



Cassettes 2023



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Introduction

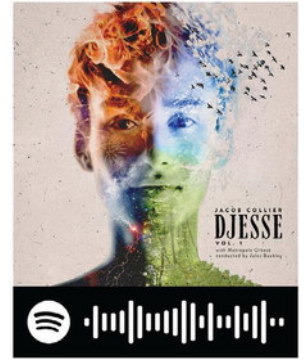
Cassettes – Music for What We Have Lost

This podcast explores how music can help us psychologically survive in times of difficulty. In each podcast episode, a pair of students from the fall 2023 UDIST course, “Dissonance - Music and Conflict,” taught by Taro Hattori, invites friends to join them in dedicating songs to something or someone they have lost in their lives. They discuss personal experiences around music and share why they chose the tracks they dedicated. This book features the reflection each student had after experiencing the recording of their episode. From here, you can listen to the episodes by scanning the QR codes and also listen to the songs they play by scanning the Spotify codes.

At the time of preparing this publication, two major wars are happening in the world. Many precious lives of people have been lost because of the violent power over which they have no control. Even having experienced and survived the terrifying pandemic, we, as humans, haven’t learned the best ways to protect ourselves and live together. Finding a sense of connection through music seems small in the turmoil of the world, but through this, our students found proof of their sense of hope and being part of a community. We believe in the power of personal connections. A healthy, just society that accepts every one of us starts from empathy for the stories of others. Through the production of the podcast “Cassettes - Music for What We Have Lost,” I hope the students have gained a sense of belonging that will grow into a huge tree of community and extend into the world, as music always has the power to transcend boundaries.



Scan this QR code and listen to all the episodes of Cassettes



What was something new you learned during the conversation?

Jonas: It definitely broadened my horizons to the different perspectives of my peers. I often don't get to chat with people so having an opportunity to understand my classmates better and feeling like I have a place in a community.

Gabriela: I definitely learned a lot about those around me! I've taken a class with Kennedy before so it was quite interesting to hear more about their life.

Batu: A key insight I gained from our discussion is the impact of shared experiences on our perceptions. I observed that when individuals undergo similar experiences, they tend to define certain aspects, such as the concept of "home," in comparable ways. However, the varied interpretations of these experiences can lead to entirely different definitions of the same concept.

Kennady: It was interesting to find that the other people in my group also felt grateful to be in school while simultaneously missing being home and missing out on what's happening there. We all felt that it was difficult to be gone for so long and have to return during breaks and readjusting every time.

Could you connect more to the other people through their choice of music or through what they had to say?

Jonas: It was difficult for me to musically relate to people who like a genre that I'm not overly familiar with. I generally like every genre but hip hop sometimes doesn't resonate with me. So the conversation gave me more of a connection to the others.

Gabriela: I would say we connected most through the conversations we had! The music was impactful, but learning the stories behind it brought my understanding to a much deeper level.

Batu: I found myself deeply engaged with various emotions during the podcast. Specifically, I resonated with Jonas regarding his exploration of the concept of "home," with Gabriela's recounting of shocking experiences, and with Kennedy's emotional connection to her feelings about home.

Kennady: While their music selection helped explain what they were saying I still felt more connected after hearing what they had to say. Some people's song choice didn't have an obvious story attached to it, so I didn't understand what they were getting from the song personally until they told me.

Cornfield Chase
Interstellar (Original Motion Picture Soundtrack)



Has the conversation changed anything for you and if so, what?

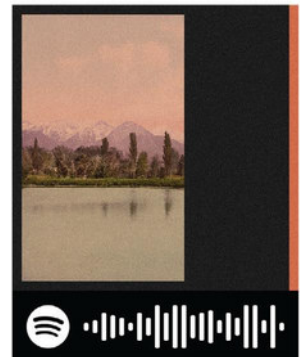
Jonas: I'm still the same person but I did find the conversation very fun and meaningful. Almost like a therapy session. So, there is some change but not life-changing, which is fine.


Gabriela: Not really! It was enjoyable though.

Batu: The conversation provided diverse viewpoints on the same topic, creating a rich blend of ideas. Engaging with Jonas and Gabriela allowed me to gain deeper insights into various subjects through our stimulating discussions. One topic that particularly resonated with us was exploring the creative process of artistic individuals. Interacting with other creative minds expanded my perspective, reinforcing the importance of continuous creativity and the pursuit of finding a personally fulfilling creative outlet without cessation.

Kennady: I've never had an experience like that. Sitting down with four people only one that I've known before and listening to music that they listen to all the time. It was a very fulfilling conversation and eye-opening to know that others are also experiencing some thing similar to me. The conversation made me more aware of what music I'm listening to. Also, now when I listen to the song that I've brought to the table I have new fond memories surrounding it as well, and I think more deeply as I listen to it. Echoing back to the conversation we had.

Utah
Utah





Can music make joy out of sadness? Please explain your answer.

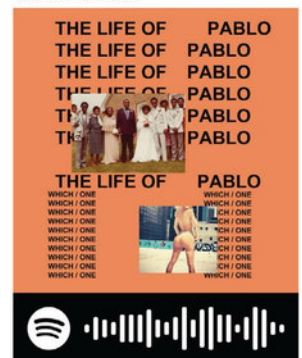
Jonas: Music triggers the relief of emotional release. What I mean by that music can help you with expressing your emotions and not bottle them up. When you are sad for example music can help you to just really have a good cry and feel less heavy afterwards.

Gabriela: I think music can help hold you while you're sad. I think while it can create a sense of belonging and understanding, it doesn't make joy from sadness. Sadness remains its own emotion. Perhaps it replaces joy with sadness. I can never go between the two that quickly though!

Batu: Music possesses the unique capability to take sadness and, through its emotive elements, transform it into joy. It resonates with emotions deeply, acknowledging feelings of sadness, but gradually guides listeners through a journey, offering comfort and eventually leading to a more uplifting emotional state. This transformative power allows individuals to find solace and hope, transitioning from sorrow to a sense of happiness and contentment.

Kennady: Depending on the song, I think yes music can make a joy out of sadness. Music can make someone feel sentimental. This is the case for me often times a song will have a memory associated with it or I will just remember the general time I first started listening to the song or listen to the song a lot. I know I often turn to music for comfort as well so even if music is not creating joy, I think it can help manage the sadness.

Father Stretch My Hands Pt. 1
The Life Of Pablo



How Does music connect to different aspects of our lives? Share some moments and practices in your life on how music reflects these experiences.

Sean: I think music is a way of understanding being a feeling body. I think of even the sounds of breathing or the rhythms of our hearts. Then I think of bird song. Whale song. Wind. In some extension as well the honking horns of a cities song. Theres something about being a sound maker ourselves that I think is inherent in our relationship to music. It is a natural extension of action or the passing of time. As a funny anecdote related — my niece and brother in law would joke, saying, instead of how many minutes it would take for us to get somewhere, “how many freebirds” would it take. I like this in a way of using something other than literal numbers to express the passing of time.

Pamela: Music is not only one of those ways that you can use to express yourself but in many ways you are able to express emotions that you can't express through words. It allows us to share experiences and to relate to others around us. There are concerts you go to where you just get the chills just hearing the music alongside so many.

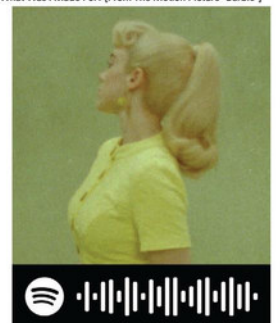




Owen: Music has become a matter of human nature in the world we live in today. Everywhere we go, whatever we do, it has become a matter of our life that we cannot evade from. Music is playing everywhere, in a public space, at home, at a party or even in the streets. Some people utilize it positively as a form of entertainment, occupation, while others use it as a form to express their emotions and thoughts. Music has impacted my life significantly one way or another. Through the leisure time I have, I spent my time exploring new genres of music, accessing different realms of cultures and learning more about the world around me. As an artist, I appreciate the art of music that speaks for the million emotions and life experiences I had; it is a form of output that helps speak of my difficult moments, or even happy moments like when you're partying. Through the various connections to different languages and genres, I am also able to apply musical notes and dynamics to the practice I do, which is the practice of interior design. Through the musical spaces I have been through, I was constantly influenced by the emotional impact it has onto the users, a significant matter that can be applied to interior design.

Soojee: Music, with its unique ability to weave into the fabric of our lives, has profoundly impacted my own experiences. I've come to realize that certain melodies are inseparable from specific memories and emotions. Contemplating the lasting power of music, I find solace in the idea that the songs I hold dear might endure as a memorable legacy after I'm gone. It's a humbling thought, imagining that the tunes that accompanied my life could continue resonating with those who remember me, serving as a timeless bridge connecting our shared moments. This realization deepens my appreciation for how music transcends the temporal, becoming a lasting echo of the emotions and connections we forge in our lifetime.


What Was I Made For? [From The Motion Picture "Barbie"]
What Was I Made For? [From The Motion Picture "Barbie"]



What was the first experience with the song you chose? Describe the moment, When was it, How did you feel, What was the setting?

Sean: Oi. I think I found this song this year actually. Like very recently. Within the past two months. I must have been driving. I love Dolly Parton as a human, but had not spent too much time listening her music. I think when I found this song it meant so much to be because I feel behind in life. I feel that my "time" has passed. I feel like I need to hurry, but I don't want to. So when I heard someone sing the words, "I'm gonna hurry. As slow as I can." I immediately fell in love with the sentiment. I still hurry every now and then. I even bought a watch for the first time. Not so much to keep time, but because I find the concept incredibly interesting. I don't have a fast car, I don't have a map, but I will get there.

Pamela: For this song I think back to when I was in high-school, and we'd all go to the beach every Friday after school. Everyone would get in my car and we'd drive to the beach and get food. We'd watch the sunset and then stare at the stars once it got dark. You hear the waves crash as you watch the night sky and suddenly all of your problems feel so small. During this time of growing up we all experience feelings of being lost and being unsure of what the future has to bring, watching the stars is a way to ground myself.

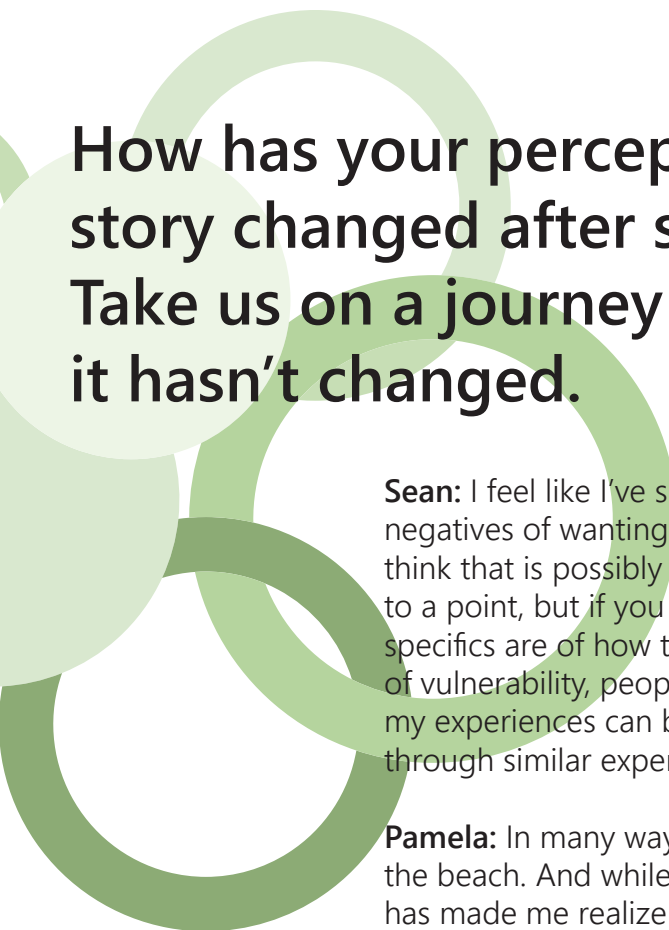


Owen: I first heard the song at the ending of the new 2023 movie, Barbie. Even though the music was implying the experiences and emotions of the life of Barbie, I had a completely different interpretation of the song, What Was I made for. It is really interesting how no matter what the intention of the music is, each listener will have their own interpretation of the music and relate to it on several different layers. Despite someone who always enjoys a song because of the melody, this is the first time in my life that I was able to personally feel a strong attachment to the lyrics of the song, and it really stabbed me since the very first verse I heard the song.

Soojee: Watching “Princess Mononoke” as a child left a lasting impression that has evolved and deepened with each subsequent viewing as I’ve grown older. Initially captivated by the enchanting visuals and storyline, my understanding of the film has matured over time. With each re-watch, the narrative resonates more profoundly, serving as a poignant metaphor for the cyclical nature of life, death, and rebirth. The lush and mystical forest, regrowing and rejuvenating, symbolizes a powerful resurgence after destruction. The movie, like the regenerative forest it portrays, has become a reflection of life’s perpetual cycles, offering a timeless lesson about the interconnectedness of all living things and the enduring beauty of renewal. Each revisit to “Princess Mononoke” not only reaffirms the magic that captivated me as a child but also unveils new layers of meaning that resonate with the stages of my own life journey.

Ashitaka and San
Princess Mononoke Soundtrack





How has your perception of the song or the story changed after sharing it on the podcast? Take us on a journey with your thoughts, even if it hasn't changed.

Sean: I feel like I've shared too much. Its weird understanding the positive and negatives of wanting to be seen. I think there is part of me that loves to hide. I think that is possibly why I enjoy this idea of hurrying slowly. It is a way of hiding to a point, but if you make it slow enough people notice. I'm not sure what the specifics are of how this works, but I worry when you share your own experience of vulnerability, people view it with their own shit attached. I hope that sharing my experiences can bring compassion and grace to others who may have gone through similar experiences.

Pamela: In many ways that song will always take me back to those Friday nights at the beach. And while those feelings about the song haven't changed, the podcast has made me realize how I myself have changed and evolved as I've grown up. I look back and I see that lost and insecure self I once was, and see how much I have grown. In many ways I also see myself and even though we grow up and learn, we all still experience feelings of loss and being unsure and I still find myself looking up at the sky for comfort.

Owen: It feels really comforting to know that people can understand my connection to the song, that they don't think it's stupid. I just came to appreciate the song much more knowing that several people have such strong impressions on the song, and relate to even a sentence of the lyrics, like when Sean pointed out a sentence of the song and gave his personal interpretation and connection to it. I still have the same connection, but now my perception of it is that I am feeling more confident with my thoughts and unafraid to express my emotional connection to the song as I was before.

Soojee: Sharing my thoughts on the "Princess Mononoke" song in a podcast reinforced its enduring impact on me. While it remains a constant in my life, the podcast experience has shifted my perception of music's influence. Articulating my feelings revealed the song's broader power, serving as a lens through which I see the diverse emotions and interpretations it sparks in others. This podcast journey heightened my awareness of music's universal resonance, connecting people in individually nuanced ways. It's a testament to the transformative potential of music, breaking personal boundaries and enriching the lives of a diverse audience.


Gonna Hurry (As Slow As I Can) - Demo
Dolly



What was your impression on the stories and music your group mate shared throughout the podcast? Can you relate to any of the stories, who amongst the speakers made an impression on you, and Why?

Sean: Soojee's question about what song will play at my funeral has been in the back of my mind since the podcast. I think there was part where I misunderstood her comment about moving past the sadness of loss. However there is something beautiful in the misunderstanding. When we view life as our favorite mug, and that mug inevitably falls off the table and shatters, if we say to ourselves "of course", it frees us from the vanity of permanence. All of this goes to my late friend Sean Beall. You are loved. You lived fast in the most graceful way. Keep the big jam in the sky Pumpin n' Jumpin. I'll see you when and we'll both say "of course"

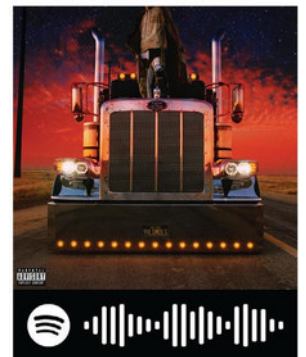
Pamela: I loved the podcast experience. In a way it made me feel so much closer to everyone in the group. I appreciated the vulnerability and way in which we were all able to relate to each other's experiences as a whole. It made me feel like I wasn't alone in the feelings that we as humans experience. And it also made me listen to songs that I had listened to before but now will forever be associated with that podcast and time that the four of us had the opportunity to share. Owen, I had never met and somehow we will always be connected within that moment. I appreciate him being able to talk about his family and relate to the expectations that they set on us. Soojee who I have had a few classes with I also feel grateful to share the conversation around death that I think we as a society should have a more positive approach on. And Sean, who we were previously friends, I always cherish all of our conversations. His outlook on life and the way that he is always so accepting and understanding always makes me feel like I'm not alone.



Owen: I really valued each moment of the podcast, knowing how difficult it must be as human beings to share a personal aspect of your life stories. It really opened up my eyes on how much music can change peoples life both spiritually and mentally. Sean was the speaker that stood out to me the most, as the song was more than just a song to him but feels like a family member. It helped him through one of the most significant and difficult moments in his life. I only can feel empathetic and appreciate his strength to be able to express and share this moment and thoughts in his life.

Soojee: Discovering the stories of my group mates and their diverse connections to different phases of my life through music has been a profoundly enlightening experience. Hearing how they navigate their own journeys, finding solace and inspiration in the melodies that have accompanied them during distinct chapters, has opened my eyes to the beauty of self-acceptance, encouragement, and personal growth. The realization that music can serve as a conduit for embracing one's identity and overcoming challenges resonates as a powerful and newfound perspective. Witnessing the transformative impact of music on each individual within the group not only deepens our collective understanding of one another but also reinforces the notion that the universal language of music has the extraordinary ability to foster empathy, connection, and a shared celebration of the unique paths we all tread in the journey of self-discovery.

TRELLAS
EL ÚLTIMO TOUR DEL MUNDO



How do you feel about this experience sharing your personal story through a podcast?

Nancy: The experience of hearing my own voice seriously for the first time was still very unfamiliar. For me, this experience was like sharing my own little story, which made me feel closer to my friends because we understood each other better. Many times I am still willing to share my own story, although I feel a little shy to mention it in front of everyone. But I think it is very interesting to share my stories and thoughts in front of everyone. I can observe people's reactions and expressions to such private matters, so that I can better understand what kind of people are hearing the stories next to me.

Tiffany: This is the first time I've shared my experiences on a podcast, and I feel like I'm connecting with more people when my personal story is shared. I was able to get positive feedback and gain a deeper understanding of myself in the process. It can also lead to new connections and opportunities.

Catherine: I think inviting someone who is out of the class will diversify the answer to this question. I love to see how people understand loss in different ways and how it reflects their personalities. I really learned a lot. How to face someone's loss and also how to face the shortage of myself.

Jeniffer: Opening up about this whole thing on a podcast has been an interesting ride. Sharing this experience through a podcast, I have gained insights from friends' reactions or feedback. The podcast format allows for a more personal and potentially widespread connection.

雪之梦 - 重混版
雪之梦 (重混版)



Do you think the music fully represents your thoughts and ideas about this experience? If there were missing parts, what other forms would you use to express your ideas?

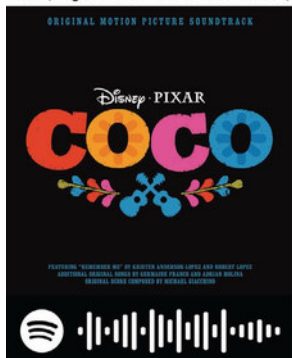
Nancy: As for whether music expresses my emotions, I think it does. Music not only represents the mood that I have. Even this song gave me some inspiration about how to get through my problem. From the music I learned that bad things don't have to be faced with a bad mood. You can also treat them with a positive mood. I think the music expresses my emotions a lot. Although there is no physical image of music that we can see with our eyes, when you close your eyes, everyone will imagine a different image, and I think that part is a very important part of expression, linking with your own memory.

Tiffany: I think the music I chose for the podcast does a great job of setting the narrative and atmosphere. There's no denying that music can help set the tone of a narrative and emphasize certain moods but I don't think it can fully represent one's experience. Because music cannot capture every detail or aspect of an experience. Some feelings or thoughts may not be expressed through music alone. Other forms of expression I think adding visual elements such as photos or videos can provide context or emphasize certain aspects.

Catherine: I think it is a good way to express my own emotions. I think it is interesting to use an invisible and a little abstract format to represent an emotion or an experience. If I can choose another format, I would like to use a visual art piece to show this example. I think making the abstract invisible things visible is also a process of deeply analyzing myself based on this period of experience.

Jeniffer: Yes, music has a unique way of capturing and amplifying emotions.

Remember Me (Ernesto de la Cruz)
Coco (Original Motion Picture Soundtrack)



Did you learn anything new from your peers? How may it have been different than meeting in class?

Nancy: I learned a lot from my friends and got to know them better. Because I may also face the problems they encountered. When they talked about their experiences, I would silently ask myself, what would I do if I encountered the same problem? I learned a lot from their solutions. My friends were more relaxed when we were recording the broadcast than in class. We went to have a meal together before recording the broadcast and it was a very comfortable and relaxing time and we got to know each other better. So I'm very grateful for this opportunity to connect more with my friends.

Tiffany: I really appreciate other people's viewpoints and experiences. Unlike a classroom, podcasts offer a special space where people may openly share their experiences and views. It also feels less formal. This relaxed atmosphere promotes more direct and honest communication. It's a place where people feel free to share personal tales, viewpoints, and counsel discussions that aren't often welcome in an official academic context.

Catherine: I think inviting someone who is out of the class will diversify the answer to this question. I love to see how people understand loss in different ways and how it reflects their personalities. I really learned a lot. How to face someone's loss and also how to face the shortage of myself.

Jeniffer: Went with deep blue as my go-to color to represent this vibe—total chill and lost in my own world thanks to those noise-canceling headphones. They're like my secret doorway to tranquility.





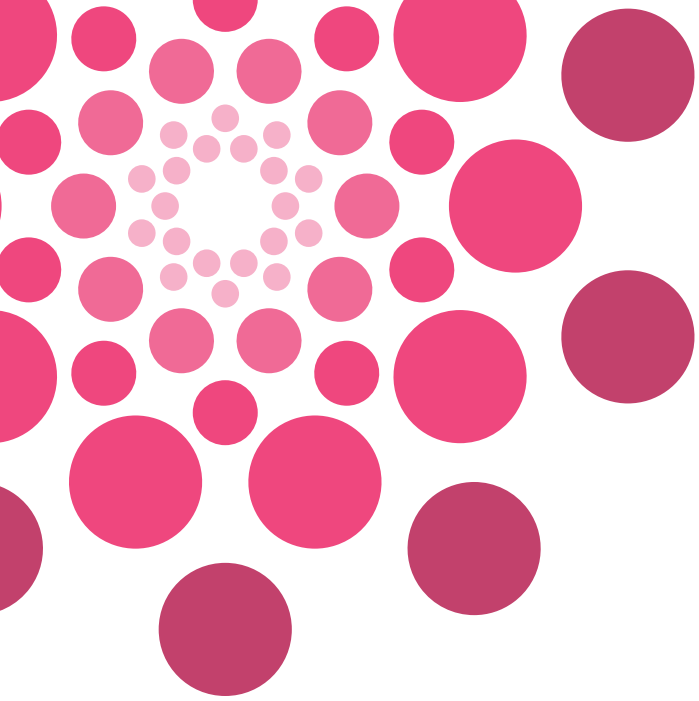
Which color do you want to choose to represent this experience? And why?

Nancy: I would choose orange to represent this experience. I personally like the color orange, and I think the color orange is very vibrant, bright and energetic. Considering that the story I wanted to tell was that there are positive ways to respond to bad things, I thought orange was a perfect color to represent it.

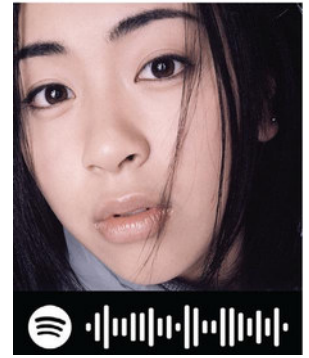
Tiffany: I would lean toward the vivid yellow if I were to pick a color to symbolize the experience of sharing a personal tale on a podcast. This color conveys depth and candid communication. Also, I think yellow is a symbol of innovation and a novel exchange of ideas, much like the diversity of tales and concepts discussed on the podcast.

Catherine: I will choose white. As I said during the interview, white is the only color that can reflect any other color. I love how it shows differently. Just like how I feel every time I think about this experience. And white is also the color that can reflect any color light. I think I will keep changing my mind with the accumulation of experience. I want to use this experience and color to reflect my growth.

Jeniffer: Went with deep blue as my go-to color to represent this vibe—total chill and lost in my own world thanks to those noise-canceling headphones. They're like my secret doorway to tranquility.



First Love
First Love



Did you learn anything new from your peers? How may it have been different than meeting in class?

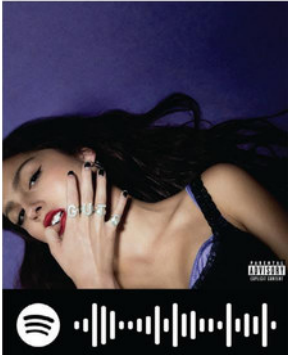
M: I was able to get to know everyone in such a personal way. Usually, we don't learn about our classmates through stories like these but rather just on the surface level. The experience felt much more authentic; I feel like I really got to know everyone.

Kai: I feel like it opened up a space where we were able to open up easier, in class discussions can always feel very pressured and confusing since there are a lot of people around. This experience however felt more intimate making it easier to open up.

Winny: Some struggles. We had the same problems, it was good that we communicated it with each other.

Emily: I got to learn more about my friends and how a song can affect someone in a totally different way when they listen to it versus how I listen to it.





How do you think the podcast helped us connect and create community?

M: Podcasting is in right now; a lot of people are willing to experiment and try it out, and it's actually really fun and brings out interesting conversations. I think it gives us a space to genuinely share and listen to each other with no distractions. I have gotten to know all of my classmates through these podcasts, even by simply listening to them. I think it's a great way to build a sense of community.

Kai: The topic being prompted helped us find something to connect on. Since everyone has probably felt some sort of loss in their life it makes it easier to understand and empathize with others.

Winnie: We share the problems and different people share their solutions. As a result, CCA faculty will be more connected.

Emily: I really enjoyed this experience, I made closer bonds to the friends who were involved with the podcast. It showed us a way to connect through something other than materialistic things.

If there is another chance you will do the podcast in the future, what topic would you prefer?

M: Yes, I love discussions, especially deep ones. I enjoy listening to them and engaging in them. I would be down for any kind of topic, unless it's obviously a bad one.

Kai: I don't have any preference of topic if there were to be another podcast, I think it is good to just get into the deep stuff because that always yields the best conversation.

Winnie: About plans for the future.

Emily: I WOULD LOVE TO DO ANOTHER PODCAST.

Slipping Through My Fingers - From 'Mamma Mia! The Movie Soundtrack



Has your relationship with music been affected since the podcast?

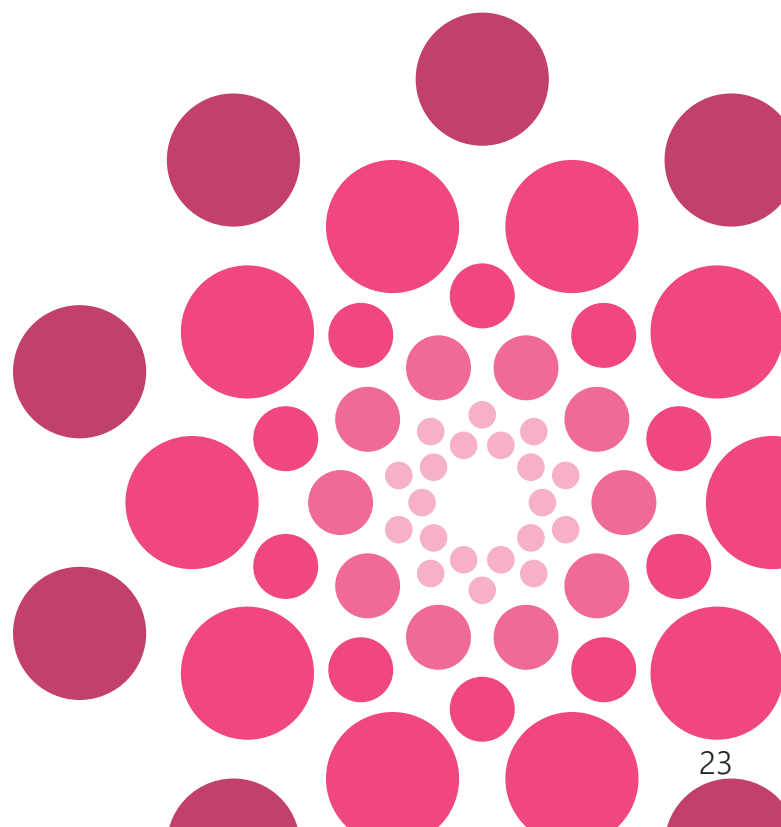
M: Yes and no, not dramatically. But when I hear the songs that Winny, Kai, or Emily played, I definitely connect them to the individuals and the stories they shared.

Kai: My relationship with music hasn't really changed, I just listen to what I feel like I'm in the mood to listen to, or something that reflects the emotions that I am feeling at the time. I've always had a relationship like that with music so I don't think anything has really been altered.

Winny: Music can represent many things, a sad memory or a pacific time period.. It can be a type of mood, or a letter to that person.

Emily: I've always loved listening to music and it makes me happy knowing that other people also are emotionally affected by music as well

The Story Of Us (Taylor's Version)
Speak Now (Taylor's Version)





How did you feel about this experience?

Miyah: This experience was very interesting because I don't like to share my thoughts publicly. We live in such a cancel culture that I prefer to share my thoughts only to the ones that are closest to me. I had fun with this experience.

Pearl: I felt the podcast was quite refreshing in a way. Through our conversations, it allowed me to look at the topic in a more positive light and to enjoy that feeling being spread out amongst each other made my attitude going into the process less ready to be bleak. It was nice to sit down and get critical on a topic while drawing from our own experiences.

Noah: There's a weirdly voyeuristic quality to recording a long-form conversation in podcasts that I hadn't really experienced before. I've recorded material before, sure, but never amongst others in-person. I don't think there are any other people (aside from my roommate) I would be even remotely okay being publicly vulnerable/ comfortable with than Pearl and Miyah. Though, I think I'd need a few more goes at this format to fully be confident in commenting.

Like Real People Do
Hozier (Expanded Edition)



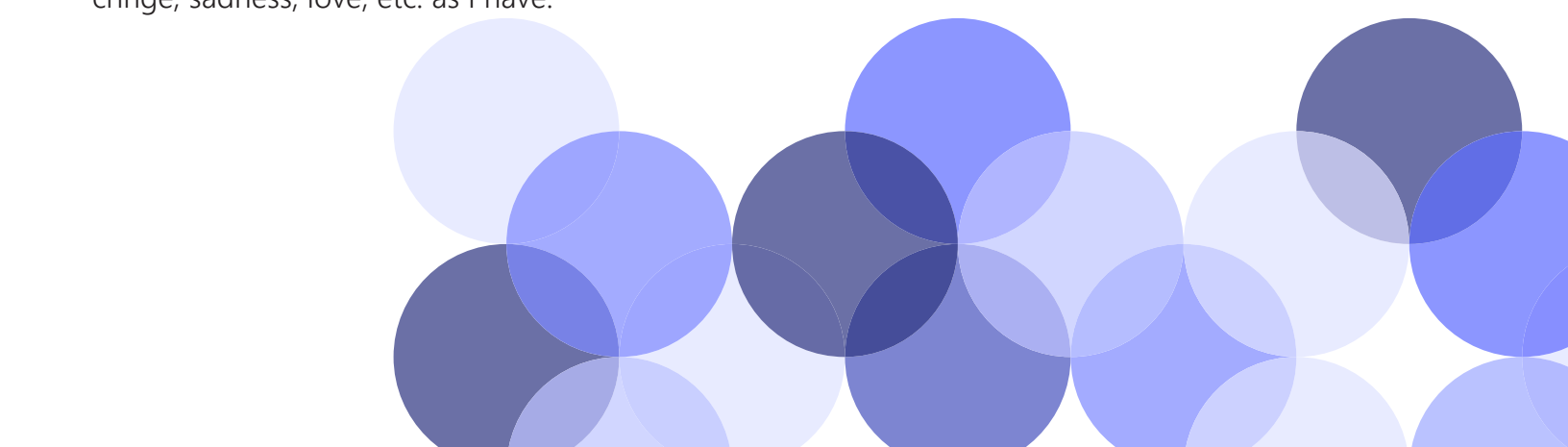


How have your thoughts of the concepts of “Loss” been affected through the interview?

Miyah: I don't think my concepts of loss are any different than how I felt before. I do think loss is such a challenging topic to speak about because it can be either super generalized or super personal. Loss as a concept is interesting because every species goes through some form of loss. During this podcast I felt that we discussed loss logically and analytically.

Pearl: I wouldn't say my thoughts have been affected but definitely broadened. Loss in itself is a challenging emotion/experience to have to recall and force us to go to a place within ourselves that we've locked away; however, through the interview it certainly confirmed to me that letting out that dark part we hide to protect our heart actually does more in healing the soul than it would to keep it in. There's healing in singing along to a sad song and reminiscing of past relationships, or childhood memories that once lost become found in a new place.

Noah: My understanding of “loss” has not changed but I've certainly gained more insight on how others view it. Seeing that it is an incredibly broad concept that can't be defined in absolutes, I felt our stories and feelings toward “loss” are so character-defined, y'know? Like, loss is a super broad but powerful element in our lives that we'll always have to deal with at one point or another like death or anger. I think it's really reassuring that knowing not only other people, but people I love and respect and regard as some of the most well-adjusted I know have had a multitude of cringe, sadness, love, etc. as I have.





If you had to choose a second song what would be and why?

Miyah: I don't really know what song I would choose because I don't normally associate songs with Loss. Loss is not something I think of when I listen to a song. I might think about the death of the person I'm listening to and feel lost in that way. But I don't associate a lot of songs with the feeling of loss.

Pearl: Considering I'm not the type of person who likes to linger on things or songs that remind me of a "loss," I wouldn't know if I would have a second song to choose. Even the song I chose I haven't listened to since I first watched Toy Story 2 in elementary. We, for sure, handled different memories of "loss" which linked themselves to a different type of song, whether serious or unserious.

Noah: "Carnival" by The Cardigans because that was the song I was listening to right before I got hit by a car and wrecked my sweet baby bike.

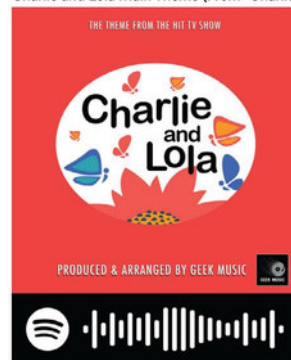
How was it listening to the song with others versus by yourself?

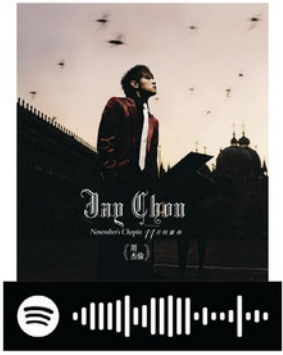
Miyah: I believe that music should be experienced with other people. Music is a way of life to me and so experiencing that with not just people, but my friends is an honor. I truly enjoy bands, orchestras, concerts, and streaming music, so this felt natural to me.

Pearl: I low key felt embarrassed but not so much in a bad way. I kind of looked back at that memory of me first listening to this song in the 2nd grade crying like a baby about it and thought “Wow I can’t believe this song was like my 13th reason after losing a teddy bear,” it made me laugh like crazy. Plus seeing their reactions to this was funny but that song really did mean something to me, so much that I can talk about in detail and it made it nice to share that. Honestly though, I would have never come back to that song by myself at my own time, the song isn’t even that good haha.

Noah: I won’t lie in saying that I expected to be absolutely eviscerated publicly for choosing a cartoon theme for my song. Thankfully, the copious amount of Disney-based songs we played that session made it feel not-so out of place. That, and it was great to get some validation for watching the show it came from as it holds a deeply significant place in my childhood memories.

Charlie and Lola Main Theme (From "Charlie and Lola Main Theme (From "Charlie





How was your experience joining a podcast? Would you want to do another episode, or even start your own?

Ruichen: I think participating in a podcast was a whole new experience, I experienced something that I had never been exposed to before and I thought it was fun, but at the same time it made me nervous. If someone else invites me to participate in the future, I don't think I'll turn it down.

Eason: This experience was amazing. I really enjoyed this process of communication and sharing. I was very nervous before formally participating and didn't know what I should say. But once the actual recording started, I became the narrator. I felt like I became a pure narrator, and I really enjoyed that role. I feel that perhaps the most important thing is to go with your feelings. I'd love to try this podcast again if I had the chance.

Isabella: I listen to podcasts all the time, so it was fun to be on the other side of the speakers. Podcasts are such an interesting format for sharing, but it would also just be a fun thing to do with friends. There's countless moments where I am with my friends and wish that the conversation could be documented and archived.

Celeste: I think the podcast was very fun! I was very nervous at the start, but the more I spoke, I felt not too self-conscious about every word I said. That's performing really. It's always the stage fright that hits you like a truck until it ends and you're somewhat content. I think I would do something like it again one day, though in what format, who knows.



How did you feel about opening up and talking about your personal story?

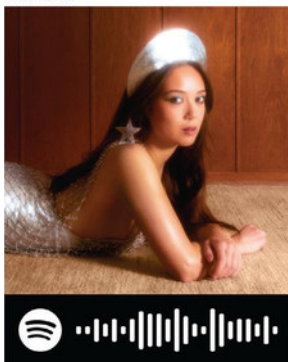
Ruichen: It made me feel nervous and a little shy. But it also brought back memories from long ago and made me feel some nostalgia as well.

Eason: Feels good. When I share my story, I feel like I'm experiencing, examining, and dissecting it from a new perspective. This kind of behavior makes me feel that I have grown up, and my new understanding of the past helps me better understand the present.

Isabella: It felt good to talk about my story on the off chance that someone listening needed to hear it and could take something away from it. In hard times, it's difficult to remember what the good times feel like or that good times are still possible. I hope everyone can find something that reminds them that the sunshine always comes back.

Celeste: I've mentioned this story a lot over the last two years actually, and I learned I am not the only one who experienced it by the same person. Finding that community really helped me feel validated in the story, so I hope that telling mine will help someone feel less alone.

Second Best
Bewitched





If you were to do another episode, what's another song you feel personally connected to?

Ruichen: I would say to my past self, just make the best of the moment and don't worry too much about what has yet to happen in the future. Many of the things you thought were important at the time may be just a little story you share in casual conversation in the future.

Eason: There are a lot of random songs in my playlist. Maybe a Japanese song <3月9日>.

Isabella: I would be exposing myself as a K-pop fan on a nuclear level, but I would probably want to talk about "One&Only" by the girl group LOONA's Gowon. At first you think the song's about romantic love. But as the song progresses you realize that the "one and only love" she's singing about is herself. It's a song that caught me by surprise when it was first released, and it came to me at the right time.

Celeste: Oh I have so many. I think talking about more of Laufey's songs could be something, like Letter to my 13 Year Old self. Maybe something from my own culture as well? The possibilities are endless, really.

With each song we chose, we partially associate it with a version of ourselves from the past. If you could say anything to your past or future self, what would you say? Is there any advice you would want to give them?

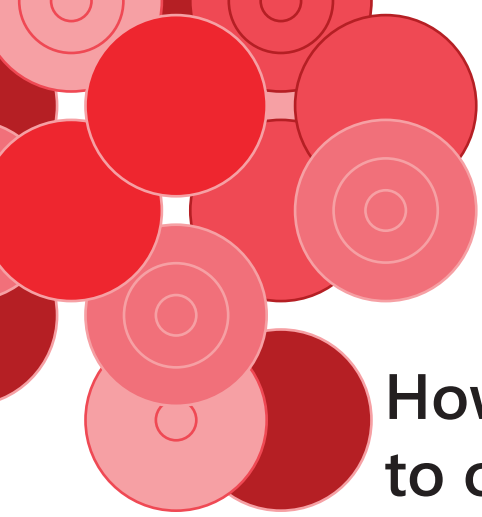
Ruichen: I would say to my past self, just make the best of the moment and don't worry too much about what has yet to happen in the future. Many of the things you thought were important at the time may be just a little story you share in casual conversation in the future.

Eason: I might want to ask my future self if I still remember that girl. Have you ever felt that your entanglement and reluctance are a kind of meaningless self-satisfaction? If there is none, then even if it is unreal, this is true love.

Isabella: There's a ton of advice I would want to give to my past self, although I think the lessons I needed were best learned organically. I had to learn from my mistakes to really grow. But if I could give her some pointers, I would share this bit from the podcast: "Bad experiences can always serve as a life lesson or a story to tell." Don't let fear of a bad experience keep you from experiencing life! Approach everything with the intention of a good vibe!

Celeste: If it was to my past self, I would probably tell myself that focusing on an image of someone rather than their true self would only hurt us in the long run, but I know that my past self wouldn't want to hear that haha. They'll be alright, it just takes time.





How did you feel about being invited to our “Cassettes”? Is this a new experience for you?

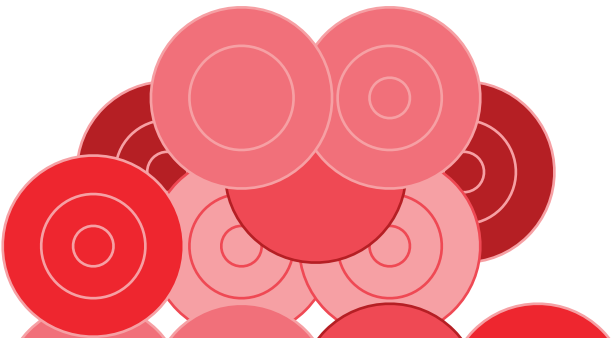
Shijian: Yes, this is my first experience doing a podcast. All of the equipment and processes were new to me, and I had never been exposed to professional recording and broadcasting equipment before this class.

Yifan: I’ve worked with similar equipment before, but this is the first time for me to do this job with a friend. The whole theme and content of the blog was interesting, and it was also nice to hear some songs that I hadn’t heard before, and the opportunity to get to know my friends’ favorite songs and their stories, which I thought was a great experience.

Karry: Live radio is the first time in my life that I’ve tried it, it’s very interesting for me because I love watching live broadcasts, so talking into a microphone and being able to hear my voice in my headphones through earphones is something that I really aspire to do.

Yuru: It was my first time to participate in this kind of sharing session and it made me feel like a radio anchor. At the beginning, I felt very nervous because it was the first time I could hear my own voice in the headphones and it was also a live broadcast, but slowly I relaxed because we were all very familiar with each other and it was more natural to communicate with each other.

ETERNAL SNOW
Caravan



Do you have any thoughts on this form of sharing and communication?

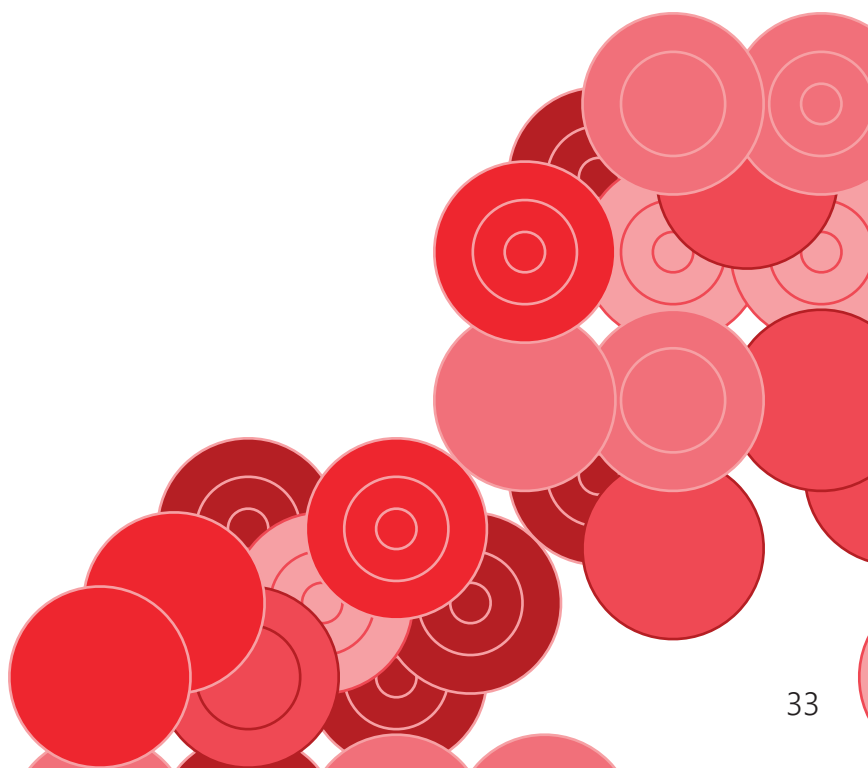
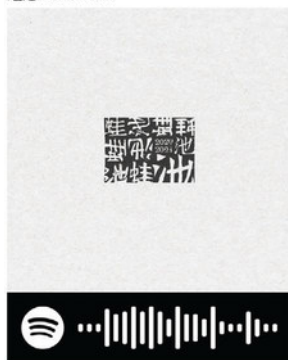
Shijian: I'm happy to share funny stories about me with my friends and the mood I was in at the time that accompanied this story when it happened. Like I mentioned in the podcast, I always used to use a certain song to represent a certain experience I had. So whenever I hear a song that I used to loop all the time, I always remember that memory.

Yifan: I really like the format. It's nice to have four people contributing to one podcast. It's like we're all doing a show together, and it's surprising for me because I don't do a lot of advance preparation, and it's an improvisational challenge for me.

Karry: Sharing my favorite music with everyone is actually a more personal thing for me. For me, music is the candy that cures my lonely moments, so I rarely share what I listen to, but it's nice to see people enjoying the songs I share.

Yuru: I like to share my favorite music with everyone, the songs can express my feelings and can also cause my friends to resonate with me, so there will be more topics of conversation. I think sharing songs is also a way to show my personality and style, which allows my friends to better understand my hobbies and music aesthetics.

河流
蛙池 2020-2021





What Do you think about musical communication? Does it allow people to become more close with each other?

Shijian: I'm sure it is. I believe music has always been one of the most intuitive ways to bring emotional value to people. Music can quite simply mobilize people's emotions, and I do the same, like listening to a concert with friends, that's a great feeling.

Yifan: Songs communicate with people all the time. With his lyrics, melodies, and overall vibe. Through these parts we can always resonate with a specific type of song with our preferences. Oftentimes language is not even a barrier. I'm trying to learn Japanese, so even though I often don't fully understand the lyrics, I still enjoy listening to Japanese songs.

Karry: Music can bring friends closer together, like I've known Yuru for three years now but I couldn't tell she was a rocker at all, but the sharing of music has really helped us get closer or understand each other better.

Yuru: First of all, I think that music as a language and communication tool can be used to realize the bridge between cultures and languages, just like the song I shared is in Chinese but the professor can still feel the power of the song. Music is also a bridge for people to have a deeper understanding of other cultures.

Excluding the songs you chose yourself, which song is your favorite and why?

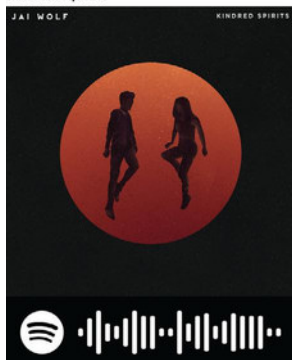
Shijian: I like Yifan's choice of songs. Because I actually love that song too, Japanese songs always give me a strong sense of images and memories, they easily take me back to a certain memory fragment.

Yifan: I love the songs Yuru brings to the table. I can understand the Chinese lyrics and I can feel that it's a niche song but conveys amazing power. And I love rock and I have a lot of rock songs in my repertoire.

Karry: My favorite song is ETERNAL SNOW which Yifan shared with us, it has a very storytelling sound and reminds me of a lot of stories in my memory, so it has a deep impact on me.

Yuru: My favorite song that Karry brought to us, Gravity, is a very, very good song. This song is so powerful that I downloaded it when I got home. My personal opinion is that despite all the difficulties and challenges in life, people should go forward and walk towards what their heart desires.

Gravity (feat. JMR)
Kindred Spirits



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