

Sample Academic Program for a Music Major with a Focus on Music Therapy

Students who contemplate graduate work in music therapy will be best prepared if they pursue a rich Liberal Arts education and at the same time, develop their own musical skills as fully as possible. (Proficiency on several musical instruments and being able to sing, for example, are invaluable tools in the practice of music therapy.) Most of the universities which offer graduate programs in music therapy, also offer undergraduate degrees in music therapy, BUT an undergraduate degree in music therapy is NOT a prerequisite for admission to graduate programs in music therapy. You will be a competitive candidate for graduate programs in music therapy, as long as you plan your undergraduate work at UCB carefully.

YEAR 1

Required courses for the major: 49A, 49B, 49C, 50, 60 and one course from the series Music 74-77, Music 405A and B

If there is any space in the schedule, it would also be desirable to participate in performing ensembles (from the series Music 140-149) (**required** eventually) and/or take private lessons on your instrument (Music 40, 41/150) (**electives**) and/or take a second course from the Music series 74-77 (**required** eventually).

Required university-wide: English 1A and 1B and one course in American History and Institutions (if not taken elsewhere or exempted by exam),

Courses to fulfill the seven-course breadth requirement: choose from the list below.

We strongly recommend that students seek out a Freshman Seminar or a Sophomore Seminar in any topic/department. These are one-unit courses that provide the opportunity to work closely with a faculty member and a small group of students on a focused topic for one hour a week.

YEAR 2

The required courses for the major: 51, 61, a further two courses from the series Music 74-77, a large performing ensemble (Music 140-145, 148, 149) for both fall and spring semesters, Music 405C and D

The requirement to participate in a large ensemble for two consecutive semesters can be fulfilled at any time in the program. This is merely a suggestion that the second year

might be a convenient time to do it, whether to leave room to explore other courses and ensembles later or because students often wish to continue for several years as members of the same performing ensemble. We recommend auditioning for ensembles immediately upon entering the music major.

If there is space in the schedule: continued private lessons on your instrument (Music 40, 41/150), chamber music (Music 146) additional course in non-European music (from the series of Music130-139) (**required**) and Music108: Music Perception and Cognition.

Breadth courses: choose from the list below.

YEAR 3

Required courses for the major: an upper-level seminar in music history (= any course from the series Music 170-79 or Music 189)

Recommended music electives: additional courses from music series 130 and/or 170-79 and/or 189; Music 108 (if not already taken); as many private or semi-private lessons as possible on own instrument, as well as guitar, piano, flute/recorder and voice (Music 40, 41/150); additional courses in large and small performing ensembles (Music 140-149); jazz improvisation (Music 164).

This is the time to begin thinking about taking courses and cementing relationships with professors that reflect your interests most closely, and to take some steps that will smooth the way towards doing a thesis, special project, recital, or lecture-demonstration during the senior year.

Recommended electives outside the department related to music therapy emphasis: choose from the list below.

YEAR 4

Recommended music electives: anything from the courses listed under year 3, plus: Music H195 or 199 (independent study to develop senior or honors thesis; strongly recommended to take during fall semester) or 150s (senior recital).

Recommended electives outside the department: choose from the list below. It should be noted that there are many other wonderful electives you can take that will serve you very well. These are just suggestions for you to consider that also happen to fulfill breadth requirements.

Arts and Literature:

- L & S 118: The Improvisational Arts
- Theater 10: Introduction to Acting
- Theater 26: Issues in World Theater
- Theater 121: Performance and Culture

African American Studies 161: African Theater

Biological Sciences

General Human Anatomy 131

Survey of Human Physiology 132

Historical Studies

Theater 151A and B: History of Theater

Theater 153A and B: History of Dance

Native American Studies 20A: Intro to Native American Studies

Near Eastern Studies 150A and B: Arabic Literature in Translation

International Studies

Chicano Studies 161: Central American Peoples and Cultures

Asian Studies 10A and B: Intro to Asian Cultures

Philosophy and Values

Philosophy 8: Intro to Philosophy of Art

Philosophy 10: Aesthetics

Physical Science (any)

Social and Behavioral

Psychology 120A: Intro to Cognitive Psychology

Psychology 142: Cognitive Development

Physical Education 60: Cultural Sources of Dance, Rhythm and Movement

Finally, in addition to your coursework at UCB, we recommend that you investigate music programs at other local schools, (and beyond, if you can travel) including Berkeley's JazzSchool, for more opportunities in improvisation, performance, dance, and especially eurhythmics. In short, you will want to develop your own musical resources in as many and varied ways as possible.