



The Art of Communication (Voice, Sound, and Music in Emotional Control)

(HUMS1910)

<p>Introduction</p>	<p>Your emotions are one of the most powerful and important parts of life, yet we usually do not receive any formal education and systematic training about our emotions. Emotions can be a mystery if you do not know how they are linked to our brains, physiology, beliefs, thoughts, and experience. Unlocking the door to this mystery is the beginning of a completely new perspective on yourself, your potential, other people, and life.</p> <p>Music and sound, including your own speaking voice can unlock this door. Music and sound are deeply connected to emotion and give you a way to consciously participate in and control your emotions instead of being controlled by them. This fun and exciting introductory two-part course is empowering, possibly life-changing, and gives you the basic knowledge and skills that you can apply to all of life.</p> <p>This course is co-organized with Department of Music of Hong Kong Baptist University.</p>
<p>Programme Type / Level</p>	<p>Introductory Workshop in Music and Executive Function Skills (Token-required)</p>
<p>Instructor(s)</p>	<p>Dr. Benjamin D. Koen (Associate Professor of Department of Music, Hong Kong Baptist University)</p>
<p>Pre-requisite</p>	<p>No special pre-requisites are needed, but preferably has experiences in vocal music or playing Chinese or Western musical instruments.</p>
<p>Target Participants</p>	<p>➤ S1 – S6 HKAGE student members in 2019/20 school year only ➤ Class size: 50 * <i>First-come, first-served.</i></p>
<p>Medium of Instruction</p>	<p>English with English Handouts</p>
<p>Certificate</p>	<p>E-Certificate will be awarded to participants who have: ❖ Attended ALL sessions and activities; AND ❖ Completed all the assignments with satisfactory performance</p>
<p>Intended Learning Outcomes</p>	<p>Upon completion of the programme, participants should be able to:</p> <ol style="list-style-type: none"> 1. explain how their voice, sound, and music express emotions; 2. write and share an example of how the sonic and musical aspects of voice influence emotional states from their own experience; 3. demonstrate emotional control by consciously employing their voice using specific sonic and musical qualities (e.g. pitch/frequency, amplitude/volume, timbre/waveform, tempo, intonation, phrasing, breath, and silence).
<p>Application Deadline</p>	<p>6 Aug 2020, 12:00 n.n</p> <p>Student members may withdraw from the programme on or before the deadline. Otherwise, the token will be deducted.</p>

Schedule



Session	Date	Time	Outline	Venue
4	17 Aug	11:00 a.m.— 12:30 p.m.	In this session we learn about emotions and feelings and see how they are unique and connected. We also explore music as a “vehicle of meaning” and how your voice, body, mind, and emotions are a kind of music.	Zoom Video Conference ¹
1	18 Aug	11:00 a.m.— 12:30 p.m. 5:00 p.m. – 6:30 p.m.		Zoom Video Conference ¹
2	19 Aug	5:00 p.m. – 6:30 p.m.	Building on the last session, we will reflect on, envision, and practice how you want to use your emotional intelligence and control in this coming school year.	Zoom Video Conference ¹

¹ Zoom Meeting login details will be sent to students via email.

Enquiries



For enquiries, please contact us at 3940 0101, after language selection, press “1”.

HUMANITIES

人文學科