



## Basic Facts

1. For a typical brain in relaxed, calm states without undo stress, it takes 21 days to create new neural pathways or habits of thought;
2. Seven stressors can reduce IQ by 20%;
3. Ninety-nine percent of learning is unconscious;
4. Humans learn 10% of what they read, 20% of what they hear, 30% of what they see, 50% of what they see and hear, 70% of what is discussed, 80% of what is experienced and 95% of what they actively teach;
5. Eighty-five percent of people are kinesthetic learners (Einstein) The vestibular system must be activated for learning to take place;
6. Number one common denominator between success and any other ability is between success and language ability;
7. The more senses involved, the better the learning experience;
8. The ability to perform cross-lateral movement is necessary to be able to read;
9. The brain needs water and oxygen to run effectively;
10. During the first 6 - 8 years learning is centered mostly around emotion and memory. The next phase of learning is collecting data (symbols for reading/math). Through the teen years, the back of the brain myelinates to the front, combining emotion with logical thought processes.
11. In the 1950s, the average fourteen-year-old had a vocabulary of 25,000 words; In 1999, that number was down to 10,000;
12. Inner voice (the process through which we hear ourselves think and listen internally) is necessary for critical, higher-level thinking. Should be in place by age 7 or 8;
13. Classical music played in hallways - aggression reduced by 90%
14. Should not play music more than 22 minutes an hour. It becomes too familiar.
15. Singing activates the semi-circular canals, involved in vestibular sensation.
16. Children who can differentiate between pitch have better phonemic awareness.
17. By adult,  $\frac{1}{2}$  synapses discarded; if used repeatedly, they stay—**Music needs to be constant.**
18. Latin and African music provide the brain with up to 30% more benefits than Mozart's music.

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