

**The San Siro project: musical training, cognitive and emotional development.**

**A three years longitudinal study in early adolescents.**

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Music education is thought to facilitate the acquisition of cognitive and academic abilities. Even if a large body of studies suggest a direct influence of studying music on verbal skills, especially regarding memory, visuo-spatial abilities did not always result favoured by music training. However, less is known about the influence of music education on personality traits, emotional stability and interpersonal tolerance.

To reach this gap of knowledge and to expand evidences about cognitive advantages of music education, a longitudinal three-years study has been conducted on students of the San Siro Junior High School (Milan), a school that offers both a canonical and a music curriculum. A neuropsychological battery was administered to 131 participants that were also tested for implicit and explicit racial beliefs and for personality variables. Musicians (N=74) resulted more advantaged in tasks linked to verbal skills and strategies of recall, but not in the visuo-spatial domain. Moreover, at the first year of study, musician students showed a better performance in reasoning that develop with growing, supporting the idea that pre-existent cognitive advantages could promote the choice of attending a musical training, rather than the contrary. Preliminary data related to social and emotional variables will be also presented.