

Source 1:

<http://www.pbs.org/parents/education/music-arts/the-benefits-of-music-education/>

Brown, Laura Lewis. "The Benefits of Music Education." PBS. PBS, n.d. Web. 23 Sept. 2013.

This source explained how musical education and using music in a classroom can enhance skills and assist in teaching. The article explained how the use of music in a classroom benefited the students by increasing their neural function in particular areas.

Source 2:

<http://www.sciencedaily.com/releases/2009/03/090316075843.htm>

"Music Education Can Help Children Improve Reading Skills." ScienceDaily. ScienceDaily, 16 Mar. 2009. Web. 23 Sept. 2013.

This article explained how the use of musical instruction increased students reading, vocabulary, verbal sequencing, and overall literacy skills. The article also talks about a study that was done and the cortical exertion of prolonged periods of absent education through music.

Source 3:

<http://www.musictherapy.org/about/musictherapy/>

"American Music Therapy Association." What Is Music Therapy. N.p., n.d. Web. 24 Sept. 2013.

This source talked about what music therapy is and how it can help people. It went over the types of issues it can help with as well as its effects on people and how it can help them reach goals.

Source 4:

"Music Therapy Treatment Process." Music Therapy Treatment Process. N.p., n.d. Web. 24 Sept. 2013.

This source talked about the process of music therapy and the steps that you take with the therapist. It

went over each of the four general steps and what you do with each of them, including things like setting goals and re-adjusting as the process continues.

Source 5:

<http://www.healthline.com/health-news/mental-listening-to-music-lifts-or-reinforces-mood-051713>

Boothby, Suzanne. "How Music Affects Our Moods." Healthlines RSS News. N.p., 17 May 13. Web. 24 Sept. 2013.

This source talked about how different types of music can affect your mood. As well as based on your mood what your preference is for music. Overall it was about how upbeat music can change your overall mood and affect your life in a positive way.

Source 6:

Cohen, Kimberley. "How Music Can Enhance Your Life." The Insight Technique. N.p., 2011. Web. 24 Sept. 2013.

This source talked about how different places, such as hospitals, use types of music to affect the mood of the people there. And how many places try to relax people by playing specific types of music, as well as how music can reduce stress and anxiety.

Source 7:

<http://www.pickthebrain.com/blog/how-music-can-change-your-life/>

Harvey, Jason. "How Music Can Change Your Life." Pick the Brain Motivation and Self Improvement. N.p., 6 June 2010. Web. 24 Sept. 2013.

This source had information mainly on the direct link to mood and the ability to recall memories by listening to music that you have heard in the past by association. It also spoke about music opening you up to problem solving.