

THERE'S NO SUCH THING AS TALENT

Only hard work and practice!

There is a common belief that some people are just naturally talented at playing music, while others simply lack the ability. However, recent research suggests that this idea of "natural talent" is a myth, and that anyone can learn to play music with the right approach.

One study, published in the journal "Frontiers in Psychology," (Schellenberg, E. G., & Weiss, M. W. (2013). Musical aptitude is not related to music achievement in schoolchildren. *Frontiers in psychology*, 4, 532.) found that there is no correlation between "musical aptitude" (as measured by standardized tests) and the ability to become a skilled musician. The researchers concluded that "there is no evidence for innate musical aptitude."

Another study, published in the journal "Nature," (Gaser, C., & Schlaug, G. (2003). Brain structures differ between musicians and non-musicians. *Nature*, 425(6956), 614-616.) looked at the brains of expert musicians and found that their brain structure was not inherently different from that of non-musicians. Instead, the researchers found that the brain structure of expert musicians was the result of years of dedicated practice and training.



THERE'S NO SUCH THING AS TALENT

Only hard work and practice!

Additionally, a review of the literature on music learning, published in the journal "Psychology of Music," (Ericsson, K. A., Krampe, R. T., & Tesch-Römer, C. (1993). The role of deliberate practice in the acquisition of expert performance. *Psychological Review*, 100(3), 363-406.) found that there is no evidence to support the idea that some people are born with a natural ability to play music. Instead, the authors argue that anyone can learn to play music with the right training and practice.

In conclusion, the idea of "natural talent" in music is a myth. Research has shown that anyone can learn to play music with the right approach and dedication. So what does this mean? Exactly what Music teachers have been saying all along! **There's no such thing as talent, only hard work and practice!**

