



Music Listening for Well-Being

Online, Self-Paced Professional Development
for General Education, Specialist, and Music Teachers

Syllabus and Course Information



Course Description

This course focuses on the role of music listening across K-12 classrooms in eliciting student well-being. Through four Modules of self-reflections, activities, videos, and research-based learning content, you will learn how to apply music listening in your instruction as a music or non-music teacher. Children and teens are naturally musical people with music listening as an already present part of their everyday lives. People have used music to connect with each other, express complex emotions, and make sense of the world around them for millenia. In this course, you will learn how music listening can help K-12 students manage the challenges they face in and out of school.

Course Outcomes

- Teachers will understand research-based fundamentals about the role of music listening in the well-being of students and their academic success.
- Teachers will apply skills and recommendations from the course through activities that can be immediately used in their classroom, with student versions of several activities for their classes. Teachers will also analyze and evaluate the course information through self-reflections and goal-setting.
- Teachers are provided with a workbook, glossary, copies of all activities from the course, additional worksheets for goal setting and processing the course content, course review material, and a printable collection of all completed course notes, reflections, and activities.

Course Topics



Module 1

- Introduction to the course and tips for easy navigation
- Fundamentals and facets of well-being according to research in positive psychology
- How to identify signs of well-being in your students, and when it's missing



Module 2

- Challenges that disrupt student well-being
- Behaviors that emerge from student challenges
- Why teachers and music listening can support students as they face challenges in everyday life



Module 3

- The connection between music listening and well-being
- The effects of music listening the body, mind, and child development
- Types of music listening and their outcomes
- Principles of musical discovery



Module 4

- The importance of agency in music listening and classroom learning
- Getting to know your students through music
- Music listening activities for any classroom
- Music listening resources to use in the classroom

Music Listening for Well-Being

Online, Self-Paced Professional Development for All Teachers

Music Workshop's Professional Development courses teach educators and administrators at all levels how to use music as a tool for healing and growth.

Students continue to struggle with well-being after the COVID-19 lockdown, social upheavals, and increased media consumption since 2020. Music listening has been shown to mitigate the effects of these environmental challenges and improve well-being for children holistically through personal connection and social reintegration. Professional development is necessary to support educators who are best equipped to guide music for well-being in schools, especially during this time of educational and social uncertainty.

Course Length: 2 hours

Included Materials: We want you to walk away from Music Workshop professional development for educators courses with everything you need to put your learning into practice – the very next day. When you finish a course, you'll get a resource kit with links, worksheets, lesson plans, and more to continue your learning and apply what you learned in your classroom.

Continuing Education Credit: The Music Listening for Well-Being course is worth two hours of professional development toward continuing education requirements in most districts. Teachers receive a certificate of completion when they finish the course and can download the syllabus and course information document if needed for pre-approval or reimbursement.



Continuing education credit hours



Immediately actionable tools and techniques for the classroom



Culturally responsive resources

Professional Development Advisory Team

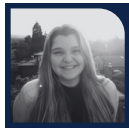
Each of our advisors are research and practice trailblazers within music education. Their research and guidance have been instrumental in our mission to empower educators with practical, evidence-based ways to improve their students' well-being through music.

Team Lead



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Director of Professional Development
Music Workshop

PD Development Team



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Course Host



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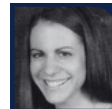
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