

The background is a dark blue color. In the center, there is a white, irregularly shaped speech bubble with a wavy border. Inside the bubble, the text is written in a dark blue, cursive font. Surrounding the bubble are several stylized leaves in various colors: orange, green, yellow, and blue. The leaves are scattered around the bubble, with some overlapping it. The overall design is vibrant and artistic.

Music To Live By...

*A project by Bob Case Academy
Bridge to Calculus 2021*

<https://bridgetocalculus.sites.northeastern.edu/>



Why this Project?

One of the constants across all cultures is music. Music is there with us when we celebrate, cry, dance, workout, etc... We all love different songs for different reasons. This playlist is the product of many people from different backgrounds. So you are guaranteed to find the song that you need when you need it.





Table of Contents

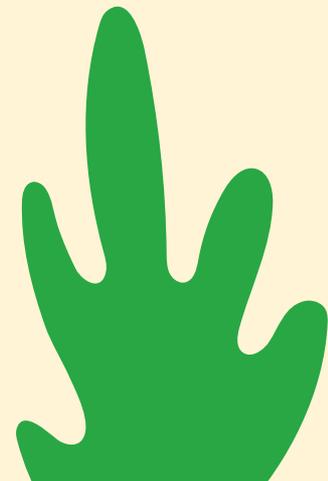
01: Music to Relax With

02: Music to Workout to/Fight Back

03: Music to Help You Make Important Decisions

04: Music to Bring Us Together When Challenges
Occur

05: Music to Listen to When you are Feeling Blue





01

Music To Relax With:

Everyone needs to recharge.
Take a mental break with our
playlist.



Music to relax with, music to refresh the soul



Chris King: BtC mentor, NU professor, and curriculum developer

Artist? Miles Davis: Some Kind of Blue -- ([link](#))



Why? Album (made in 1959) still sounds fresh and exciting! It's deeply meditative and personal.



When? After a long day to relax, and go deep.



*Music to relax with, music to
refresh the soul*



Raj Jesudason: BtC director and mentor

Artist? Yanni: "Tribute" ([link](#))

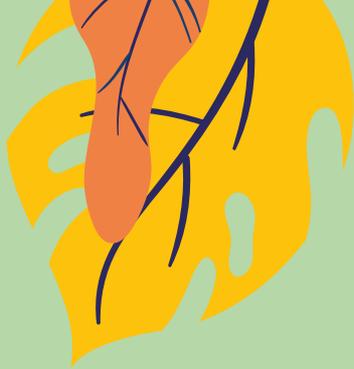


Why? This piece is a testament to the beauty of human creation both physical and musical. Voice and orchestra in this majestic setting is divine.



When? After working hard, to be in awe.





Music to Relax With, Music to Refresh the Soul



InJun Jeon: BtC Mentor

Artist? Claude Debussy: "Arabesque" ([link](#))

Why? I like his style of composing music, it's very ethereal and peaceful.

When? I listen to it and other similar songs when I do work or study.





Music to Relax and Recharge Mentally and Emotionally

Noemi Famador: BtC Teacher

Artist? Aiza Seguerro: “I See you Lord” & “In my Life”
([link 1](#)) ([link 2](#))

Why? Her music relaxes me and the lyrics help me meditate.

When? To be calmed down--get into my meditative state.





02

Music To Work out to/ Fight Back:

Get hyped up with music that
can help push you to your limit!

Music to fight back



Hafcha Khanam: BtC Mentor

Artist? Rachel Platten: "Fight Song" ([link](#))

Why? To make me feel better about myself and my surroundings. I like this song because it is a very powerful song.

When? Whenever I feel down. It helps me to feel powerful.



Music to work out to



Amanda Martinez: BtC Guest Performer

Artist? Asa: “Fire on the Mountain” ([link](#))

Why? Asha (Asa) is a singer whose music uplifts me and also has a strong message about taking action and not letting yourself become desensitized to what is happening in the world.

When? I listen to Asa in the morning during my workout and she puts me in a positive headspace.



03

Music to Help you Make Important Decisions:

Often times we need to make big choices and decisions in our lives. And that can be stressful. Music can help to minimize that stress, so you can make your decision!





Music to make Important decisions

Christopher Suplice: BtC Mentor

Artist? Jean Jean Roosevelt ([link](#))

Why? This song always reminds me that I can never just do what's right for me. When I am taking a decision, it urges me to take the decision that will have the biggest positive impact. It has been and will remain a constant in my life.

When? I listen to this music when I am taking a decision that will impact others. I also listen to this song when I see wrong doings in the world, especially between people in the same race.

Music to Motivate You to Follow Your Dreams

Mistchnache Prinston: BtC Student



Artist? Diana Ross: "Ain't No Mountain High Enough" ([link](#))

Why? I love this specific song because it is upbeat, yet classy. Every second of it is so nice to listen to!

When? At any moment in time.



Music to make the world a better place

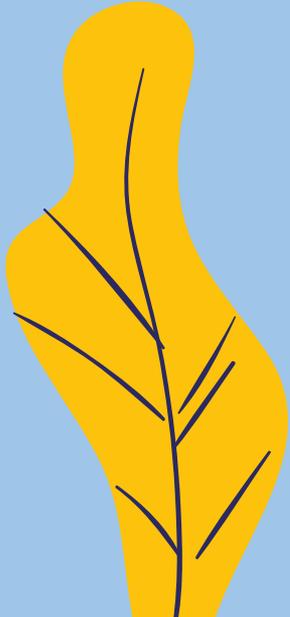


Dania Ismail: BtC Student

Artist? Michael Jackson: “Man in the Mirror” ([link](#))

Why? I chose Michael Jackson because some of his music is inspirational. I chose this song specifically because it promotes change. It shows the struggles we endured back then and in the present and how we should fight for change to make the world a better place.

When? I listen to this song when I’m feeling motivated.





04

Music brings us together when challenges occur:

Community is everything at BtC. Here are some songs that can remind all of us how precious we are to one another.



Music to refresh your faith



Raj Jesudason: BtC director and mentor

Artist? Louis Armstrong: “What a Wonderful World” ([link](#))

Why? This is a classic, timeless song that tells us what a wonderful world this is despite the many things going on, and that it is worth investing in and preserving it.

When? Anytime.



Music to remember a loved one by



Raj Jesudason: BtC director and mentor



Artist? Lila Downs: “La Martiniana” ([link](#))



Why? Lila is a force. Her music is powerful and magical. She represents people often forgotten. She has a strength which is infectious. This song is about someone who is passing away yet will be kept alive through song. Lila’s music has energy. She gives of herself and channels voices from the great beyond.



When? I listen to Lila when I need inspiration and strength or want to be reminded of my place in the world/duty to others, especially those who are forgotten.



Music to cope with the loss of a loved one.



C.T. : BtC Guest

Artist? Kenshi Yonezu/米津玄師 "Lemon" ([link](#))

Why? I chose this artist because he is my favorite; he has amazing vocals and an amazing talent for composing and choreography with the unique songs/rhythms he makes. His songs have inspired many people in life in many different ways I would also recommend listening to some of his other songs!

When? I would recommend this song to someone who is trying to relax because it has a very calm, soothing tune to it. It is for someone who is feeling down and is trying to get over/cope with a loss of someone important.





Music to reassure



Noemi Famador: BtC Teacher



Artist? Amanda Martinez: "Va y Viene" ([link](#))



Why? Catchy melodies and I love the message – Love stays.



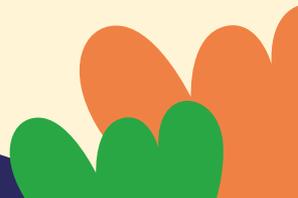
When? When I'm relaxing



05

Music To Listen To When You Are Feeling Blue:

Wallow in your sadness with these songs. But understand that these feelings are only temporary.



Music to Redefine “Normal”



Jamin Eisenberg: BtC Coding Instructor and Mentor

Artist? Howard Jones: “New Song” ([link](#))

Why? I think this song has a lovely message about discarding societal (and counter-culture) norms and finding your own path through life.

When? Dancing, Working Out, Washing Dishes, Feeling Rebellious



Music to Redefine “Normal”



Rashmika Beesam: BtC Mentor

Artist? Lil Nas X: “Sun Goes Down” ([link](#))

Why? He sings about his own experience being someone who is Black and gay and growing up in a town/ area where there was no one like him.

When? When I am in a calm and pensive mood.

Music to Listen To When You Are Feeling Blue

Kimi Nguyen: BtC Mentor

Artist? Mac DeMarco “Chambers of Reflection” ([link](#))

Why? This song is extremely calming and helps ground me every time I feel like the world is spinning too fast. Understand that you're alone again now, but once you leave here, this chamber of reflection, you will be a better man. The slow tempo and the repetition of the song calls upon a soothing melody. You find yourself in a trance, yet at the same time you understand every word he is singing.

When? Whenever you're sad or feeling stressed.





Music to reflect on life



Kimi Nguyen: BtC Mentor

Artist? Dean: "Dayfly" ([link](#))

Why? I chose "Dayfly" by Dean (feat. Sulli, Rad Museum). The song helped me get through my most depressing times in high school. Sulli, the woman singing, committed suicide a few years after the song was released. Her death impacted a lot of people in the Korean music industry. The song only became closer to me because it was one of the last songs she ever recorded. Dean is a Korean R&B singer and his songs always relax me. His voice is literally angelic. -- And the meaning of his music is even more impactful. -- Asking and asking over and over "Am I the bad person or am I the sick person..." His songs carry heavy topics like suicide, self-hatred, learning to grow out of one's old habits. They're things that no one wants to talk about but everyone goes through. I also love his songs both relating to someone's life in general, and to relationships (romantic or not). It's just so versatile and beautiful. The instruments in his music is also so well picked. The guitar riffs in the song always put me in a peaceful trance. "I'm weak to face the reality. Trying to look away but it's no good. On the edge of the day repeating endlessly. I was closer to being dead" In my high school years, I had this song on repeat. I was so mentally exhausted and depressed, this song was the only thing that helped me get through the day.

When? When you're relaxed or feeling a little down. I think the song is great for when you're not happy, but you're not exactly sad either.

Music to cheer you up



 **Leo Birston:** BtC Student

 **Artist?** Michael Jackson: various, like “Bad”, “The Way you Make me Feel”, “Beat It” ([link](#))

 **Why?** It makes me feel happy when I am sad.

 **When?** When you are feeling down. Listen to it when you want to be in a good mood.



Music to become best friends with yourself

Noemi Famador: BtC teacher

Artist? Helen Reddy: "Best Friend" ([link](#))



Why? This song reminds me to take care of myself -- sometimes we get so consumed with taking care of others that we forget to take care of ourselves

When? Anytime... I also share it with students/friends who tend to be too hard on themselves.





Music that depicts timeless stories

Jiaqi Lu: BtC Mentor



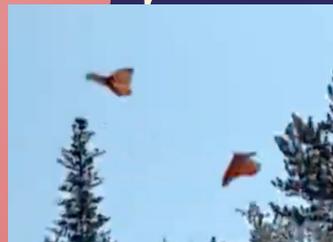
Song? “Butterfly Lovers” ([link](#))



Why? The story depicts a scenario that two lovers cannot get married because of parents’ hindrance and how they rebel against it. Then at last they become butterflies after they die. It makes me feel how cultures are in different parts of the world because the story happened 1700 years ago in China, but it is so similar to **Romeo and Juliet**. This piece of music can also be played using Chinese traditional instruments such as erhu or it can be played using the piano and violin.



When? At any time.





Music to allow oneself to cry out loud



Christopher Suplice: BtC director and mentor

Artist? Rutshelle Guillaume: “Kite m Kriye” ([link](#))



Why? This song changed the way I saw the act of "crying". Like most males, I used to see crying as a sign of weakness, but this song showed me that it is ok to cry and there are a lot of situations where crying is the normal thing to do.



When? Whenever I am down mentally and I need to reboot, this song is one of the first song that I listen to. It sets the tone for the other songs.



**Music
Keeps Us
Sane!**

Thank You for Engaging!

We would like to recognize all the people who decided to collaborate on this project:

Leo Birston
Rajini Jesudason
Kimi Nguyen
Mistchnache Prinston
Christopher Suplice
C.T.

Everyone who filled out the Google Form

CREDITS: This presentation template was created by Slidesgo, including icons by Flaticon, and infographics & images by Freepik.