

Soundtrack for Personal Choices

Create a list of songs (Minimum 8 songs) that could be used to explain the outcomes of the Personal Choices unit. Try to cover as many of the outcomes as possible and include a variety of music genres in your soundtrack.

Outcomes

- P1 – Personal Well-being
- P2 – Effect of substance use and abuse, depression, suicide
- P3 – Creative Thinking
- P4 – Self-confidence and life’s challenges (peer pressure, self-esteem)
- P5 – time management vs. Procrastination
- P6 – health action plans (how to actually improve your well-being)
- P7 – Emotional/Spiritual Well-being
- P8 – Managing change, role transition
- P9 – Communication
- P10 – Elements of Relationships & Safe Dating
- P11 – Trust vs. Jealousy
- P12 – consequences of being sexually active
- P13 – how science, technology and media relates to wellness
- P14 – support systems

Use the following format to list your songs:

Name of Song: _____

Artist/Group: _____

Brief explanation of the song: _____

Outcome(s) that the song matches: _____

Example

Song Title: Love the Way you Lie

Artist/Group: Eminem Ft. Rihanna

Explanation: This song is about the cycle of abuse, covering many types of abuse including physical, emotional and psychological. The song is very controversial yet is ultimately bringing abuse to the public in order to create conversation and awareness about abuse.

Outcomes: P4 – Self-confidence and life’s challenges

P7 – Emotional/Spiritual Well-being

P9 – Communication

P10 – Elements of Relationships & Safe Dating

P11 – Trust vs. Jealousy