

# Service-Learning in the Arts

Course: **Advanced Chorus**

School: **Milwaukee High School of the Arts**

Community Partners:  
**Medical College of Wisconsin** and  
**Jubilee Singers of Milwaukee**

Project Name: **Health Benefits of Singing**



## Project Snapshot

Students researched the specific health benefits of singing and applied the information to their own musical practice. They also researched local singing groups open to the public.

After exploring the benefits for themselves, students created a workshop presentation and shared it with the public as part of a student-sponsored health fair. Following their presentation, students had many informal conversations with community members who attended.

Students also considered with whom, in their lives, they could personally share this information and encourage to find a place to sing.

## Community Need/Issue Addressed

### **Good Health and Well-Being\***

Stress and anxiety are widespread problems in our community. Most community members are not aware that group singing has been scientifically demonstrated to lower stress, relieve anxiety, and elevate endorphins.

*\*from United Nations Global Goals for Sustainable Development <https://www.globalgoals.org>*

[View the student slideshow.](#)