

Unchained: Transitions to Freedom in College

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Artistic Statement

College is a time of transition. Students learn there is a big difference between high school culture and the culture of higher education. No longer can students rely on high school teachers and parents to do all the reminders to study, turn in homework, and get to class on time. Now, they must take on more responsibility for their learning and make decisions to help them do well in college (Downing, 2015). Each semester is a new adventure in college, your class schedule is different, and you are learning new things about yourself and your ability to handle challenges in life every day. It is an exciting time to be a college student, whether a traditional student, mature student, or a dual-enrolled student taking college classes while still in high school. However, excitement isn't the only emotion you experience in college because students are different, and not every student shares the same view of the college journey. Some students may experience anxiety and depression before finally feeling a sense of freedom to embrace college life. Going through different situations and accepting your life is changing while in college is the inspiration for this creative project. We use music to express our thoughts. We composed an instrumental song using acoustic bass that we call Unchained. Unchained represents being released by the shackles of childhood and reaching adulthood and the feeling of joy and the feeling of melancholy involved in growing up.

Keywords: college, transitions, higher education, music

Scholarly Reflective Statement

College is an exciting time full of transitions whether you are a traditional student, mature student, or dual-enrolled student while still going to high school. You learn quickly that high school is not the same as college. The culture of high school is very different from the culture of higher education. In high school, your teachers and parents did a lot of things for you and reminded you to take actions that were important to doing well in school. However, when you get to college, you are now responsible for your learning and reminding yourself to do important things to pass your classes (Downing, 2015).

In high school, parents can talk directly to the teacher and ask all kinds of questions to get responses on whether students are doing their classwork. However, it is not like that in college. In college, students are using an online platform such as Canvas to do their work. Students must use their student identification number and password to sign into Canvas. All this information is protected, and students cannot share their login information with others or let others into the online classroom to look around, including their parents. College students must abide by Federal Education Rights and Privacy Act (FERPA) guidelines. Students must sign release forms to give parents and teachers permission to talk to each other about their academic status in classes (FERPA Information for EFSC Students, 2021).

Students learn how to do a lot of things on their own when they come to college. The song, *Unchained*, represents the release of childhood shackles and reaching adulthood with the feeling of joy and melancholy involved in growing up.

Works Cited

Downing, S. (2015). *On Course: Strategies for Creating Success in College and in Life* 8th

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