



**Michael Griffin**

M.Ed Studies; B.Ed (Music); A.Mus.A

[www.musiceducationworld.com](http://www.musiceducationworld.com)

[mdgriffin63@gmail.com](mailto:mdgriffin63@gmail.com)

## Study, Stress and Music

---

What is the impact of music on behaviour and more specifically, learning? Given that 70% of students listen to music during homework, this informative and interesting 50-minute\* research-based lecture is relevant to students and teachers. Michael Griffin has presented to 250 schools and conferences in 25 countries.

- How does music impact on human action and cognition?
- How is music used in marketing, medical recovery and sports performance?
- Why can some people tolerate studying with music and other distractions, whilst others cannot?
- For those who study with music, what styles are least distracting and why?

\* Duration flexible. Differentiation according to age, including staff keynotes and seminars.

*Thank you very much for visiting us yesterday evening to open the year with such an insightful and engaging talk. Psychology in music is a topic rarely touched upon in lessons so you held a captive audience and have left us with much food for thought! It was truly inspiring to listen to your ideas and experience on this subject, and from the huge amount of unsolicited feedback received I can assure you that all the boys (and staff!) greatly enjoyed this event! – Eton College, UK, President of The Parry Society (September, 2015)*

*Michael delivered an engaging and informative presentation on Study, Stress and Music to Grade 11 students. His passion for music was manifest and enabled him to capture the imagination of students who perhaps had not, hitherto, considered the potential powerful role of music in contributing to*

*their well-being through its positive impact on sleep and study skills. I look forward to working with him again in the future.* - Richard Davies, Head of High School Personal and Social Education at **UWC South East Asia**, Singapore (January, 2015)

*Many thanks for coming to talk and educate our students about study, stress and music. Everyone confirmed the talk went very well and I have had much positive feedback so very well done to you! The students really enjoyed your talk.* - **Eastbourne College**, UK (October 2014)

**Michael Griffin** is an educator, speaker, author, conductor and pianist.

Griffin's talks are inspired by theory of motivation and the premise that the greatest predictor of progress - music and otherwise - is the quality and the quantity of learning time. Griffin is particularly interested in motivation theory and the influence of mindset on achievement. He has consulted for Cambridge University Press and is the author of five books, the most recent being *Learning Strategies for Musical Success*.

#### List of schools

#### Testimonials

Other presentations by Michael Griffin:

#### The Expertise Mindset

Three core learning ideas: motivation, mindset and memory formation. Suitable for 16+ including staff.

#### How Are You Smart?

We are all smart, and in different ways. Ideal for ages 10-15, this presentation empowers students with a sense of their unique multi-intelligent self. Based on Howard Gardner's model of multiple intelligence.

#### Learning Strategies for Musical Success

The greatest predictor of music success is the quality and quantity of practice time. Based on Griffin's best-selling book *Learning Strategies for Musical Success*.

#### Teaching Strategies for Musical Success

Professional development for classroom and instrumental music staff. Content includes fostering intrinsic motivation and teaching for metacognition.