

# LIND<sup>®</sup> Institute

Learning In New Dimensions

and

Dr. Arthur Harvey

present

## Using Music to Optimize Learning, Memory, and Enjoyment

*Experience the many roles of music in learning and teaching.  
A participatory training for one to three days for companies, health organizations,  
schools, and educational institutions.*

### **WHY** should we use music in training?

To rediscover the power of music as it primes the brain for learning, and to empower the participants to:

- Use music appropriately and confidently as a tool in optimal learning and teaching
- Discover and tap into their musical intelligence -- the key to other intelligences
- Lose their fear and any negative self-image as a learner, and enjoy learning again
- Get their team in rhythm

### **WHAT** does music do to facilitate optimal learning and teaching?

Used **knowledgeably**, it will:

- Be a catalyst in accomodating all learning styles
- Enhance long term memory
- Dramatically improve the ability to focus and stay on task
- Provide structure -- the function of form
- Reduce fear, stress, and anxiety, especially in adult learners
- Create harmony
- Get participants *in the flow* -- music as a *brain charger*
- Create both a safe and invigorating learning environment
- Set the tone for sound thinking

### **WHEN** do we use music in training?

When we want to:

- Imbed information firmly into long term memory
- Present technical or complex material
- Control energy levels -- soothe or stimulate
- Instantly create and vary moods for different activities
- Create a warm and welcoming ambience

Cont.

## **HOW** do we select the music to use?

By understanding the effects of different kinds of music, we can, for example:

Determine any cultural "biases" in various musical selections

Choose either instrumental or vocal music

Choose fast or slow music

Know when not to use music at all for some activities

## **Designing a Music-Facilitated Training Program**

The training ends with: *Designing a Music-Facilitated Training Program* -- a lively, small group, hands-on exercise. **At the end of the training, participants leave with their own road maps for using music in their own trainings.**

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### **Presenter:**

The training is given by Dr. Arthur Harvey, university adjunct professor of music and recognized internationally as a leading expert in music education. As a former adjunct professor in the School of Medicine at the University of Louisville, Kentucky, he was instrumental in establishing the Program for Arts in Medicine.

### **Training format:**

During the day, trainees participate in varied activities that engage all learning styles. Teaching/learning processes will include live music, recorded music, videos, audios, overhead projections, worksheets, lectures, demonstrations, and whole-group and small-group discussions.

### **Training schedule:**

The training is available for one to three days. The accumulative effect of a training over two or three consecutive days is very powerful, but the program can also be designed effectively as a one-day training or as two- or three stand alone days given over a period of two to three months.

### **Dealing with resistance to the use of music in learning:**

Using music to prime learning has nearly been a lost art in education, and some teachers, trainers, and managers may have resistance to the use of music in learning. "Learning is not supposed to be fun"! This will be discussed in the training, as well as how to assist the trainees in processing this resistance.

**At LIND, our focus is not only on teaching.  
Our focus is on creativity:  
we *invite* people to learn.**