training in adolescence and young adulthood may carry meaningful biological benefits into older adulthood,” the authors said.

Source: White-Schwoch T., Carr, K.W., Anderson, S., Strait, D.L., & Kraus, N. (2013). Older adults benefit from music training early in life: Biological evidence for long-term training-driven plasticity. *Journal of Neuroscience*, 33 (45), 17667-17674.

Civic education for youth

Successful civic education is both more difficult and more important when Congress and other elected officials set such poor examples, as in the recent government shutdown.

Learn more about how to educate young Americans for political participation in a time of deep polarization

by reading *All Together Now: Collaboration and Innovation for Youth Engagement*, published by the Center for Information and Research on Civic Learning & Engagement (CIRCLE) at Tufts University.

www.civicyouth.org/commission-on-youth-voting-and-civic-knowledge-releases-report/



The way school really feels to teachers

“After lunch, the clock moves much more slowly than your students do. Your class begins to remind you of a bar full of little drunk people: They want constant attention and often don’t realize how loud they are talking. They have short attention spans, rarely think of the consequences of their actions, and, as you will find out tomorrow, they don’t always remember what happened the day before.”

— Roxanna Elden, *See Me After Class* (2nd ed.). (Sourcebooks, 2013, 60)

