

Soundtrack of My Life

Choose 6-8 songs that highlight (or remind you of) significant moments in YOUR life.

- For each song, include the name of the song, artist and year the song was released.
- Then write 3-4 sentences describing why you chose this song and why it reminds you of this moment in time. Your description/connection to this song should include pictures for each song (this could be personal photos, album art, video images, etc.)



Your finished product can take whatever form you would like (small poster, handmade booklet, Google slideshow, etc.) - get creative!

** If you need somewhere to start, think of the different stages of your life so far. What music do you associate with each of these stages? (relationships, sports or extracurriculars, special moments with friends/family, vacations/seasons,*

A sample... (Ms. Shen's soundtrack)



1



Nights in the North End - Laura Branigan, "Gloria" (1982)

Many Saturday nights as kids my family would go into the North End to get a cannoli and cappuccino after dinner. My sister would dance with abandon for the old people and they would clap and laugh. This song is what they would always play.





2

Childhood dance (skate) parties - Madonna, "Material Girl" (1985) & Michael Jackson, "Beat It" (1982)

When my brother and I were kids, we would choreograph and perform roller skating shows in our basement for my parents and sister. We spent hours "practicing" and costuming and had so much fun doing it. Looking back I'm sure they were ridiculous but it was a lot of fun.





3

Embarrassing mom moments - Pointer Sisters, "Jump" (1976)

My mom has always been really extroverted (and as a more quiet extrovert, at times she was really embarrassing in just how out there she was.) One of her many "loud" behaviors was dancing to every song that came on that she liked. As a kid, the Pointer Sisters, "Jump" was one song that made her break into dance no matter where we were (grocery store, elevator, car, you name it...)



4

Freshman year of college - Dave Matthews Band, "The Best of What's Around" (1994)




My freshman year of college was both exciting and terrifying. I was assigned to a single room, which would have been great another year but definitely did not make it easy to meet people in those first weeks of school since many people assumed I'd asked for a single. I'd seen Dave Matthews in concert the summer before college and had this song, and the whole album, on loop in those first few weeks of school. This song will forever remind me of that time in my life.

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5




Roommates jr year - The Cardigans, "Lovefool" (1996)

My junior year, I lived off campus at BC in an apartment with 7 friends. It would be generous to say that it was a slum (I'm not kidding when I tell you that the 6 guys I lived with seriously lobbied to buy a goat so they didn't have to clean.) This song somehow brought out the performance artist in 2 of my roommates who routinely turned it into a performance in the middle of whatever room we happened to be in.



My junior year apartment (the most appropriate image I can find.)

6



Crew trips - DJ Kool, "Let Me Clear My Throat" (1996)

Some of my best memories of college involve crew trips with my teammates. As a club team, we were scrappy, underfunded and perennially traveling in random buses, staying in somewhat sketchy motels and having a blast all the while. To this day, whenever I hear this song it brings me right back to IBA's championship in Princeton, NJ. This song was on a loop in the van on the way to race, pumping from someone's iPod as we hung out between races, and will forever bring me back to that trip.



7





Breakup - Plumb, "Damaged" (1999)

Breakups suck no matter the circumstances. 5 years together, an engagement, a big move out of state for his job and ultimately a cheating fiance didn't make it any easier. This song was my walloving music. It fit my mood, made me feel marginally better and got me through that first few weeks of "what's next?" Now any time I hear this song it brings me right back to the feelings I had in that moment.

8

Dance parties - Justin Timberlake, "SexyBack" (2006)



Video removed so Hayden doesn't kill me.

I'm not sure what it is about little kid "dancing" that always makes me smile but this does it for me. My kids would DIE if they knew I showed any video of them when they were little and embarrassing to anyone so it'll have to wait until they're not in this school again...

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