

Soundtrack of Your Life **FINAL Assignment in AP Psych**

Music motivates us, calms us, inspires us, at times irritates us. You might think of it as the backdrop against which we live our lives. Songs can bring vivid memories of people, places, and events from our own past and serve to document our thoughts, feelings, and emotions at a given time or place.

CLASS ONE

Part I: Brainstorm

Think about your life up until now. What major events have changed you, shaped your, influenced you, shook you? Are there times that were wildly happy or incredibly sad? What moments have made you shift in how you see the world? They may be huge like the death of a loved one or your first day of high school. Or they might have seemed insignificant at the time like meeting your best friend or starting to play a sport.

Create a list of events that made a difference in your life.

Event 1 moving to Canada & living by myself without my parents or siblings

Event 2 first day of high school

Event 3 going to a Korean public school

Event 4 first day of KIS

Event 5 losing my grandfather

Event 6 being sick

Event 7 fire

Event 8 junior year

Now brainstorm songs that might fit these events. (Remember to use school-appropriate songs ☺)

Song 1 가족 by 이승환

Song 2 Butterfly Fly Away

Song 3 창개구리

Song 4 혼자라고 생각말기

Song 5 Missing You by Brandy

Song 6 Love This Life by Crowded House

Song 7 말하는대로 by 유재석 & 이적

Song 8 So Small by Carrie Underwood

Part II: Relate It to Psychology

Using your "imaginary soundtrack" of the events in your life, look through your textbook and find at least eight psychology concepts that correspond with the songs and events you selected.

Psych Concept 1 approach-avoidance conflict

Why? I was happy that I was able to live in a new place for a while, but sad that I had to be away from my family

Psych Concept 2 self-fulfilling prophecy

Why? Because I thought I was more independent and mature, I may have influenced other people to treat me as if I am more mature

Psych Concept 3 prejudice

Why? before attending korean public school, I had the prejudice that everyone's going to be really scary (i had heard so many scary stories about school) and I was fearful at first

Psych Concept 4 introversion

Why? because I am introverted and shy, I was afraid of having to make new friends all over again

Psych Concept 5 classical learning

Why? the day my grandfather passed away, my dad, sister, and I were at home and my mom was at the hospital updating us on how my grandfather was. every time my dad's phone rang, I was very scared that my grandfather had passed away

Psych Concept 6 General Adaptation Syndrome

Why? I was really stressed before leaving for Vietnam, with SAT prep every single day. I was hardly hit with sickness in Vietnam

Psych Concept 7 rationalization (defense mechanism)

Why? to protect myself from painful thoughts, I tried to come up with a beneficial result of the fire and tried to be optimistic!

Psych Concept 8 Erikson's Stages of Development (Identity v. Role Confusion)

Why? i am in my adolescent years (17) and is having role confusion, trying to define myself

CLASS TWO

Part III: Produce It

Just like a music producer, try to create the sequence of your chosen songs. For example, your songs might be listed in the chronological order of the events they document, or they might be mixed together so that all of the slow songs are not back-to-back. DO NOT just list them randomly. Put some thought into the order of your songs and the complete package you are presenting.

Track 1

Song Title 가족

Artist or Group: 흥대광

Event moving to Canada & living by myself

Psych Concept: approach-avoidance

Track 2

Song Title Butterfly Fly Away Artist or Group: Miley Cyrus

Event first day of high school

Psych Concept: self-fulfilling prophecy

Track 3

Song Title 청개구리 (Blue Frog) Artist or Group: Kim Bo Kyung

Event going to a korean public school

Psych Concept: prejudice

Track 4

Song Title Don't Think You're Alone Artist or Group: Kim Bo Kyung

Event losing my grandfather

Psych Concept: Introversion

Track 5

Song Title Missing You Artist or Group: Brandy

Event losing my grandfather

Psych Concept: classical conditioning

Track 6

Song Title Love This Life Artist or Group: Crowded House

Event being sick

Psych Concept: General Adaptation Syndrome

Track 7

Song Title 말하는대로 (As One Says) Artist or Group: Drooping Snail

Event fire

Psych Concept: rationalization (defense mechanism)

Track 8

Song Title So Small Artist or Group: Carrie Underwood

Event junior year

Psych Concept: Identity v. Role Confusion (Erikson)

Homework: Find the lyrics. Make your playlist. Create the CD cover.

If time allows, start your reflective letter to explain why each event, song, and psychology term are important to you. You may also determine what part of your soundtrack to present in the class.

CLASS THREE

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 you 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?
- What does each song reveal about the kind of person you are and what you think is important in your life?

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.

Homework: Prepare for your short presentation. Determine what part of your soundtrack you will share (no more than 1–2 minutes). Be prepared to explain why it is meaningful. ** As we listen to the soundtracks, please remember that this is a personal assignment to share yourself, better understand your peers, and remember each other positively. Let’s be kind! **

Grade: This assignment is worth 50 classwork points. Everyone can get 100% on this assignment! You will need:

- 1) these planning pages
- 2) your CD of songs
- 3) a cool CD cover
- 4) a page of lyrics
- 5) your reflective essay