ABOUT THE MAJOR

The Music & Wellness Pathway blends the artistic with the therapeutic. It allows students an opportunity to develop a program of study that builds a partnership between music and wellness. Wellness refers to the development and nurturing of active, positive and healthy lifestyles. Wellness also includes other supporting courses in the soft and hard sciences that a student would need to prepare for advanced work using music in Occupational Therapy.

The BIS Music and Wellness pathway is a good option for students interested in graduate studies in fields such as Occupational Therapy (which can be a means for incorporating music into therapeutic health as an alternative to study to become a board-certified music therapist). It is also a good option for the student interested in the social and emotional learning of a music program but who finds that the BM is not the best fit.

ABOUT THIS MAP

The Four-Year Plan is designed only as a guide. It does not guarantee; 1) that all courses listed will be offered during a given semester, or 2) if they are offered that the scheduling will not conflict. Estimated time of completion is based on 15 hour semesters, with no summer classes. A change in hours or courses taken during the summer will either reduce (taking 18 hrs or summers) or extend (taking less than 15 hrs) the time needed. Use this map to help plan and guide your experience at UWG, including academic, co-curricular, and discovery opportunities. Everyone’s experience is different and activities in this map are suggestions. Always consult with your advisors whenever possible for new opportunities and updates.

WHERE CAN YOU GO WITH THIS DEGREE?

- Music Administrator
- Music Licensing
- Music Performance
- Music Specialist
- Music Technology
- Music Writing
- Occupational Therapist

ADD A CERTIFICATE

- Arts Management
- Cultural Resource Management Certificate
- Jazz Certificate
- Musical Theatre Certificate

HONORS COLLEGE

Consider joining if you have an Overall GPA of 3.2 and earned 15 college credit hours!
YEAR 1

TERM 1: FALL

C: ENGL 1101
English Composition I
3 CREDIT HOURS

S1: PSYC 1101
Introduction to Psychology
3 CREDIT HOURS

T1: BIOL 1107 + LAB
Principles of Biology I
4 CREDIT HOURS

MUSC 2XXX
2000 level Music Ensemble
1 CREDIT HOUR

ELECTIVE
3 CREDIT HOURS

TERM 2: SPRING

C: ENGL 1102
English Composition II
3 CREDIT HOURS

M: MATH 1001
Quantitative Skills and Reasoning
3 CREDIT HOURS

AREA F: XIDS 2000
Introduction to Interdisciplinary Studies
3 CREDIT HOURS

AREA F: MAJOR ELECTIVE
1000/2000-level Elective course
3 CREDIT HOURS

AREA F: MAJOR ELECTIVE
1000/2000-level Elective course
3 CREDIT HOURS

MUSC 2XXX
2000 level Music Ensemble
1 CREDIT HOUR

MILESTONE:
• Complete XIDS 2000

14 FALL CREDIT HOURS + 16 SPRING CREDIT HOURS = 30 CREDIT HOURS

TERM 1: FALL

CRUSH YOUR COURSEWORK

• Make sure to take XIDS 2000: Introduction to Interdisciplinary Studies to start your intellectual, boundary-crossing journey!
• Discover your interests in your core classes. These can help you establish your disciplines.

FIND YOUR PLACE

• Check out UWG’s Academic Transition Programs, and take a cornerstone course (XIDS 3002).
• Explore events, clubs, and organizations available to you! Let the program and/or disciplines you’ve identified guide your search.
• Visit the Office of Undergraduate Research.

BROADEN YOUR PERSPECTIVES

• Visit Wolves Vote to learn about the voting process and registration.
• Consider volunteering for a campaign or organization in your community.
• Visit the Center for Economic Education and Certification.

CONNECT OFF-CAMPUS

• Visit the UWG Wellness Hub to find all the resources available to you!
• Visit Health Services.
• Get fit! Visit URec to see all your options.
• Visit the Center for Economic Education and Financial Literacy.

TAKE CARE OF YOURSELF

• Visit the UWG Wellness Hub to find all the resources available to you!
• Visit the Office of Career and Graduate School and majors that are right for you.
• Complete a self-assessment to see what careers and majors are right for you.
• Visit Office of Career and Graduate School Connections.
• Create your profile on Handshake.
• Consider applying for an on-campus job.

PAVE YOUR PATH

• Complete a self-assessment to see what careers and majors are right for you.
• Visit Office of Career and Graduate School Connections.
• Create your profile on Handshake.
• Consider applying for an on-campus job.

TERM 2: SPRING

11: ILC 1001
Recommended Foreign Language 1001 Course
3 CREDIT HOURS

MUSC 1120
Survey of Jazz, Rock, and Popular Music
3 CREDIT HOURS

ELECTIVE: CMWL 2200
Recommended Social Determinants
3 CREDIT HOURS

TERM 1: FALL

CRUSH YOUR COURSEWORK

• Work with your IDS professors in XIDS 3000 to establish your degree plan, including identifying your career plan and exploring how and what disciplines can help inform your inquiry.

FIND YOUR PLACE

• Attend UWG Scholars’ Day.
• Check out what university associations and community organizations relate to your disciplines.

BROADEN YOUR PERSPECTIVES

• In a student organization? Suggest you all complete an implicit bias workshop.
• Consider a study abroad program. Check out students’ stories of their experiences.

CONNECT OFF-CAMPUS

• Complete an internship in your field.
• Consider a summer or part-time job.
• Ask your department about networking opportunities with alumni.

TAKE CARE OF YOURSELF

• Take a fitness class, climb the rock wall, or join an intramural team.
• Consider whether counseling is right for you: take a mental health screening.

PAVE YOUR PATH

• Draft your resume and attend a resume blitz.
• Learn about how to network on social media and update your Handshake profile.
• Draft your personal statement.
• Visit the graduate school to find out about graduate programs and admission requirements.
### YEAR 3

#### TERM 1: FALL

<table>
<thead>
<tr>
<th>Course</th>
<th>Credit Hours</th>
</tr>
</thead>
<tbody>
<tr>
<td>PSYC 3150 - Abnormal Psychology</td>
<td>3</td>
</tr>
<tr>
<td>A2: ILC 1002 - Recommended Foreign Language</td>
<td>3</td>
</tr>
<tr>
<td>MUSC 4XXX - 4000-level Music Ensemble</td>
<td>1</td>
</tr>
<tr>
<td>CMWL 3100 - Lifespan Development</td>
<td>3</td>
</tr>
</tbody>
</table>

**REQUIRED:**
- Interdisciplinary Methods: XIDS 3000
- Lifespan Development: CMWL 3100
- 3000/4000-level Elective course
- Foreign Language 1002 Course

**MILESTONES:**
- Mental & Emotional Wellness: CMWL 3101
- Interdisciplinary Capstone: XIDS 4000

#### TERM 2: SPRING

<table>
<thead>
<tr>
<th>Course</th>
<th>Credit Hours</th>
</tr>
</thead>
<tbody>
<tr>
<td>XIDS 3000 - Interdisciplinary Methods</td>
<td>3</td>
</tr>
<tr>
<td>REQUIRED: MUSC 3/4XXX - Western Music After 12/15 and World Music</td>
<td>3</td>
</tr>
<tr>
<td>MUSC 4XXX - 4000-level Music Ensemble</td>
<td>1</td>
</tr>
<tr>
<td>ELECTIVE 3/4XXX - 3000/4000-level Elective course</td>
<td>3</td>
</tr>
<tr>
<td>CMWL 3101 - Mental &amp; Emotional Wellness</td>
<td>3</td>
</tr>
<tr>
<td>I2: MUSC 1110 - Survey of World Music</td>
<td>2</td>
</tr>
</tbody>
</table>

**MILESTONES:**
- XIDS 3000 INTERDISCIPLINARY METHODS TAKEN
- STUDENT COMPLETES WELLNESS DISCIPLINE UPPER LEVEL COURSES

16 FALL CREDIT HOURS + 15 SPRING CREDIT HOURS = 31 CREDIT HOURS

### YEAR 4

#### TERM 1: FALL

<table>
<thead>
<tr>
<th>Course</th>
<th>Credit Hours</th>
</tr>
</thead>
<tbody>
<tr>
<td>MATH 1112 - Trigonometry</td>
<td>3</td>
</tr>
<tr>
<td>MUSC 4XXX - 4000-level Music Ensemble</td>
<td>1</td>
</tr>
<tr>
<td>ELECTIVE 3/4XXX - 3000/4000-level Elective course</td>
<td>3</td>
</tr>
<tr>
<td>ELECTIVE 3/4XXX - 3000/4000-level Elective course</td>
<td>3</td>
</tr>
<tr>
<td>CMWL 3300 - 3000/4000-level Elective course</td>
<td>3</td>
</tr>
<tr>
<td>P2: CITIZENSHIP</td>
<td>3</td>
</tr>
</tbody>
</table>

**MILESTONES:**
- MATH 1112 AND CMWL 3300 COMMON ADMISSIONS REQUIREMENTS FOR OT GRAD PROGRAMS
- STUDENT COMPLETES MUSIC DISCIPLINE UPPER LEVEL COURSES
- UWG IMPACTS COMPLETED

#### TERM 2: SPRING

<table>
<thead>
<tr>
<th>Course</th>
<th>Credit Hours</th>
</tr>
</thead>
<tbody>
<tr>
<td>XIDS 4000 - Interdisciplinary Capstone</td>
<td>3</td>
</tr>
<tr>
<td>ELECTIVE 3/4XXX - 3000/4000-level Elective course</td>
<td>3</td>
</tr>
<tr>
<td>ELECTIVE 3/4XXX - 3000/4000-level Elective course</td>
<td>3</td>
</tr>
<tr>
<td>ELECTIVE</td>
<td>3/4</td>
</tr>
</tbody>
</table>

**MILESTONE:**
- XIDS 4000 INTERDISCIPLINARY CAPSTONE

16 FALL CREDIT HOURS + 12/13 SPRING CREDIT HOURS = 28/29 CREDIT HOURS

---

**Additional Information:**
- With prevalence of “Elective” hours, the viewer can see that the BIS Pathway Student has sufficient space to add certificates, additional courses in the major disciplines, and/or a minor in another discipline.

---

**CRUSH YOUR COURSEWORK**
- Work with your IDS professors in XIDS 3000 to establish your degree plan, including identifying your career goals and exploring how and what disciplines can help inform your inquiry.
- Attend UWG Scholars’ Day.
- Consider a study abroad program. Check out students’ stories of their experiences.
- Complete an internship in your field.
- Consider whether counseling is right for you: take a mental health screening.
- Take a fitness class, climb the rock wall, or join an intramural team.
- Draft your resume and attend a resume blitz.
- Complete an interview workshop.
- Explore your loan repayment options and complete your exit counseling.
- Ask your department about networking opportunities with alumni.

**FIND YOUR PLACE**
- In a student organization? Suggest you all complete an implicit bias workshop.
- Ask for advice from professionals in your field of interest.
- Consider running for an officer position in a student organization.
- Explore practices of creating more inclusive regulations.
- Assess your cultural competency.
- Explore your loan repayment options and complete your exit counseling.
- Request references from professors and supervisors.

**BROADEN YOUR PERSPECTIVES**
- Complete an interview workshop.
- Attend business fairs and career fairs at UWG and across the state.
- Attend a farmer’s market for fresh produce.
- Develop a post-graduation exercise plan.
- Explore career shadowing opportunities.
- Ask for advice from professionals in your field of interest.

**TAKE CARE OF YOURSELF**
- Learn about how to network on social media and update your Handshake profile.
- Draft your personal statement.
- Visit the graduate school to find out about graduate programs and admission requirements.
- Explore a farmer’s market for fresh produce.
- Consider volunteering in local community organizations related to your disciplines.
- Attend UWG Scholars’ Day.
- Hone your leadership skills by mentoring new IDS majors!
- Hone your leadership skills by mentoring new IDS majors!

**PAVE YOUR PATH**
- Update your Handshake profile.
- Draft your resume and attend a resume blitz.
- Draft your resume cover letter and personal statement and revise it with career services.
- Complete an internship in your field.
- Ask for advice from professionals in your field of interest.
- Explore career shadowing opportunities.
- Visit the graduate school to find out about graduate programs and admission requirements.
- Attend a farmer’s market for fresh produce.
- Develop a post-graduation exercise plan.