



UC Ambassador Program

MUSIC THERAPY

Dear UC Ambassadors,

If you were to score the soundtrack to your life, what would it sound like? I'd like you to ponder this question over the next week. Reflect on your lives, what has been important to you, and moments that have truly *meant* something. Take into consideration the highs *and* lows, the ups and downs that you've experienced. Are there songs that capture those emotions? The happiness and sadness? Do certain songs evoke those feelings? What would your life sound like?

I'd like you to think of at least one song that you would put on your life's soundtrack and add it to our list (see email for link) by Wednesday, 09/16 at noon. Please jot down some thoughts about how this song / these songs make(s) you feel. Anything you'd like to write that captures that is wonderful (e.g., emotional language, drawings, action verbs, etc.).

Please be prepared to discuss some of these thoughts during our meeting that evening at 6pm.

Thank you in advance for the time that you put into this activity and these reflections. I cannot wait to hear more about all of the things that make each of you a unique individual (and to hopefully hear some new music!). Looking forward to seeing you all soon.

A*Love,

Todd