We have spent the entire year discussing how we, as humans, work. How can we explain our development, our learning, our personality, etc.? We have also spent time looking at ways we can explain our uniqueness. This project is a fun opportunity for you to explore your life and your uniqueness, while reviewing and bringing together all of the concepts we have covered this year. You will explore what makes you different from others. What have been the significant moments in your life that have shaped you? How have your beliefs, thoughts and actions all been shaped by these events?

Music is a vital part of our existence. It shapes who we are both as individuals and as a society. The type of music you listen to can reveal a lot about your personality as well as what is important to you. Music can energize us, inspire us, relax us, speak for us, annoy us and so on. Our job for this assignment is to combine two parts of our lives—psychology and music!

**Part I: Brainstorm**—Think about your life to this point. What are the major events that have made you who you are? They may have seemed insignificant at the time, but ended up being more important.

Create a list of events that made a difference in your life. (For this project, you will ultimately need to select eight.)

*Now select and circle the 8 events that you will use in your project.

**Brainstorm songs that might fit these events.** (Remember to use school-appropriate songs 😊)

*Now select and circle the 8 songs that you will use in your project.
**Part II: Relate It to Psychology**—Using your "imaginary soundtrack" of the events in your life, find at least eight psychology concepts from our studies this year, that correspond with the songs and events you selected.

Event #1: ___________________________ Song #1: ___________________________

Psych Concept 1 _______________________________________________________________________

Why? __________________________________________________________________________________

Event #2: ___________________________ Song #2: ___________________________

Psych Concept 2 _______________________________________________________________________

Why? __________________________________________________________________________________

Event #3: ___________________________ Song #3: ___________________________

Psych Concept 3 _______________________________________________________________________

Why? __________________________________________________________________________________

Event #4: ___________________________ Song #4: ___________________________

Psych Concept 4 _______________________________________________________________________

Why? __________________________________________________________________________________

Event #5: ___________________________ Song #5: ___________________________

Psych Concept 5 _______________________________________________________________________

Why? __________________________________________________________________________________

Event #6: ___________________________ Song #6: ___________________________

Psych Concept 6 _______________________________________________________________________

Why? __________________________________________________________________________________

Event #7: ___________________________ Song #7: ___________________________

Psych Concept 7 _______________________________________________________________________

Why? __________________________________________________________________________________

Event #8: ___________________________ Song #8: ___________________________

Psych Concept 8 _______________________________________________________________________

Why? __________________________________________________________________________________
**Part III: Produce It**—As any good music producer would do, try to create an effective order for your songs. You may choose chronological order, or organize them so there are different tempos (slow song, fast song, etc). DO NOT just list the songs randomly.

<table>
<thead>
<tr>
<th>Track</th>
<th>Song Title</th>
<th>Artist or Group</th>
<th>Event</th>
<th>Psych Concept</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
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<td>8</td>
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</table>

**Part IV: Reflect**—Now that you have created the soundtrack to your life, write a reflective letter (addressed to “Dear Listener,”) that explains why you chose the particular songs that you did. For each song, you will need to reflect on the experiences, people, places, and events that inspired this selection. Make sure to underline each psychology term in your explanation.

Use the outline below to help you construct this letter. The questions are only listed to help you begin writing. You do not need to answer each and every question (or any of the questions!) as long as you have sufficiently explained the topic of each section.

**Explanation of yourself** (One paragraph)

This paragraph is basically a brief autobiography:

- Who are you?
- Where are you from?
- Where are you now? etc. etc.
Explanation of this soundtrack (One paragraph)

This paragraph outlines your rationale or purpose in creating this soundtrack:

- What is this album you have created?
- Why are you completing it? (because it is an assignment is NOT an answer!)
- What do you hope to get out of this project?
- What do you see yourself doing with this later in life?
- Who might your share it with?

Explanation of each song on the soundtrack (One paragraph per song)

This section is made up of many smaller paragraphs. Song by song, be sure to explain:

- What is the name of the song and the artist?
- Why is each song important to you?
- How does each song connect to your life? (think of the event you selected)
- What does each song reveal about the kind of person you are and what you think is important in your life?
- How does each song and event illustrate a psychology concept from this year?

Final remarks and reflection on the soundtrack as a whole (One paragraph)

This paragraph is your conclusion in which you should thank your reader for taking the time to listen to your soundtrack and offer any final reflections upon this project as a whole.

Part V: Presentation—The final part of this project requires you to find a clever and creative way to present your soundtrack. You can create a power point or a movie. Or, if you have another creative idea, okay it with me first. This presentation must be turned in with your project. Each presentation should include at a minimum, the events of your life, the connections to psychological concepts and the songs themselves. Give us a clip of the songs, but be sure to choose the clip wisely. Each clip should only be 10-20 seconds. (Be sure to pay attention to the examples shown in class.)

*I recognize in asking you to think of significant events in your life, that you may choose one or more event that is private and personal. I want to encourage you to choose these events if you would like. Keeping that in mind, when you present to the class, if an event is one that you don’t wish to share, you may just omit it from your presentation. Please include it in your packet and letter and be assured that I will not share the information with anyone.

Assignment taken and adapted from: Mr. Scott Reed, Hamilton High School—based on the original assignment by Dr. Christian Goering at the University of Arkansas and the adaptation by Lynn Oveska at Los Alamos High School in New Mexico
Grading Rubric

Part One: The Soundtrack Itself (a project grade—25 points)
*To get all of these points, you must turn in this packet with the rest of your project.

Brainstorm Events and Link to Songs

<table>
<thead>
<tr>
<th>5 points:</th>
<th>You have brainstormed 8 events and 8 songs and listed them in your packet, pages 1 and 2.</th>
</tr>
</thead>
<tbody>
<tr>
<td>3 points:</td>
<td>You have brainstormed only 4 events and 4 songs and listed them in your packet.</td>
</tr>
<tr>
<td>1 point:</td>
<td>You have brainstormed less than 4 events and 4 songs.</td>
</tr>
<tr>
<td>Your score:</td>
<td></td>
</tr>
</tbody>
</table>

Link to Psychological Concepts

| 15 points: | You have successfully linked all 8 events and songs to a psychological concept that makes sense. |
| 10 points: | You have successfully linked 4 of the 8 events/songs to a psychological concept that makes sense. |
| 5 points:  | You have linked less than 4 events/songs to a psychological concept that makes sense.           |
| Your score: |                                                                                                 |

Presentation

| 5 points: | You have designed a thorough and creative presentation.                                        |
| 3 points: | You presentation was lacking in either effort or creativity.                                    |
| 1 point:  | You presentation was severely lacking in both effort and creativity.                            |
| Your score: |                                                                                                 |

Total Score: _____
Comments:
Part Two: Dear Listener (a response paper grade—20 points)

**Explanation of Yourself**

(3 points total)

3 points: You have answered basic questions about yourself to provide background knowledge.

2 points: You have left out significant details about who you are.

1 point: You have done a less than satisfactory job of answering the question, “who are you?”

Your score:

**Explanation of This Soundtrack**

(5 points total)

5 points: Your explanation does a great job of answering all the questions and giving a complete purpose for this project.

3 points: You have given an average or mediocre explanation for why you have done this project.

1 point: You have not provided any explanation for why you did this project. Or, you simply said “I had to for an assignment.”

Your score:

**Explanation of Each Song on the Soundtrack**

(10 points total)

10 points: You have provided a complete explanation of each of your 8 songs.

3 points: You have provided an incomplete explanation for your songs, or you have only provided an explanation for 4-6 of your songs.

1 point: You have provided incomplete explanations for 4 or fewer songs, or only provided explanations for 2-3 songs.

Your score:

**Final Remarks and Reflection on the Soundtrack as a Whole**

(2 points total)

2 points: You wrote an adequate conclusion.

1 point: You wrote a lacking conclusion.

0 points: You did not write a conclusion.

Your score:

**Total Score:** _____  **Comments:**

Part Three: Class Participation Points (15 points)

<table>
<thead>
<tr>
<th>Date</th>
<th>Yes</th>
<th>No</th>
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<tbody>
<tr>
<td>Wednesday, May 8</td>
<td>YES</td>
<td>NO</td>
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<tr>
<td>Thursday, May 9</td>
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<tr>
<td>Friday, May 10</td>
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