

Thinking about the process and product of your Capstone, reflect upon what you are most proud of and what you might do differently if you were to complete a similar project in the future.

This process was very difficult but also rewarding. The process started near the end of 2021, my plan was to direct a musical by using music and scenes that depicted what I had gone through in life, however that changed because I knew that I would not be able to pull it off in the time given. I talked to my mentor and asked her if I could change the trajectory of my project. I used music to express different moments in my life and I related the music not only to myself but in hopes that I could connect the emotions with other people in the audience. I am proud that I did not quit through this process. I struggle with opening up and being motivated but I know that the performing arts mean so much to me and I completed the project not just to receive the seal but to express that love in a deeper way. One thing that I would do differently if I were to complete a similar project in the future would be to plan ahead of time, prioritize and stay organized. Throughout the process of this capstone I have not prioritized what I have needed to do and I have not stayed organized with dates and deadlines.

Explain how your life experiences are reflected through your project.

I started off my project by using a quote from Christina Aguilera it read “the roughest roads often lead to the top.” I chose this quote because I have experienced rough times in my life and I can say that after going through so much I have climbed over the hill and I am overall a stronger person. Next I explained how the song Listen Before I Go by Billie Eilish was so important to me, in my life I have felt that the world would be better off without me in it, the lyric that hit me was “I wanna see the world when I stop breathing”, I loved my parents and my friends and my teachers and I wanted to see them before death. I struggle with expressing my emotions to those who I love and the song “Say Something” by a Great Big World was what I really wanted to say to the people who drifted away from me “Say something I’m giving up on you” was the lyric that really spoke to me in the song which is why I chose to include it in my capstone. The next song in my capstone was Stronger by Kelly Clarkson, I chose this song because the song really motivated me to keep going because “What doesn’t kill you makes you stronger” I really relate to that specific lyric because life was killing me but I didn’t give up and it made me a stronger person. The next song that I chose reflects my

life because love has been on and off during my life. I chose Can't help falling in love written by Elvis Presley. This song has been with me since I was around 4 years old. My parents loved Elvis Presley and were playing this song over and over. The last song that I picked for my capstone is Here comes the sun by the Beatles, I chose this song because when I lived in California I was being bullied everyday, when Covid 19 hit I was supposed to go to Carnegie Hall but everything got shut down so my parents decided that we should go on a cross country trip, our first stop was Arizona where we visited our old neighbors from California we loved Arizona when we arrived and on the third day of our trip we signed papers to purchase a house. When I started the first day of school it was distance learning but I could tell that I would excel in this school, we ended up going back in person and I made so many friends and I haven't been bullied, this song to me shows that there is light at the end of the tunnel and to never give up hope.

Thinking about the Extra-curricular hours you completed, reflect upon what you learned through the experiences and/or how you have been impacted as an artist?

The Extra-curricular hours that I completed has really impacted me as an artist. When I moved to Arizona I heard that there was a musical that our school was hosting I was really surprised because Covid 19 was still very prominent, I was not going to audition but my friends convinced me to. The musical was Newsies I was so nervous at my audition and was about to walk out and quit. However, I am really glad that I did not quit because Newsies was the best thing that I have ever experienced. I learned how to communicate and work with peers and I learned the importance of communication. We would not have been able to pull off the musical without communication and teamwork and that really inspired me to open up and work more closely with people. I have always had a difficult time working with other people but Newsies showed me the importance of teamwork and communication. Tech week and dress rehearsals was a really stressful time for me but it was also really satisfying to see how so many people could come together and make such beautiful music. Then performance night came around and the emotions were really high because the seniors were leaving after the performance we went to Denny's and it was such an amazing experience. The musical has given me so many wonderful experiences and has also allowed me to make friends.

The music that we were singing in Newsies was difficult especially because we had to have good vocal technique so that we did not damage our vocal chords, the choir director Ms Reynolds told us to not yell and showed us a technique to make it so that we did not damage our vocal chords. I also learned the importance of solfege and how it helps when you are learning new music so you know what it is supposed to sound like. Overall my extra curricular activity has helped me not only grow as a person but also as an artist.

How is your life positively impacted by the arts?

My life has been positively impacted by the arts in many ways. If I did not join choir my freshman year I would have never taken any performing art classes. Performing arts has shown me that even in your darkest moments its a safe place. In my opinion the performing arts is one of the most non judgemental place ever whenever I needed anything or I was struggling I would always turn to music and even to my choir director who helped me so much throughout my highschool career. In my capstone I said that composers always have a message behind what they write, so many songs in my life that I have listened to or have performed has changed my point of view on life and has helped me through so much.

How do you plan to include artistic experiences in your future after high school?

After high school I plan to keep music as an important part of my life. My career does not include the performing arts unfortunately, I want to be an ER Doctor but this does not mean that I can not still include my artistic experiences after high school. I believe that music has the power to heal so I will continue to incorporate music in my every day life. I also plan to join the Navy Reserves, which will help me to retire sooner, after I retire from the Navy Reserves I plan to attend college to receive a degree in music and then try and see if I could get a degree in education so that I would be able to teach high school music specifically choir. My artistic experiences will help me in all aspects of my future plans and goals.

What advice would you give an incoming freshmen about studying the arts to help them make the most of their experiences while in high school?

Some advice that I would give an incoming freshman about studying the arts would be to join a tier of the performing arts rather than be stage management, theater, choir, dance, ect. I would tell them that amazing rewards you get out of the performing arts such as making friends, learning new things and having a good community of people who support you no matter what. I would also tell them that high school goes so much faster than everyone thinks and even though it might seem a long time for them to graduate it is going to fly by and that they should embrace every opportunity that they are given because you only live through high school once.