



Yale-New Haven
Teachers Institute®

Curriculum Units by Fellows of the Yale-New Haven Teachers Institute
2016 Volume II: Literature and Identity

Music as an Expression of Self: How Music Supports Our Perception of Identity

Guide for Curriculum Unit 16.02.10
by David Scott Stewart

At no other time in a person's life does one search for a sense of identity, a definition of what self means on a personal level, than during adolescence. It is during the middle and high school years that we are provided meaningful opportunities to step outside of the principal parental/guardian dominated influence that shaped our identity for our first decade.

This unit explores the combined use of music and literature as a means through which youth and adolescence navigate the development of what I have defined as personal, projected and perceived identity. Lessons are organized using the three areas of scope as a guide through sequential and iterative modules designed to develop students' lines of inquiry towards a deeper and broader understanding of how music mirrors and supports the psychological and emotional events impacting our sense of self.

(Developed for Music Exploration, grades 11-12; recommended for Language Arts, General Music, grades 10-12)

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