

MUSIC 390 (SEM 0.50)
Music, Health, and Healing
Winter 2024
Professor Maisie Sum

University of Waterloo, Conrad Grebel University College
Department of Music

Territorial Acknowledgement:

We acknowledge that we are living and working on the traditional territory of the Attawandaron (also known as Neutral), Anishinaabe and Haudenosaunee peoples. The University of Waterloo is situated on the Haldimand Tract, the land promised to the Six Nations that includes 10 kilometres on each side of the Grand River. For more information about the purpose of territorial acknowledgements, please see the [CAUT Guide to Acknowledging Traditional Territory \(PDF\)](#).

Class Time: Tuesday and Thursday 1:00–2:20 PM

Office Hours: by appointment

Office Location: CGR Rm 1102

Class Location: CGR Rm 1300

Email: msum@uwaterloo.ca

Phone: 519-885-0220 x24219

Announcements

I use the Announcements widget on the Course Home page during the term to communicate new or changing information regarding due dates, instructor absence, etc., as needed. You are expected to read the announcements on a regular basis.

To ensure you are viewing the complete list of announcements, you may need to click

Show All Announcements.

Contacts

For Course-related questions (e.g., course content, deadlines, assignments, etc.) and questions of a personal nature.

- Contact your instructor: Maisie Sum msum@uwaterloo.ca
Your instructor checks and writes email Monday to Friday 9AM–5PM and will make every effort to reply to your questions within 48 hours. When emailing the instructor, please indicate the **course code** (i.e., MUSIC 390) in the subject line **and** use your **UWaterloo** email address.

For Technical Support and Technical problems with Waterloo LEARN.

- Contact: learnhelp@uwaterloo.ca
Include your full name, WatIAM user ID, student number, and course name and number.

Technical support is available during regular business hours, Monday to Friday, 8:30 AM to 4:30 PM (Eastern Time). [LEARN Help Student Documentation](#)

For Student Resources.

- Contact: [Student Resources](#) for Academic advice, Student success, WatCards, Library services and more

Course Description

From everyday listening to clinical music therapy, singing in the shower to playing at Carnegie Hall, music in hospitals to music in prisons, whether you listen, play, or sing, alone or in a group, in informal or formal settings, music engagement can benefit your health in multiple ways.

What is so special about music? How does it do what it does? How is it being used? What role does it play in public health?

This seminar examines scholarship devoted to music in health and healing in contexts worldwide, particularly with regard to community music and public health, therapy and health promotion, educational contexts, and every day uses. Students gain firsthand experience through musical engagement in the form of hands-on workshops, listening activities, and through guest lectures, and direct interaction with scholars, musicians, therapists, and practitioners.

Prerequisite: Level 3A or departmental consent

Summary of what the course will offer

- A broad and cross-cultural perspective of music, health, healing, and wellbeing
- Practical and theoretical knowledge of how music can affect our health
- Exposure to music you have never heard, and some that you have
- Opportunities to participate in a respectful, thoughtful exchange of ideas with peers
- Opportunities to develop the skills of conversation, presentation, research, and writing
- Interaction with expert musicians, scholars, practitioners who create and use music in ways that promote health, healing, and wellbeing
- Hands-on experience creating and making music on a variety of instruments, including the Department of Music's Balinese gamelan (and possibly other instruments)

Throughout the term, you are expected to:

- Be responsible for your learning by preparing for class and doing the coursework:
 - Strive towards understanding concepts and terms discussed in readings and in class
 - Do the reading, listening, video-viewing assignments as indicated on the course calendar before class (i.e., by the date indicated on the course calendar) and reflect on the material in preparation for class discussion
 - Submit assignments on time
 - Ask questions when anything is unclear
- Participate actively in discussions, workshops, presentations, and other class activities.
- Contribute equally to collaborative assignments and group projects
- Be honest, mindful, and respectful when participating in class activities.
- Come to all classes **on time**, be focused, and take good notes.

Key Learning Outcomes (KLOs)

By the end of the course, you will be able to:

1. Explain the potential effects of music on health, healing, and wellbeing.
2. Describe ways in which individuals and groups, local and global, use music in ways that promote health, healing, and wellbeing.
3. Identify challenges associated with using music for health promotion.
4. Discuss how music can be integrated into society and over an individual's lifespan to promote health and wellbeing.
5. Apply a holistic approach used in ethnomusicology to describe therapeutic music practices worldwide.
6. Critically reflect on ideas about music, health, and healing and communicate them effectively.

Course Materials

Required Text:

MacDonald, Raymond, Gunter Kreutz and Laura Mitchell. 2012. *Music, Health, and Wellbeing*. Oxford: Oxford University Press.

N.B. Available online via the UWaterloo Library website. Be sure to sign in using your WATIAM credentials if off campus. (https://ocul-wtl.primo.exlibrisgroup.com/discovery/fulldisplay?docid=alma9943606703505162&context=L&vid=01OCUL_WTL:WTL_DEFAULT&lang=en&search_scope=OCULDiscoveryNetwork&adaptor=Local%20Search%20Engine&tab=OCULDiscoveryNetwork&query=any,contains,music%20%20health%20and%20wellbeing&mode=basic)

See the Course Calendar for weekly reading assignments.

Supplementary readings and music examples may be available as e-resources uploaded to the course site on **LEARN**.

Summary of Due Dates and Assessment

Grading Components	Due Dates	Weighting (%) [sliding scale]^ (default)
Preparation & Participation	ongoing	20–30 (25)
Collaborative & Leadership Activity (2x)	See Calendar	10–20 (10)
Intellectual Reflections (IR)	See Calendar	10–20 (15)
Major Project		Total: 30–40 (35)
– Workshop I	Feb 15	7.5–10 (7.5)
– Workshop II	Mar 14	2.5–5 (2.5)
– Presentation & Script	Mar 26, 28, Apr 2	20–30 (25)
Creative Reflection	April 4*	15–20 (15)

* You are granted an automatic 1-week extension. You do not need to notify me or request permission. See the late policy (below) for extensions beyond this period.

^ You must notify your professor of the final weights for each grade component by Thursday, April 4. Enter weights to the Google Sheet via the link provided. Otherwise, the default weight will be applied.

Course Work (see specific course work guides for details)

1. Preparation and Participation

This is a seminar course, which means that success is based on your presence and contribution in class. Each class focuses on critical discussions of the assigned materials, with portions of class time allotted to lecturing, independent work, and music-making activities, depending on the topic. Group discussions and collaborative course activities with peers fosters an environment that supports mutual learning and values curiosity and respectful engagement, particularly when viewpoints differ. Plan to allocate an average of 3 to 5 hours per week in preparation for robust discussions. *Note: This is not an attendance grade as you are expected to attend every scheduled class, with the exception of extenuating circumstances. (See Accommodations due to Illness below.)*

Class participation goes considerably beyond attendance. Assessment will be based upon:

- Evidence of thoughtful engagement with the assigned materials. You are expected to share at least **two** comments and/or questions that you have prepared ahead of time every class. This may be in written or verbal form.
- Active, constructive contributions to class discussions. For example, building on a classmate's ideas, providing constructive counterpoints, and raising analytical questions.
- Completion of periodic in-class assignments (e.g., you may be asked to hand in questions or comments related to the assigned work, a written response to AV material presented in class, group work, group music-making activities which are assessed on your effort and attitude)
- Constructive comments and questions during group discussions

2. Collaborative and Leadership Activity

Collaboration is fundamental to success and requires practice. A key to positive collaboration is effective communication. During the term, you will have **two** opportunities to develop this skill as a co-facilitator with another classmate. See ***Guidelines for Collaborative Activities*** on LEARN for details.

3. Intellectual Reflections

Human experience is an important component of this course. Following guest lectures, workshops, videos, and presentations, you shall be given class time to reflect on your experiences and make connections to assigned readings. For the most part, you shall be given class time to write down your intellectual reflections (IR) – that is, of your experience playing/learning/listening, your thoughts about the music, process, its application, purpose, effectiveness, etc. Your intellectual reflections will be kept in the Dropbox titled “IR Journal” to which you would submit each of your intellectual reflections over the term. You are expected to use these entries as references for your final reflective essay.

For each reflection, you **MUST** include the DATE of the entry and the TOPIC it pertains to. Each entry should be approximately 250 words, submitted at the end of class, or by 7PM. See the Course Calendar for specific submission dates.

4. Major Project

Your major project may take **one** of the forms below (detailed in the “Major Project Guide” on LEARN):

1. a text-based investigation,
2. an ethnographic account,
3. an exploratory or empirical study, or
4. a creative exploration.

You may select a topic that inspires your curiosity from the following categories:

- a) An individual (e.g., musician, therapist, healthcare worker, practitioner) or an organization who/that creates or applies music towards health or healing
- b) The use of music for health or healing in a culture that is unfamiliar to you
- c) The use of music for health or healing in our local society (e.g., at UWaterloo, in K-W)
- d) Participation in a music, health, or healing activity/event (as facilitator, co-facilitator, or participant)

5. Creative Reflection

In this final assignment, students reflect on their learning in this course. The essay(s) require you to draw on and cite course materials. Question(s) and guidelines will be available at the end of the term on LEARN.

6. Community building ‘task’ – credit/no credit, brief report due April 4 (Extra 2%)

As a way to enhance classroom experience and the course overall, every student is encouraged to do a community building ‘task’ during the term. This will not be graded, but awarded a bonus credit/no credit. Post a one-sentence statement of your contribution to LEARN by April 4, 1 PM. For example, you may wish to sign up for:

1. Centering: This task is dedicated towards de-stressing and bringing ourselves to be attentive to the class content and to each other—that is, to invoking mindfulness. Students are invited to sign up to lead the class in a 3- to 5-minute centering/de-stressing strategy that works for them (e.g., a piece of music, a poem, dancing, meditating, food, etc.)
2. Classroom arrangement: This task will require a rearrangement of the classroom setup. One or two people may wish to assist with this before and after class.

Playing music through the year: The UWaterloo Department of Music offers three World Music Ensembles in Balinese music—two large gamelan ensembles (*semara dana*) and a Balinese chamber percussion ensemble (*gender wayang*)—which are open to ALL students, whether you have studied music before or not. Why not take one of these? It provides a wonderful kind of learning you may not have experienced. In addition, you will have the opportunity to study with I Dewa Made Suparta, Grebel’s artist-in-residence from Bali, Indonesia—a founding member of *Gamelan Çudamani*. Check out a performance recorded during one of their U.S. tours
<https://www.youtube.com/watch?v=hGy1ANrWmY4>

Balinese Gamelan (*large ensemble*)

- World Music Course 116, 117, 216, 217, 316, 317 (register for credit)
Meets Tuesdays and Thursdays 4:00 to 5:20 PM
- Grebel Community Gamelan Warga Santi (non-credit)
Meets Tuesdays 6:00–8:00PM and Wednesdays 6:30–8:30PM (10 weeks, begins January 16)

Balinese Chamber Gamelan (2 to 4 players)

- Nine hours of instruction over the 12-week term (register for credit)
Schedule coordinated between instructor and student.

There is no audition required to join the above ensembles. Balinese gamelan is an oral tradition—no written music is used to learn or play the instruments. The music is taught orally and learned aurally. The director may provide you with a recording to listen to between rehearsals; otherwise the ensembles do not normally require extra work beyond going to rehearsal. At the end of the term, you will play in the gamelan concert. If you want to participate in a satisfying group music-making experience and learn about another culture and its music at the same time, this is an excellent and rare opportunity!

For general information about the gamelan ensemble go to <https://uwaterloo.ca/music/balinese-gamelan-ensemble> or ask me!

The UWaterloo Department of Music has six additional music ensembles to choose from. Acceptance to these is by audition or interview. For more information go to the Department of Music website [Music Ensembles](#)

Responsibilities, Expectations and other Academic Information

1. **Look after yourself and each other.** As you know, an important part of academic success is personal well-being. Eat well, sleep sufficiently, get some exercise and spend time outdoors, and don't abuse your body. If you are struggling with more-than-normal (debilitating) stress, anxiety, lack of motivation and/or depression, please talk to friends, family, or relevant professionals. There are many supports here at Conrad Grebel/UW. If you need help sourcing these, talk to your professor. Take responsibility for yourself and look out for others. Be kind and compassionate with each other.

The content of this course may be difficult to watch, read about, and listen to. Allow yourself to feel discomfort as an opportunity to learn. Your professor will give advance notice of particularly difficult material. There will be opportunities to debrief and talk about the impact of the subject matter. Feel free to talk to your professor (and each other, as well as professionals), if you are struggling with the course content.
2. **Attend class regularly and take notes.** A poor attendance record and habitual lateness will affect your overall performance and result in a lower grade. Attending class regularly will help you maintain interest in the topic of the course, keep up with course requirements and guidelines for assignments, and obtain course content that is not available in readings or on LEARN. Taking notes in class is important as a practice of knowledge retention, a technique for attentiveness, and also to help you gather information that you will need for any tests or essays. Attendance is monitored. If you arrive late, it is your responsibility to ensure that you have not been marked absent for the duration of the class. To allow for occasional illness or unexpected calamity, two absences will be excused without penalty or a medical note during the term. It is **your responsibility** to contact your professor **in advance** if you know you will miss a class. Please note that as a member of the class you play a part in the learning process of this unique class community. Your presence contributes to the growth, dynamics, and success of everyone in this space, as well as your own.
3. **Be attentive to each other and participate in classroom discussions.** Ask questions about things that you do not understand or are not clear. Be respectful of other students and their opinions. Remember that everyone has a story.

4. **You are responsible for catching up on material that you have missed.** You can do this by asking your professor for any handouts, asking how you might view films that you missed, and borrowing notes from a classmate (do not ask your professor for lecture notes, they will probably not help much!).
5. **LEARN.** This course uses LEARN. It is your responsibility to ensure you can receive email through LEARN as this is how your professor will communicate with students and you with each other. Please check the course site regularly for announcements, handouts, suggestions, etc. You will be submitting most of your assignments to a Dropbox in LEARN.
6. **Communication.** If you wish to talk with your professor about any course related or other matters, you may do so after class, by appointment, or through email. Your professor will do their best to respond to your emails within 48 hours between 9 and 5PM. Before you make an inquiry about assignments, etc., please do check the syllabus first to confirm whether the information you need is there. All requests for assignment extensions or other special arrangements must be confirmed with your professor by email, so that there is an agreement in writing (and so that your professor does not forget!). Ensure that your UWaterloo email address is forwarded to your personal email address (if you prefer to only check the latter). While email works well, your professor would prefer to speak to you in person or face-to-face on Zoom. Please make an appointment via email or drop by my office. Your professor is happy to talk and eager to get to know you.
7. **Understand course requirements.** Please ask questions if these are not clear. Complete assignments on time (see **Syllabus** and **Course Calendar** for due dates). Note that electronic submissions to the Dropbox on LEARN have specified end times on the given due date. Assignments arriving later than these times will be considered late.

Quizzes, tests and any *in-class tasks* must be written and submitted in class on the same date they are given as indicated on the **Course Calendar**.

Your professor will do their best to grade and return them in a timely manner. If LEARN is not functioning, your professor will communicate alternate submission instructions to you by email. Please plan your academic work carefully, keeping in mind the deadlines for assignments in all your courses. Your professor is generally amenable to requests for extensions in situations of illness, emergencies, or family/personal crises; however, your professor does expect that you consult with them about an extension **BEFORE** the assignment is due.

8. **Late Policy.** Assignments that are submitted past the due date without any prior consultation with your professor will be subject to a grading penalty of 2% per day.
9. **Electronic devices.** Inappropriate use of technology has been shown to have negative impacts on class attitude, attention, and performance. Unless otherwise instructed, cellphones and other electronic devices must be safely stowed away and silenced (airplane mode is preferred) **before** class begins. If you need your phone available for an emergency in a specific class, let your professor know.
It is acceptable to use laptops for taking notes in class. If you use it for other activity such as facebook, texting, etc. you will be asked to cease such activity, or your devices might be requisitioned for the duration of the class. The severity of this kind of distraction cannot be overstated and will be reflected in your grade. Studies have shown that texting, viewing social media, surfing the net, task switching, etc., affect the learning and performance of others in the classroom to a greater degree. Please be considerate. For more information, see: [Facebook and texting made me do It](#) and [Laptop Distractions in the Classroom](#)

Assignment Screening

Text matching software (Turnitin) will be used to screen assignments in this course. This is being done to verify that use of all material and sources in assignments is documented. In the first week of the term,

details will be provided about the arrangements for the use of Turnitin and alternatives in this course. See Administrative Policy below for more information and links.

Administrative Policies

Generative AI

This course includes the independent development and practice of specific skills, such as listening to and describing specific musical phenomena. Therefore, the use of Generative artificial intelligence (GenAI) trained using large language models (LLM) or other methods to produce text, images, music, or code, like Chat GPT, DALL-E, or GitHub CoPilot, is not permitted in this class. Unauthorized use in this course, such as running course materials through GenAI or using GenAI to complete a course assessment is considered a violation of [Policy 71](#) (plagiarism or unauthorized aids or assistance). Work produced with the assistance of AI tools does not represent the author's original work and is therefore in violation of the fundamental values of academic integrity including honesty, trust, respect, fairness, responsibility and courage ([ICAI](#), n.d.).

You should be prepared to show your work. To demonstrate your learning, you should keep your rough notes, including research notes, brainstorming, and drafting notes. You may be asked to submit these notes along with earlier drafts of their work, either through saved drafts or saved versions of a document. If the use of GenAI is suspected where not permitted, you may be asked to meet with your instructor or TA to provide explanations to support the submitted material as being your original work. Through this process, if you have not sufficiently supported your work, academic misconduct allegations may be brought to the Associate Dean.

In addition, you should be aware that the legal/copyright status of generative AI inputs and outputs is unclear. More information is available from the Copyright Advisory

Committee: <https://uwaterloo.ca/copyright-at-waterloo/teaching/generative-artificial-intelligence>

Students are encouraged to reach out to campus supports if they need help with their coursework including:

- [Student Success Office](#) for help with skills like notetaking and time management
- [Writing and Communication Centre](#) for assignments with writing or presentations
- [AccessAbility Services](#) for documented accommodations
- [Library](#) for research-based assignments

Intellectual Property

Students should be aware that this course contains the intellectual property of their instructor, TA, and/or the University of Waterloo.

Intellectual property includes items such as:

- Lecture content, spoken and written (and any audio/video recording thereof);
- Lecture handouts, presentations, and other materials prepared for the course (e.g., PowerPoint slides);

- Questions or solution sets from various types of assessments (e.g., assignments, quizzes, tests, final exams); and
- Work protected by copyright (e.g., any work authored by the instructor or TA or used by the instructor or TA with permission of the copyright owner).

Course materials and the intellectual property contained therein, are used to enhance a student's educational experience. However, sharing this intellectual property without the intellectual property owner's permission is a violation of intellectual property rights. For this reason, it is necessary to ask the instructor, TA and/or the University of Waterloo for permission before uploading and sharing the intellectual property of others online (e.g., to an online repository).

Permission from an instructor, TA or the University is also necessary before sharing the intellectual property of others from completed courses with students taking the same/similar courses in subsequent terms/years. In many cases, instructors might be happy to allow distribution of certain materials. However, doing so without expressed permission is considered a violation of intellectual property rights.

Please alert the instructor if you become aware of intellectual property belonging to others (past or present) circulating, either through the student body or online. The intellectual property rights owner deserves to know (and may have already given their consent).

Chosen/Preferred First Name

Do you want professors and interviewers to call you by a different first name? Take a minute now to verify or tell us your chosen/preferred first name by logging into [WatIAM](#).

Why? Starting in winter 2020, your chosen/preferred first name listed in WatIAM will be used broadly across campus (e.g., LEARN, Quest, WaterlooWorks, WatCard, etc). Note: Your legal first name will always be used on certain official documents. For more details, visit [Updating Personal Information](#).

Important notes

- If you included a preferred name on your OUAC application, it will be used as your chosen/preferred name unless you make a change now.
- If you don't provide a chosen/preferred name, your legal first name will continue to be used.

Mental Health Support

All of us need a support system. The faculty and staff in Arts encourage students to seek out mental health support if they are needed.

On Campus

Due to COVID-19 and campus closures, services are available only online or by phone.

- Counselling Services: counselling.services@uwaterloo.ca / 519-888-4567 ext. 32655
- [MATES](#): one-to-one peer support program offered by the Waterloo Undergraduate Student Association (WUSA) and Counselling Services

Off campus, 24/7

- [Good2Talk](#): Free confidential help line for post-secondary students. Phone: 1-866-925-5454
- Grand River Hospital: Emergency care for mental health crisis. Phone: 519-749-4300 ext. 6880
- [Here 24/7](#): Mental Health and Crisis Service Team. Phone: 1-844-437-3247
- [OK2BME](#): set of support services for lesbian, gay, bisexual, transgender or questioning teens in Waterloo. Phone: 519-884-0000 extension 213

Full details can be found online on the Faculty of Arts [website](#)

Download [UWaterloo and regional mental health resources \(PDF\)](#)

Download the [WatSafe app](#) to your phone to quickly access mental health support information.

Coronavirus Information

This [resource](#) provides regular updates and University of Waterloo information on COVID-19 and [guidance for accommodations](#) due to illness and extenuating circumstances.

University Policy

Purpose: for students to understand the University Policies that pertain to them being a student in the course.

Academic integrity: In order to maintain a culture of academic integrity, members of the University of Waterloo community are expected to promote honesty, trust, fairness, respect and responsibility. [Check [the Office of Academic Integrity](#) for more information.]

Grievance: A student who believes that a decision affecting some aspect of their university life has been unfair or unreasonable may have grounds for initiating a grievance. Read [Policy 70, Student Petitions and Grievances, Section 4](#). When in doubt, please be certain to contact the department's administrative assistant who will provide further assistance.

Discipline: A student is expected to know what constitutes academic integrity to avoid committing an academic offence, and to take responsibility for their actions. [Check [the Office of Academic Integrity](#) for more information.] A student who is unsure whether an action constitutes an offence, or who needs help in learning how to avoid offences (e.g., plagiarism, cheating) or about "rules" for group work/collaboration should seek guidance from the course instructor, academic advisor, or the undergraduate associate dean. For information on categories of offences and types of penalties, students should refer to [Policy 71, Student Discipline](#). For typical penalties, check [Guidelines for the Assessment of Penalties](#).

Appeals: A decision made or penalty imposed under [Policy 70, Student Petitions and Grievances](#) (other than a petition) or [Policy 71, Student Discipline](#) may be appealed if there is a ground. A student who believes they have a ground for an appeal should refer to [Policy 72, Student Appeals](#).

Note for students with disabilities: [AccessAbility Services](#), located in Needles Hall, Room 1401, collaborates with all academic departments to arrange appropriate accommodations for students with disabilities without compromising the academic integrity of the curriculum. If you require academic accommodations to lessen the impact of your disability, please register with AccessAbility Services at the beginning of each academic term.

Turnitin.com: Text matching software (Turnitin®) may be used to screen assignments in this course. Turnitin® is used to verify that all materials and sources in assignments are documented. Students' submissions are stored on a U.S. server, therefore students must be given an alternative (e.g., scaffolded assignment or annotated bibliography), if they are concerned about their privacy and/or security. Students will be given due notice, in the first week of the term and/or at the time assignment details are provided, about arrangements and alternatives for the use of Turnitin in this course.

It is the responsibility of the student to notify the instructor if they, in the first week of term or at the time assignment details are provided, wish to submit alternate assignment.

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