

Academic Tutorial: Productivity Playlists



Wellbeing Tutorial

Session Length: 30mins-45mins

Aims:

- To give students the opportunity to engage with their peers and discuss music that they like, whilst considering how music can help calm you down, motivate you and help to channel anger in a positive way in some situations. This should be an inclusive session which helps to address anger management and motivation to open discussion up in a class environment.

Set Up:

You will need access to a room which has computers and speakers enabled to allow the students to create and listen to the playlists once the activity is over. You will also have needed to create several email accounts and link them to a YouTube account. We suggest 6 for this session but this can be adjusted dependant on class size.

Equipment:

- 1 x Screen display
- [Track List Resource](#) per group
- Email accounts set up to link to YouTube.
- Computers with enabled speakers for students to use
- Optional—[Intro](#) and [Exit](#) Forms

Structure:

Session Introduction (10mins):

Start the session with a small discussion about what type of music people like to listen to on their way to college and why they like the artists that they mention. Talk about how music can help people to calm down when they're angry and how it can also inspire you or motivate you when you are working.

Optional - ask students to complete a digital intro form.

Task 1 (15mins):

Split the class into smaller groups and give half of the groups a task of picking their favourite "go-to" song for motivational music and give the other half of the group the task of picking the best songs that they feel is really relaxing. Instruct each group to write down their playlist, who picked each song and why they like it/it fits the theme. They then need to sign into YouTube in the browser with one of the email addresses provided to add the songs to a playlist.

Task 2 (15mins):

Swap students over so everyone will have had chance to select their songs for both motivational and calming class playlists. Repeat the steps in Task 1 until everyone has finished their playlists, encouraging discussion. If students are struggling let them search for other songs to inspire them for the playlists. Ask all the students to send a share link to the lecturer so the lecturer can put them on the screen.

Task 3 (10mins):

Students can discuss the playlist choices together as a large group and then this can be shared amongst students afterwards. Encourage facilitating discussion about why they picked certain songs, and which are the favourite song choices from the groups.

They can then use this to create a playlist on Spotify for new music recommendations that they might enjoy or find helpful to deal with their emotions in a more positive way.

Optional - students will now be asked to complete a digital exit form for feedback on the session.