

Inside the Human Brain

Sometime a long time ago...

We started as a species with unstructured days. We took activities as they happened and did little to “pre-plan” if at all.

At some point, as our brains developed and our lives became more complicated, we started to develop a **NEED** for structure.

Do We Know The Origin of Structure?

- 1) Is there a way to know when or where the origin of structure came from?
- 2) What possible motivations do you think we had for providing ourselves with structure?
- 3) **What does this concept of structure have to do with Music? Psychology? Or the Human Condition?**

Why Do We Continually Refine Our Sense of Structure?

Structure gives us the opportunity to organize and categorize the components of our lives that we recognize today. Ex: Meal times, school, sleep schedules, “life timelines”.

As our sense of structure develops we become more and more able to prioritize and organize our own schedules and structures. It is a learned skill, not necessarily an inherent skill.

In a Sense...

Structure helps us to:

- 1) Develop the coping skills we need to have should emergencies or tragedies strike.
- 2) Learn how to take care of ourselves and how to fulfill our most basic of needs.
- 3) Learn how to neutralize the negative impact of what we do not look forward to with the joy we feel by doing what it is that we actually enjoy doing.

What else does structure and our continual development and growth of understanding about structure allow us to do?

Structure's Impact On the Brain

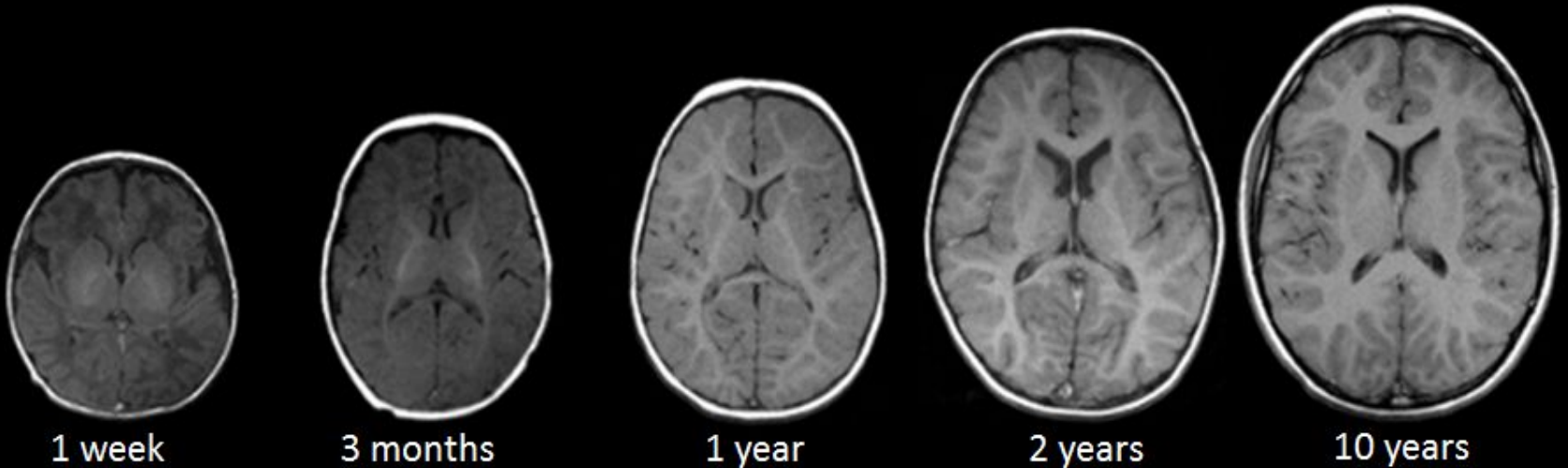
We develop structure and refine our skills because it is advantageous for us to do so.

To adapt, our brain structures also physically change. These changes affect every aspect of our lives.

In what ways can you see these changes taking place?

Do things become easier? Do more things start to make sense?

In case you thought I was making it up...



MRI scans of human brain development

T1W

Our Understanding Is Ever-Changing

Having a continually developing sense of structure means that our opinions, tastes, likes, and dislikes are also continually developing.

This is one key reason for why our understanding of psychology is ever-changing. As we change our way of thinking, we change how we do everything else.

For example, the human species is inherently designed to want to learn. This should mean that all of us inherently love school. As you can guess, that isn't the case...

Structure and It's Place in Music

It is extraordinarily difficult to find a song or piece of music that does not have some sort of structure.

We know that this sense of structure is a driving need that we have that develops with our understanding of psychology and the human brain.

- 1) Where does this concept fit in with our understanding of music?
- 2) Why do you think we can make such meaningful, structured music, without religiously studying this ever-changing concept of structure and psychology?