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!

VISIT WOLFWATCH FOR MORE INFORMATION.

HAVE A QUESTION? CHECK IN WITH YOUR ADVISOR!

Visit westga.edu/program-maps for the latest version of this major map.

INTERDISCIPLINARY STUDIES

MUSIC & WELLNESS PATHWAY

Bachelor of Interdisciplinary Studies

60
CORE CREDIT HOURS

32
MAJOR CREDIT HOURS

28
ELECTIVE CREDIT HOURS

VISIT WOLFWATCH FOR MORE INFORMATION.
YEAR 1

TERM 1: FALL

C: ENGL 1101
English Composition I
3 CREDIT HOURS

S1: PSYC 1101
Recommended 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

MILESTONE:
• FIRST MUSIC LOWER LEVEL FOUNDATION CREDIT TAKEN

TERM 1: MILESTONE:
• 1000/2000-level Elective course

AREA F:
Introduction to Interdisciplinary Studies

AREA F:
Quantitative Skills and Reasoning

MILESTONE:
• ELECTIVE

TERM 1: MILESTONE:
• 2000-level Music Ensemble

TERM 2: FALL

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

TERM 2: MILESTONE:
• 14 FALL CREDIT HOURS + 16 SPRING CREDIT HOURS
  = 30 CREDIT HOURS

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
• Explore diversity, equity, and inclusion resources and opportunities across campus.
• Check out the education abroad office.

BROADEN YOUR PERSPECTIVES
• Visit UWG’s Academic Transition Programs, and take a cornerstone course (XIDS 2002).
• 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.

CONNECT OFF-CAMPUS
• 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 Financial Literacy.

TAKE CARE OF YOURSELF
• 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.

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

TERM 2: MILESTONE:
• 14 FALL CREDIT HOURS + 16 SPRING CREDIT HOURS
  = 30 CREDIT HOURS

CRUSH YOUR COURSEWORK
• Work with your IDS professors in XIDS 3000 to establish your degree plan, including identifying your compact problem 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.

TERM 2: MILESTONE:
• STUDENT COMPLETES WELLNESS FOUNDATION CREDITS
• STUDENT COMPLETES MUSIC FOUNDATIONS CREDITS

TERM 1: FALL

PHED 2000
App Ca of Fitness & Wellness
3 CREDIT HOURS

MUSC 2XXX
2000 level Music Ensemble
1 CREDIT HOUR

BIOL 2251 + LAB
Human Anatomy and Physiology I
4 CREDIT HOURS

T2: MATH 1401
Recommended Elementary Statistics
3 CREDIT HOURS

P1: CITIZENSHIP
MILESTONE:
• STUDENT COMPLETES MUSIC FOUNDATIONS CREDITS

TERM 1: MILESTONE:
• STUDENT COMPLETES WELLNESS FOUNDATION CREDITS

TERM 2: SPRING

I1: ILC 1001
Recommended Foreign Language 1001 Course
3 CREDIT HOURS

MUSC 3100
Wellness and Musicians
3 CREDIT HOURS

BIOL 2252 + LAB
Human Anatomy and Physiology II
4 CREDIT HOURS

A1: MUSC 1120
Recommended Survey of Jazz, Rock, and Popular Music
3 CREDIT HOURS

ELECTIVE: CMWL 2200
Recommended Social Determinants
3 CREDIT HOURS

TERM 2: MILESTONE:
• Complete writing & oral presentation skills as a future professional.
• 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.
• Attend UWG Scholars’ Day.
• Connect with peers and other chapter members.

TERM 2: MILESTONE:
• 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.
• Attend UWG Scholars’ Day.
• Connect with peers and other chapter members.

YEAR 2

TERM 1: FALL
PSYC 3150 Abnormal Psychology 3 CREDIT HOURS
A2: ILC 1002 (Recommended) Foreign Language 1002 Course 3 CREDIT HOURS
MUSC 4XXX 4000-level Music Ensemble 1 CREDIT HOUR
CMWL 3100 Lifespan Development 3 CREDIT HOURS
REQUIRED: ELECTIVE 3000/4000-level elective course
P2: CITIZENSHIP 3 CREDIT HOURS

CRUSH YOUR COURSEWORK
- Work with your IDS professors in XIDS 3000 to establish your degree plan, including identifying your career goals and exploring how your 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.

TERM 2: SPRING
XIDS 3000 Interdisciplinary Methods 3 CREDIT HOURS
REQUIRED: MUSC 3/4XXX (Recommended) Music 3000/4000-level coursework
MUSC 4XXX 4000-level Music Ensemble 1 CREDIT HOUR
ELECTIVE 3/4XXX 3000/4000-level Elective course
CMWL 3101 Mental & Emotional Wellness 3 CREDIT HOURS
I2: MUSC 1110 (Recommended) Survey of World Music 2 CREDIT HOURS

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

CONNECT OFF-CAMPUS
- 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.

TAKE CARE OF YOURSELF
- Draft your resume and attend a resume building workshop.
- 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.

TERM 1: FALL
MATH 1112 Trigonometry 3 CREDIT HOURS
MUSC 4XXX 4000-level Music Ensemble 1 CREDIT HOUR
ELECTIVE 3/4XXX 3000/4000-level Elective course
ELECTIVE 3/4XXX 3000/4000-level Elective course
CMWL 3300 3000/4000-level Elective course
P3: CITIZENSHIP 3 CREDIT HOURS

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
XIDS 4000 Interdisciplinary Capstone 3 CREDIT HOURS
ELECTIVE 3/4XXX 3000/4000-level Elective course
ELECTIVE 3/4XXX 3000/4000-level Elective course
ELECTIVE 3/4XXX 3000/4000-level Elective course

MILESTONE:
- XIDS 4000 Interdisciplinary Capstone

PAVE YOUR PATH
16 FALL CREDIT HOURS + 15 SPRING CREDIT HOURS = 31 CREDIT HOURS

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 requires 3000/4000-level coursework for each of your two disciplines!

TERM 4
YEAR 3
YEAR 4