Name:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Per:\_\_\_\_\_\_

**Soundtrack of My Life**

**Objective:** The first unit in College and Careers is “Who I Am.” The objective of this unit is to help students understand their values, passions, and belief systems that make up who they are. Once a student knows who they are, they are better equipped to make life’s hard choices. By the end of this assignment, students will share a soundtrack that represents the important people, events, and beliefs in their lives. Your answers should be on a separate sheet of paper and stapled to the back of the project instructions.

**Brainstorm:** On the back of this paper make a t-chart. On the left-hand side title it “Songs” and brainstorm all of your favorite songs. You can list the title, artist or other information that you know off the top of your head. Once you have listed all of the songs you love, on the right-hand side title it “Emotions” and think of all the emotions you feel when you hear the song play. List every emotion you feel for each song.

**Directions:** For each question, please answer in complete sentences. Your answer must include the name of the song you choose, the artist who performs it, and at least one lyric typed in full. *Note: All song lyrics and versions must be school appropriate and/or the censored version*.

1. What life-changing experience (a broken bone, a winning lottery ticket, a broken heart, a state trophy, a cross-country move, the death of a loved one) has had the biggest impact on you so far in your life? What song would you choose to represent that event, and why?

2. Who is your personal support group in life? What song would you choose to represent the person or people in your support group and why?

3. What is something that you are passionate about? What song would you choose to represent that passion and why?

4. What is a belief that you feel strongly about and why? What song would you choose to represent that belief and why?

5. What is something you fear the most? What song would you choose to represent this fear and why?

6. What is a wish that you dearly hope to see come true? What song would you choose to represent that wish and why?

7. What one song would you choose to sum up your “essence” (if life were a movie, this is the song they would play every time you walk into the room). And of course, explain why this song is appropriate.

Sample Soundtrack

1. “You Should be Here” by Luke Bryan – Loss of my childhood friend to a car accident.
2. “Perfect” by Ed Sheeran – Husband is my support system.
3. “Imagine” by John Lenon – Political statement and passionate about politics
4. “I Can Only Imagine” by Mercy Me – My faith is something I feel strongly about.
5. “Broken Halos” by Chris Stapleton – Fear death and being alone
6. “Empire State of Mind” by Alicia Keys – Want to travel back to NYC and all over in general
7. “9-5” by Dolly Parton – I work all the time right now. I am career focused for now.