

Music

Contract	Term	Course	Contract Title	Description
378082	Spring 2018	MUSA 3332	Recital Program Notes	<p>My project is to write my own program notes for my junior violin recital. I am playing three pieces by three different composers. I will research the composers and the pieces, and provide a printed description for each piece in the program. A junior recital is a degree requirement for a music performance major, but researching and writing program notes is not required and will take my experience a step further. The purpose of the project is to deepen my knowledge of the pieces I will be playing, and to better my skills of writing about musical content for audience comprehension.</p>
379102	Spring 2018	MUSC 1206	Building Helpful Habits through Awareness	<p>I plan to apply the principals of body mapping to my daily life, particularly in my practicing, in order to build new and more constructive habits. A study conducted in the 1950's by a Dr. Maxwell Maltz showed that "it requires a minimum of about 21 days for an old mental image to dissolve and a new one to jell" (Clear). However, a follow up study by Phillippa Lally found that "on average, it takes more than 2 months before a new behavior becomes automatic — 66 days to be exact" (Clear, Lally). Based on this information, I am proposing a 60-day venture. Each of these 60 days will be comprised of exercises in order to train myself in helpful habits of awareness in movement and of releasing excess tension, all of which I have specified with Dr. Martin, in an attempt to limit the strain I place on my own body with my current habits, particularly in practicing. In documenting this journey, I hope to learn the most helpful way to move for my body, and to develop my kinesthetic sense so that I am able to have increased bodily awareness at all times. I anticipate this journey will help me uncover what aspects of my habits are causing me discomfort in order that I may prevent them in the future. I am also acutely aware of the lack of research regarding injury prevention at the harp, and am hoping to begin that research with this personal project, in order to one day have the experience and knowledge to help harpists of the future.</p>