

**Soundtrack of Your Life**  
**FINAL Assignment in AP Psych**

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

Music motivates us, calms us, inspires us, at times irritates us. You might think of it as the backdrop against which we live our lives. Songs can bring vivid memories of people, places, and events from our own past and serve to document our thoughts, feelings, and emotions at a given time or place.

**Part I: Brainstorm**

Think about your life up until now. What major events have changed you, shaped your, influenced you, shook you? Are there times that were wildy happy or incredibly sad? What moments have made you shift in how you see the world? They may be huge like the death of a loved one or your first day of high school. Or they might have seemed insignificant at the time like meeting your best friend or starting to play a sport.

**Create a list of events that made a difference in your life.**

Event 1 \_\_\_\_\_

Event 2 \_\_\_\_\_

Event 3 \_\_\_\_\_

Event 4 \_\_\_\_\_

Event 5 \_\_\_\_\_

Event 6 \_\_\_\_\_

Event 7 \_\_\_\_\_

Event 8 \_\_\_\_\_

(extra) \_\_\_\_\_

**Now brainstorm songs that might fit these events. (Remember to use school-appropriate songs 😊)**

Song 1 \_\_\_\_\_

Song 2 \_\_\_\_\_

Song 3 \_\_\_\_\_

Song 4 \_\_\_\_\_

Song 5 \_\_\_\_\_

Song 6 \_\_\_\_\_

Song 7 \_\_\_\_\_

Song 8 \_\_\_\_\_

(extra) \_\_\_\_\_

**Part II: Relate It to Psychology**

Using your "imaginary soundtrack" of the events in your life, look through your textbook and find at least eight psychology concepts that correspond with the songs and events you selected.

Psych Concept 1 \_\_\_\_\_

Why? \_\_\_\_\_

Psych Concept 2 \_\_\_\_\_

Why? \_\_\_\_\_

Psych Concept 3 \_\_\_\_\_

Why? \_\_\_\_\_

Psych Concept 4 \_\_\_\_\_

Why? \_\_\_\_\_

Psych Concept 5 \_\_\_\_\_

Why? \_\_\_\_\_

Psych Concept 6 \_\_\_\_\_

Why? \_\_\_\_\_

Psych Concept 7 \_\_\_\_\_

Why? \_\_\_\_\_

Psych Concept 8 \_\_\_\_\_

Why? \_\_\_\_\_

**Part III: Produce It**

Just like a music producer, try to create the sequence of your chosen songs. For example, your songs might be listed in the chronological order of the events they document, or they might be mixed together so that all of the slow songs are not back-to-back. DO NOT just list them randomly. Put some thought into the order of your songs and the complete package you are presenting.

Track 1  
Song Title \_\_\_\_\_ Artist or Group: \_\_\_\_\_

Event \_\_\_\_\_ Psych Concept: \_\_\_\_\_

Track 2  
Song Title \_\_\_\_\_ Artist or Group: \_\_\_\_\_

Event \_\_\_\_\_ Psych Concept: \_\_\_\_\_

Track 3  
Song Title \_\_\_\_\_ Artist or Group: \_\_\_\_\_

Event \_\_\_\_\_ Psych Concept: \_\_\_\_\_

Track 4  
Song Title \_\_\_\_\_ Artist or Group: \_\_\_\_\_

Event \_\_\_\_\_ Psych Concept: \_\_\_\_\_

Track 5  
Song Title \_\_\_\_\_ Artist or Group: \_\_\_\_\_

Event \_\_\_\_\_ Psych Concept: \_\_\_\_\_

Track 6  
Song Title \_\_\_\_\_ Artist or Group: \_\_\_\_\_

Event \_\_\_\_\_ Psych Concept: \_\_\_\_\_

Track 7  
Song Title \_\_\_\_\_ Artist or Group: \_\_\_\_\_

Event \_\_\_\_\_ Psych Concept: \_\_\_\_\_

Track 8  
Song Title \_\_\_\_\_ Artist or Group: \_\_\_\_\_

Event \_\_\_\_\_ Psych Concept: \_\_\_\_\_

**Homework:** Find the lyrics. Make your playlist. Create the CD cover.

If time allows, start your reflective letter to explain why each event, song, and psychology term are important to you. You may also determine what part of your soundtrack to present in the class.

## **Part IV: Reflect**

Now that you have created the soundtrack to your life, write a reflective letter (addressed to "Dear Listener,") that explains why you chose the particular songs that you did. For each song, you will need to reflect on the experiences, people, places, and events that inspired this selection. Make sure to underline each psychology term in your explanation.

Use the outline below to help you construct this letter. The questions are only listed to help you begin writing. You do not need to answer each and every question (or any of the questions!) as long as you have sufficiently explained the topic of each section.

### Explanation of yourself (One paragraph)

This paragraph is basically a brief autobiography:

- Who are you?
- Where are you from?
- Where are you now? Etc. etc.

### Explanation of this soundtrack (One paragraph)

This paragraph outlines your rationale or purpose in creating this soundtrack:

- What is this album you have created?
- Why are you completing it? (because it is an assignment is NOT an answer!)
- What do you hope to get out of this project?
- What do you see yourself doing with this later in life?
- Who might you share it with?

### Explanation of each song on the soundtrack (One paragraph per song)

This section is made up of many smaller paragraphs. Song by song be sure to explain:

- What is the name of the song and the artist?
- Why is each song important to you?
- How does each song connect to your life?
- What does each song reveal about the kind of person you are and what you think is important in your life?

### Final remarks and reflection on the soundtrack as a whole (One paragraph)

This paragraph is your conclusion in which you should thank your reader for taking the time to listen to your soundtrack and offer any final reflections upon this project as a whole.

**Homework:** Prepare for your short presentation. Determine what part of your soundtrack you will share (no more than 1-2 minutes). Be prepared to explain why it is meaningful. \*\* As we listen to the soundtracks, please remember that this is a personal assignment to share yourself, better understand your peers, and remember each other positively. Let's be kind! \*\*

**Grade:** Everyone can get 100% on this assignment! You will need:

- 1) these planning pages
- 2) your CD of songs
- 3) a cool CD cover
- 4) a page of lyrics
- 5) your reflective essay

**"It's My Life"**  
**Bon Jovi**

This ain't a song for the broken-hearted  
No silent prayer for the faith-departed  
I ain't gonna be just a face in the crowd  
You're gonna hear my voice  
When I shout it out loud

[Chorus:]  
It's my life  
It's now or never  
I ain't gonna live forever  
I just want to live while I'm alive  
(It's my life)  
My heart is like an open highway  
Like Frankie said  
I did it my way  
I just wanna live while I'm alive  
It's my life

This is for the ones who stood their ground  
For Tommy and Gina who never backed down  
Tomorrow's getting harder make no mistake  
Luck ain't even lucky  
Got to make your own breaks

[Chorus:]  
It's my life  
And it's now or never  
I ain't gonna live forever  
I just want to live while I'm alive  
(It's my life)  
My heart is like an open highway  
Like Frankie said  
I did it my way  
I just want to live while I'm alive  
'Cause it's my life

Better stand tall when they're calling you out  
Don't bend, don't break, baby, don't back down

[Chorus:]  
It's my life  
And it's now or never  
'Cause I ain't gonna live forever  
I just want to live while I'm alive  
(It's my life)  
My heart is like an open highway  
Like Frankie said  
I did it my way  
I just want to live while I'm alive

[Chorus:]  
It's my life  
And it's now or never  
'Cause I ain't gonna live forever  
I just want to live while I'm alive  
(It's my life)  
My heart is like an open highway  
Like Frankie said  
I did it my way  
I just want to live while I'm alive  
'Cause it's my life!