

Tell Your Musical Story

Every person has his or her own musical story to tell. It consists of the many ways in which music occurs in a person's life. It includes those events, places, times, and people when music was there at times in full force and at other times hidden away in the background. To put together Your Own Musical Story, you may want to incorporate some of the following ideas:

1. What's the first piece of music you remember hearing? What was going on at the time? Who was involved?
2. If you play a musical instrument or sing – what's the first piece of music you remember playing or singing? How did you feel at that time?
3. The following words describe how a person may feel about music. Choose as many words as you want and tell why you include these words. Music may be your –

Companion	Distraction	Escape
Entertainment	Friend	Inspiration
Reminder	Background	Energy

4. What words would you add to the above list? Describe why those words are important to how you feel about music?
5. How has the music in your life been influenced by your parents, your family members, your friends? In what ways? How do you feel about it?
6. Musical events or concerts can be both formal and completely unexpected. What musical events or concerts are part of your story? Where did they take place? Who was involved?
7. What other questions or aspects of your own choice would you like to include?

Additional descriptive words in relation to music – refuge, catalyst, diversion, mood, physical, emotional, spiritual, breath, movement, community, identity, coping nostalgia, success, flow, background, essential, enjoyment.

Format & Limits

- Written essay – maximum 5 pages
- Video – maximum 3 minutes
- Oral presentation with posters – maximum 3 minutes
- Oral presentation with slides – maximum 3 minutes