



# SONIC CONNECTIONS

## *PROFESSOR'S PACKET*





# PROGRAM OVERVIEW

**THANK YOU FOR YOUR TIME AND INTEREST IN SUPPORTING OUR PROGRAM!**

*Sonic Connections is an arts-based mental health program that equips college students with life and leadership skills to thrive amidst challenges. Integrating this program into your course demonstrates a deep commitment to holistic student development and reducing stigma around mental well-being.*

## ACADEMIC TABLE OF CONTENTS

[\[ARTS, MUSIC, HUMANITIES\]](#) • [\[PSYCHOLOGY AND SOCIAL SCIENCES\]](#) • [\[LIFE SCIENCES\]](#)



Through immersive music and principles from applied positive psychology, Sonic Connections helps students get unstuck and moving towards a meaningful college experience via two key skills:

### MINDFULNESS

Students develop better relationships to their mental states—both positive and negative. We explore the art of observing thoughts, feelings, and sensations by immersing in music and navigating the “stuff” that comes up.

### VALUES-BASED ACTION

Students explore meaningful behavior change—especially when experiencing challenges. We lead activities that unearth students’ values and translate them into lasting habits, choices, and goals.

**LEARN MORE**

Scan to get a music sample   
[bit.ly/sc-sample](https://bit.ly/sc-sample)



# EXTRA CREDIT ASSIGNMENT



## Arts, Music, and Humanities Focus

The arts and humanities dive into the heart of what it means to be human—our emotions, our creativity, and our diverse perspectives. Music, with its power to touch everyone in some way, fits right in. It's not just about enjoyment or entertainment—it also helps us look after our mental health and see our own stories in a new light.



Attend the “Sonic Connections” workshop. At the conclusion, complete the provided evaluation and extra credit form, and submit one of the following:

### Option A: Reflective Summary

Write a 250-500 word reflection. Consider:

- In what ways did the musical experiences within the workshop echo or diverge from your artistic sensibilities, styles, and practices?
- How did participating influence your perspective on the role of the arts in emotional expression and mental psychological well-being?
- What moments or activities allowed you to tell, feel, or reinterpret your own mental health narrative through the lens of music, mindfulness, values, and/or well-being?

### Option B: Analytic Review

Delve into a specific activity in the workshop and write a 250-500 word analytical piece. Consider:

- What connections can you draw between the workshop’s use of music and the educational theories prevalent in arts and humanities?
- What educational theories from your field of study could be applied to enhance the effectiveness of music-based mental health interventions?
- In what ways could the principles of music-based healing be integrated into arts and humanities education to further support students’ mental health and social engagement?



# EXTRA CREDIT ASSIGNMENT



## Psychology and Social Science Focus

The fields of psychology and social science are fascinated by what makes people tick—the motives behind our actions and the complex webs of our social worlds. Fusing these areas with music can reveal fresh insights into how melodies and rhythms can influence our thoughts, feelings, and connections with others, and deepen our understanding of the psycho-social effects of sound.



Attend the “Sonic Connections” workshop. At the conclusion, complete the provided evaluation and extra credit form, and submit one of the following:

### Option A: Reflective Summary

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Write a 250-500 word reflection. Consider:

- What psychological processes were engaged during the music-based activities, and how do these relate to established theories of emotion, cognition, and behavior?
- How did the music serve as a tool in a therapeutic context and what impact did this have on your mental and social well-being?
- What are your perspectives and key insights on the practical application of mindfulness and values-based actions in promoting mental well-being?

### Option B: Analytic Review

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Delve into a specific activity in the workshop and write a 250-500 word analytical piece. Consider:

- How can music-based interventions be relevant and effectively applied within psychological practices and social science research, especially pertaining to mental health treatments and societal health?
- In what ways did the workshop reveal the impact of music on emotional regulation and psychological resilience? Discuss any surprising elements or moments of realization you experienced.
- Music often serves as a universal language that transcends cultural boundaries. How could the principles of ‘Sonic Connections’ be applied to foster greater empathy and understanding within diverse student populations?

# EXTRA CREDIT ASSIGNMENT



## Life Sciences Focus

The life sciences dig into the nuts and bolts of how living things work, from single cells to entire ecosystems. When we blend this with art and a focus on mental well-being, we start seeing the bigger picture: how our bodies, minds, and environments all come together. This mix helps us grasp not just the mechanics of life, but the artful and human sides of science.



Attend the “Sonic Connections” workshop. At the conclusion, complete the provided evaluation and extra credit form, and submit one of the following:

### Option A: Reflective Summary

Write a 250-500 word reflection. Consider:

- How does the use of music as a tool for mental well-being complement your understanding of physiological responses in the human body?
- What new insights have you gained regarding the influence of music on biological processes, particularly those related to stress, mood, and cognitive function?
- What were your key takeaways about the symbiotic relationship between human health and musical expression?

### Option B: Analytic Review

Delve into a specific activity in the workshop and write a 250-500 word analytical piece. Consider:

- How can mindfulness and values-based activities inform your approaches to conservation, human health, and ecology within the life sciences field?
- What are the ethical considerations to keep in mind when integrating mental well-being strategies into life sciences research or public health campaigns?
- How could life sciences education incorporate methods from the “Sonic Connections” workshop to create a culture that supports well-being alongside scientific discovery?