

Four Ways Arts Education Creates Future Leaders



Neve Spicer, Chief Editor, WeTheParents.org

While we often think of science, tech, and engineering classes as some of the most educationally significant in terms of skill-building, opportunities for personal growth don't stop there – in fact, research has demonstrated that the time our children spend studying the arts can be just as relevant to their future skill sets.

Sponsored by Americans for the Arts, National Arts in Education Week, which takes place this September 12th-18th, aims to educate parents, teachers, entrepreneurs, and students on the diverse benefits of arts education. A well-rounded education that includes focus on the arts can help our kids to

discover their talents, engage with new perspectives, and gain important leadership skills that will make them more effective in both the classroom and the workplace.

Some of these skills include:

- **Improved self-esteem:** Being an effective leader begins with believing in yourself, and participation in art classes is linked with helping kids do just that. Studying art skills in a classroom environment is associated with boosts to confidence and self-esteem. (source)
- **Increased creativity:** Tough problems often require creative solutions – this demands leadership that can think outside the box in order to get things done effectively without relying on dated or ineffective paradigms. Instrumental training, art education, and dance are all linked to enhanced creative skill. (source)
- **Ability to collaborate effectively:** A leader who can't effectively collaborate with their team is a leader who is not fit for their position; the ability to cooperate with others, value their ideas, and take their criticisms is essential. Participation in art classes has been shown to help children collaborate with others more effectively. (source)
- **Use of accountability:** It's difficult to take someone seriously when they won't own up to their mistakes – this is doubly true when the person shirking responsibility is supposed to be in charge. Good leaders are accountable when they make mistakes, which is a skill children gain through arts education. (source)

51 Benefits of Arts Education for Kids

Character & Personality



- Builds confidence
- Raises self-esteem
- Teaches perseverance
- Ignites inner motivation
- Benefits emotional development
- Develops a broader, more nuanced understanding of the world
- Gives rise to introspection and personal reflection
- Encourages exploration and experimentation
- Nurtures self-expression
- Trains healthy risk-taking

Brain & Mind



- Develops cognitive ability
- Increases creativity
- Improves decision making
- Raises IQ score
- Helps visual, spatial, and temporal reasoning
- Boosts concentration
- Builds up critical thinking
- Expands verbal skills
- Improves word decoding
- Encourages closer observation

Happiness & Wellbeing



- Improves wellbeing
- Inspires positivity
- May give rise to lifelong passion
- Nurtures self-discovery and personal meaning
- Increases civic engagement
- Reduces stress, anxiety, and depression
- Encourages relaxation

Social Skills



- Teaches collaboration
- Increases empathy
- Develops accountability
- Raises social tolerance
- Improves conflict resolution
- Encourages proactive participation
- Strengthens resilience to constructive criticism
- Benefits emotional regulation
- Promotes acceptance of new people and ideas

Academic Performance



- Raises academic achievement
- Helps with math
- Positively affects literacy
- Supports language skills
- Boosts creative writing
- Increases story comprehension
- Narrows achievement gap between rich and poor
- Correlates with increased attendance
- Improves behaviour
- Reduces chances of drop out
- Increases enrolment in higher education

Physical Development



- Develops fine motor skills
- Improves gross motor skills
- Refines eye-hand coordination
- Raises ability and confidence using tools and equipment

Learn More

We The Parents
WeTheParents.org/arts-education

References

PAPERS

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"The Effects of Musical Training on Structural Brain Development" (Winer et al.)
"Critical Evidence - How the Arts Benefit Student Achievement" (National Assembly of State Arts Agencies)
"Arts Education Facts and Figures" (Michigan Art Education Association)
"Relating the research base for arts education: how to build an evidence base that reflects its true value" (A NEA)
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To learn more about National Arts in Education Week, visit Americans for the Arts online.