

## **Musicians' Wellness**

### **MUCE 395 | Fall 2023**

**Instructor:** Dr. Brianne Borden | (she/her)

**Office/Phone:** A108

**Contact:** bordenbl@potdam.edu | (315) 267-2439

**Office Hours:** by appointment, please email to schedule

**Day/Time:** MWF | 11:00-11:50p

**Location:** C107

### **Course Description**

The Musicians' Wellness course is designed to provide students with the skills and knowledge to model and teach wellness practices specific to being musicians. Students will approach the topics as performers themselves, as well as through the lens of an educator.

### **Learning Outcomes**

After successful completion of this course the student will have an understanding of multiple wellness practices and related topics including but not limited to:

- Stress Management
- Yoga
- Meditation
- Mindfulness
- Journaling
- Body Mapping
- Anatomy
- Music Performance Anxiety
- Breath work
- Hearing Health
- Burnout
- Sleep hygiene
- Trauma
- Nutrition
- Injury Prevention
- Limiting Beliefs
- Confidence

### **Required Materials**

- A physical journal (the ability to write on an ipad is fine)
- Other materials provided
- A yoga mat

### **Recommended Materials**

- *Playing (Less) Hurt* by Janet Horvath, Hal Leonard Corp,
- *Teaching Healthy Musicianship* by Nancy Taylor, Oxford University Press

### **Attendance & Participation**

Attendance is imperative. Your class participation grade is contingent upon your attendance. Two unexcused absences are permitted. The final grade will then be reduced by one grade point (for example, a 3.0 becomes a 2.7) after the third unexcused absence. Any absences beyond a fourth unexcused absence will result in a maximum grade of 1.5. Examples of excused absences include illness (requiring medical confirmation), family emergency, or a school function. A student will be marked tardy if the class has already begun. Two tardies equal one absence for grading purposes.

## **Final Project**

Each student will present a final project on a topic of their choice. The format is flexible and open, but must address implementing one of the topics on the course schedule in the student's playing or teaching moving forward. The project must be designed to positively impact a larger community.

## **Grading**

Course performance will be assessed as follows:

- *Participation/Attendance* [25%]
- *Assignments* [25%]
- *Journal* [30%]
- *Final Project* [20%]

## **Grading Scale**

4.0 = 97-100

3.7 = 94-96

3.3 = 90-93

3.0 = 87-89

2.7 = 84-86

2.3 = 80-83

2.0 = 77-79

1.7 = 74-76

1.3 = 70-73

1.0 = 64-69

0.0 = <64 (Failure)

## **Academic Honor Code**

<https://www.potsdam.edu/current/student-conduct-community-standards/academic-honor-code>

## **Content Warning**

This class may approach challenging conversations and topics. If at any point in time you feel uncomfortable with the conversation or unable to participate, you are welcome to remove yourself and communicate this to the instructor. If you show up for class where you are not in the emotional space to participate, but can be present, please just communicate to the instructor.

## **Accommodative Services**

In order to receive consideration for reasonable accommodations, you must contact the Office of Accommodative Services, participate in an intake interview, and provide documentation. If the documentation supports your request for reasonable accommodations, the Office of Accommodative Services will provide you and your instructor with an accommodation letter via email. Please discuss the accommodations with your instructor as early in your courses as possible. You must follow this process for every semester that you request accommodations. For more information, visit the [Accommodative Services website](#).

## **Resources**

- SUNY Potsdam Counseling: 315.267.2330 / [counseling@potsdam.edu](mailto:counseling@potsdam.edu)
- National Sexual Assault Hotline: 800.656.4673 / [online.rainn.org](http://online.rainn.org)
- National Domestic Violence Hotline: 800.799.7233 / [www.thehotline.org](http://www.thehotline.org)
- The Trevor Project: 866.488.7386
- **[SUNY Potsdam Peer Counseling Contact Request Form](#)**
- National Suicide Prevention Hotline: 1.800.273.8255
- **[SUNY Peer Hotline](#)**: (518) 442-5777 (available 1pm-12am Monday through Thursday and 24hrs/day on Fridays through Sunday's; only available during the academic year)
  - **[Web version](#)**
- [LGBTQIA Resource Glossary](#)
- [National Institute of Mental Health](#)
- Title IX Office / <https://www.potsdam.edu/about/safety/title-ix>
- [Off Campus Clinicians](#)