BRUCE SPRINGSTEEN CENTER FOR AMERICAN MUSIC
AT MONMOUTH UNIVERSITY
382 CEDAR AVE, LONG BRANCH, NJ 07740

Inner Music Under the Surface

Using Music as a Tool for Social and Emotional Learning

GRADES	LOCATION	LESSON PLANS INCLUDED
K–12, adaptable	In-school or via Zoom	Before, during, and after

Contact for more information: **education@springsteencenter.org**

PROGRAM OVERVIEW

Music is a powerful tool with which young people can learn and cultivate the skills of **Self-Management, Self-Awareness, Social Awareness, and Responsible Decision-Making**, as defined by New Jersey's Social and Emotional Learning Competencies. In this learning experience, students learn that the magic of music is right at their fingertips — not only for enjoyment but also as a tool to better understand themselves and the world around them. Students will explore their relationship to music, themselves, and others with interactive performances through a survey of American music from diverse styles, cultures, and historical periods.

WHAT STUDENTS DO

- Cultivate New Jersey's four targeted Social and Emotional Learning Competencies through music.
- Experience interactive performances of American music spanning diverse styles, cultures, and historical periods.
- Practice naming and navigating emotions using music as a shared tool and language.
- Reflect and respond in structured discussion connecting songs and students to one another, their own lives, and the communities around them.

NEW JERSEY STUDENT LEARNING STANDARDS ALIGNMENT

SUBJECT	STANDARDS	HOW THIS PROGRAM DELIVERS
NJ SEL: Self-Awareness	"Recognize one's feelings and thoughts" and their impact on one's own behavior	Students use songs as mirrors, naming what a piece of music allows them to experience.
NJ SEL: Self-Management	"Understand and practice strategies for managing one's own emotions, thoughts, and behaviors"	Students explore how listening to and making music can steady, motivate, and re-center them — and how "practice makes perfect" is a goal-oriented mindset.
NJ SEL: Social Awareness	"Recognize and identify the thoughts, feelings, and perspectives of others"	Music from diverse styles, cultures, and historical periods opens windows into other lives and experiences.
NJ SEL: Responsible Decision-Making	"Identify the consequences associated with one's actions in order to make constructive choices"	Students learn to cultivate skills through practice — including planning, running, and leading rehearsals.
Visual & Performing Arts: Music (2020)	**1.3A** — Anchor Standards 7–9 (Responding) & 10–11 (Connecting)	The Arts are builders of self-awareness, self-esteem, self-management, and relationship and collaboration skills.

BUILT FOR YOUR SCHOOL DAY

These programs are designed to be taken **into your schools and built around your day**. We can scale these lessons to accommodate different-sized groups of students, and we are happy to modify them to align with any educational focus a school or group would like.

STANDARDS-FIRST DESIGN

Every element of the learning experience is built directly from the **New Jersey Student Learning Standards and NJDOE frameworks cited above**. Each lesson can be tailored to work with a school and/or teacher's curriculum.

BOOK YOUR IN-SCHOOL VISIT

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Reach out to plan your trip today.