

ABOUT THE MAJOR

The Music & Wellness Pathway blends the artistic with the therapeutic. It allows students an opportunity to develop a program of study that builds a partnership between music and wellness. Wellness refers to the development and nurturing of active, positive and healthy lifestyles. Wellness also includes other supporting courses in the soft and hard sciences that a student would need to prepare for advanced work using music in Occupational Therapy.

The BIS Music and Wellness pathway is a good option for students interested in graduate studies in fields such as Occupational Therapy (which can be a means for incorporating music into therapeutic health as an alternative to study to become a board-certified music therapist). It is also a good option for the student interested in the social and emotional learning of a music program but who finds that the BM is not the best fit.

ABOUT THIS MAP

The Four-Year Plan is designed only as a guide. It does not guarantee; 1) that all courses listed will be offered during a given semester, or 2) if they are offered that the scheduling will not conflict. Estimated time of completion is based on 15 hour semesters, with no summer classes. A change in hours or courses taken during the summer will either reduce (taking 18 hrs or summers) or extend (taking less than 15 hrs) the time needed. Use this map to help plan and guide your experience at UWG, including academic, co-curricular, and discovery opportunities. Everyone's experience is different and activities in this map are suggestions. Always consult with your advisors whenever possible for new opportunities and updates.

Visit westga.edu/program-maps for the latest version of this major map.



VISIT WOLFWATCH
FOR MORE
INFORMATION.



HAVE A QUESTION?
CHECK IN WITH
YOUR ADVISOR!



WHERE CAN YOU GO WITH THIS DEGREE?

- Music Administrator
- Music Licensing
- Music Performance
- Music Specialist
- Music Technology
- Music Writing
- Occupational Therapist

ADD A CERTIFICATE

- Arts Management
- Cultural Resource Management Certificate
- Jazz Certificate
- Musical Theatre Certificate

HONORS COLLEGE

Consider joining if you have an Overall GPA of 3.2 and earned 15 college credit hours!

INTERDISCIPLINARY STUDIES

MUSIC & WELLNESS PATHWAY

Bachelor of Interdisciplinary Studies

60

CORE CREDIT HOURS

32

MAJOR CREDIT HOURS

28

ELECTIVE CREDIT HOURS



UNIVERSITY OF WEST GEORGIA

2023-2024

TERM 1: FALL

C: ENGL 1101 3 CREDIT HOURS
English Composition I

S1: PSYC 1101 3 CREDIT HOURS
(Recommended) Introduction to Psychology

T1: BIOL 1107 + LAB 4 CREDIT HOURS
Principals of Biology I

MUSC 2XXX 1 CREDIT HOUR
2000-level Music Ensemble

ELECTIVE 3 CREDIT HOURS

MILESTONE:
• FIRST MUSIC LOWER LEVEL FOUNDATION CREDIT TAKEN

TERM 2: SPRING

C: ENGL 1102 3 CREDIT HOURS
English Composition II

M: MATH 1001 3 CREDIT HOURS
Quantitative Skills and Reasoning

AREA F: XIDS 2000 3 CREDIT HOURS
Introduction to Interdisciplinary Studies

AREA F: MAJOR ELECTIVE 3 CREDIT HOURS
1000/2000-level Elective course

AREA F: MAJOR ELECTIVE 3 CREDIT HOURS
1000/2000-level Elective course

MUSC 2XXX 1 CREDIT HOUR
2000-level Music Ensemble

MILESTONE:
• COMPLETE XIDS 2000

14 FALL CREDIT HOURS + 16 SPRING CREDIT HOURS = 30 CREDIT HOURS

CRUSH YOUR COURSEWORK

- Make sure to take XIDS 2000: Introduction to Interdisciplinary Studies to start your intellectual, boundary-crossing journey!
- Discover your interests in your core classes. These can help you establish your disciplines.

FIND YOUR PLACE

- Check out UWG's Academic Transition Programs, and take a cornerstone course (XIDS 2002).
- Explore events, clubs, and organizations available to you! Let the program and/or disciplines you've identified guide your search.
- Visit the Office of Undergraduate Research.

BROADEN YOUR PERSPECTIVES

- Explore diversity, equity, and inclusion resources and opportunities across campus.
- Check out the education abroad office.

CONNECT OFF-CAMPUS

- Visit Wolves Vote to learn about the voting process and registration.
- Consider volunteering for a campaign or organization in your community.

TAKE CARE OF YOURSELF

- Visit the UWG Wellness Hub to find all the resources available to you!
- Visit Health Services.
- Get fit! Visit URec to see all your options.
- Visit the Center for Economic Education and Financial Literacy.

PAVE YOUR PATH

- Complete a self-assessment to see what careers and majors are right for you.
- Visit Office of Career and Graduate School Connections.
- Create your profile on Handshake.
- Consider applying for an on-campus job.

TERM 1: FALL

PHED 2000 3 CREDIT HOURS
App Con of Fitness & Wellness

MUSC 2XXX 1 CREDIT HOUR
2000-level Music Ensemble

BIOL 2251 + LAB 4 CREDIT HOURS
Human Anatomy and Physiology I

T2: MATH 1401 3 CREDIT HOURS
(Recommended) Elementary Statistics

P1: CITIZENSHIP 3 CREDIT HOURS

MILESTONES:
• STUDENT COMPLETES WELLNESS FOUNDATION CREDITS
• STUDENT COMPLETES MUSIC FOUNDATIONS CREDITS

TERM 2: SPRING

I1: ILC 1001 3 CREDIT HOURS
(Recommended) Foreign Language 1001 Course

MUSC 3100 3 CREDIT HOURS
Wellness and Musicians

BIOL 2252 + LAB 4 CREDIT HOURS
Human Anatomy and Physiology II

A1: MUSC 1120 3 CREDIT HOURS
(Recommended) Survey of Jazz, Rock, and Popular Music

ELECTIVE: CMWL 2200 3 CREDIT HOURS
(Recommended) Social Determinants

14 FALL CREDIT HOURS + 16 SPRING CREDIT HOURS = 30 CREDIT HOURS

CRUSH YOUR COURSEWORK

- Work with your IDS professors in XIDS 3000 to establish your degree plan, including identifying your complex problem and exploring how and what disciplines can help inform your inquiry.

FIND YOUR PLACE

- Attend UWG Scholars' Day.
- Check out what university associations and community organizations relate to your disciplines.

BROADEN YOUR PERSPECTIVES

- In a student organization? Suggest you all complete an implicit bias workshop.
- Consider a study abroad program. Check out students' stories of their experiences.

CONNECT OFF-CAMPUS

- Complete an internship in your field.
- Consider a summer or part-time job.
- Ask your department about networking opportunities with alumni.

TAKE CARE OF YOURSELF

- Take a fitness class, climb the rock wall, or join an intramural team.
- Consider whether counseling is right for you: take a mental health screening.

PAVE YOUR PATH

- Draft your resume and attend a resume blitz.
- Learn about how to network on social media and update your Handshake profile.
- Draft your personal statement.
- Visit the graduate school to find out about graduate programs and admission requirements.

TERM 1: FALL

PSYC 3150 Abnormal Psychology	3 CREDIT HOURS
A2: ILC 1002 (Recommended) Foreign Language 1002 Course	3 CREDIT HOURS
MUSC 4XXX 4000-level Music Ensemble	1 CREDIT HOUR
CMWL 3100 Lifespan Development	3 CREDIT HOURS
REQUIRED: ELECTIVE 3/4XXX 3000/4000 level elective course	3 CREDIT HOURS
P2: CITIZENSHIP	3 CREDIT HOURS

TERM 2: SPRING

XIDS 3000 Interdisciplinary Methods	3 CREDIT HOURS
REQUIRED: MUSC 3/4XXX (Recommended) MUSC 3702 - Western Music After 1825 and World Music	3 CREDIT HOURS
MUSC 4XXX 4000-level Music Ensemble	1 CREDIT HOUR
ELECTIVE 3/4XXX 3000/4000-level Elective course	3 CREDIT HOURS
CMWL 3101 Mental & Emotional Wellness	3 CREDIT HOURS
I2: MUSC 1110 (Recommended) Survey of World Music	2 CREDIT HOURS

- MILESTONES:**
- XIDS 3000 INTERDISCIPLINARY METHODS TAKEN
 - STUDENT COMPLETES WELLNESS DISCIPLINE UPPER LEVEL COURSES

16 FALL CREDIT HOURS + 15 SPRING CREDIT HOURS = 31 CREDIT HOURS

CRUSH YOUR COURSEWORK

- Work with your IDS professors in XIDS 3000 to establish your degree plan, including identifying your complex problem and exploring how and what disciplines can help inform your inquiry.

FIND YOUR PLACE

- Attend UWG Scholars' Day.
- Check out what university associations and community organizations relate to your disciplines.

BROADEN YOUR PERSPECTIVES

- In a student organization? Suggest you all complete an implicit bias workshop.
- Consider a study abroad program. Check out students' stories of their experiences.

CONNECT OFF-CAMPUS

- Complete an internship in your field.
- Consider a summer or part-time job.
- Ask your department about networking opportunities with alumni.

TAKE CARE OF YOURSELF

- Take a fitness class, climb the rock wall, or join an intramural team.
- Consider whether counseling is right for you: take a mental health screening.

PAVE YOUR PATH

- Draft your resume and attend a resume blitz.
- Learn about how to network on social media and update your Handshake profile.
- Draft your personal statement.
- Visit the graduate school to find out about graduate programs and admission requirements.

TERM 1: FALL

MATH 1112 Trigonometry	3 CREDIT HOURS
MUSC 4XXX 4000-level Music Ensemble	1 CREDIT HOUR
ELECTIVE 3/4XXX 3000/4000-level Elective course	3 CREDIT HOURS
ELECTIVE 3/4XXX 3000/4000-level Elective course	3 CREDIT HOURS
CMWL 3300 3000/4000-level Elective course	3 CREDIT HOURS
P3: CITIZENSHIP	3 CREDIT HOURS

- MILESTONES:**
- MATH 1112 AND CMWL 3300 COMMON ADMISSIONS REQUIREMENTS FOR OT GRAD PROGRAMS
 - STUDENT COMPLETES MUSIC DISCIPLINE UPPER LEVEL COURSES
 - UWG IMPACTS COMPLETED

TERM 2: SPRING

XIDS 4000 Interdisciplinary Capstone	3 CREDIT HOURS
ELECTIVE 3/4XXX 3000/4000-level Elective course	3 CREDIT HOURS
ELECTIVE 3/4XXX 3000/4000-level Elective course	3 CREDIT HOURS
ELECTIVE	3/4 CREDIT HOURS

- MILESTONE:**
- XIDS 4000 INTERDISCIPLINARY CAPSTONE

16 FALL CREDIT HOURS + 12/13 SPRING CREDIT HOURS = 28/29 CREDIT HOURS

Additional Information:

- With prevalence of "Elective" hours, the viewer can see that the BIS Pathway student has sufficient space to add certificates, additional courses in the major disciplines, and/or a minor in another discipline.

CRUSH YOUR COURSEWORK

- This is the time for your XIDS capstone! Make sure you have 9 hours of 3000-4000-level coursework for each of your two disciplines!

FIND YOUR PLACE

- Hone your leadership skills by mentoring new IDS majors!
- Consider running for an officer position in a student organization.

BROADEN YOUR PERSPECTIVES

- Assess your cultural competency.
- Consider working abroad and research visa regulations.
- Explore practices of creating more inclusive careers.

CONNECT OFF-CAMPUS

- Ask for advice from professionals in your field of interest.
- Explore career shadowing opportunities.

TAKE CARE OF YOURSELF

- Explore a farmer's market for fresh produce.
- Develop a post-graduation exercise plan.
- Explore your loan repayment options and complete your exit counseling.

PAVE YOUR PATH

- Request references from professors and supervisors.
- Draft your resume cover letter and personal statement and revise it with career services.
- Attend business fairs and career fairs at UWG and across the state.
- Attend an interview workshop.
- Apply for graduate programs.