

Social Emotional Learning Music Program



Rock and Roll Academy (RRA) is a research-based, social emotional music curriculum that centers on the education of the whole person. Through a user-friendly facilitator's guide, students are led through experiences of learning—not just musical competency, but social/emotional skills, time management, and a range of cognitive skills transferable to every academic area. Student progress culminates in a tangible learning outcome in which participants perform a concert for their community. Public stakeholders, administrators, teachers, and families come together to celebrate students' transformations.

Music as a Positive Outlet for Emotions

Aligned to both SEL and TEKS-based music standards, RRA creates a social-musical learning environment that provides a positive outlet for managing emotions. Music has a powerful influence on behavior, moods, and human emotions (Hallam & MacDonald, 2009). This medium provides effective and various means to "express and evoke emotions...reduce stress, and regulate one's mood and motivation..." (Karreman, Laceulle, Hanser, & Vingerhouts, 2017). Beyond this most obvious feature, music is known to enhance cognitive ability, develop physical skill, and provide health benefits for a variety of populations (Fancourt, Ockelford, & Belai, 2014; Hodges & Luehrsen, 2010; Walter & Walter, 2015). Socially, music appears to be a consistent way in which groups of human beings identify themselves by adopting unique musical styles and using them to tell their stories. It is indeed a central characteristic of the human experience.

Pro-Social Outcomes Through Activity-Based Learning

RRA is an activity-based, pro-social program that leverages the transformational power of music. Research has repeatedly demonstrated that authentic, "hands-on," active, and learner-centered practices promote higher levels of learning, understanding, and achievement as well as psychosocial outcomes (Brooks & Brooks, 2001; DeVries & Zan, 2012). Practices of this type usually embrace play as a crucial pathway for learning. Play allows for direct learning based upon one's interests, abilities, and intentions. Play-based education is largely recommended for young children (Copple & Bredekamp, 2009; Elkind,

2007; Rendon & Gronlund, 2017). Notwithstanding, play approaches in education have also been found effective with older students, including adults (Evans, Nino, Deater-Deckard, & Chang, 2015; Honeyford & Boyd, 2015; Nell & Drew, 2013; Plass, O'Keefe, Homer, Case, Hayward, Stein & Perlin, 2013). Constructivist approaches to music education have been recognized as an informative balance between progressive and traditional views of music education (Shively, 2015).

Building Supportive Communities

Rock and Roll Academy offers music education solutions to treatment, educational, and parole programs that are in keeping with research-based, best practices 21st Century education. Its social, play-based, and student-driven approach aligns with principles of developmentally appropriate practice in rigorous, challenging, yet fulfilling, ways. Through a pedagogy of respect, RRA brings relationships to the forefront of teaching and creates a secure and supportive environment in which participants are inspired and encouraged to step into a learning process that results in a sense of ownership, pro-social skills, and self-regulation. Rock and Roll Academy provides an experience in education and student potential that enlivens classrooms, schools, and communities.

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