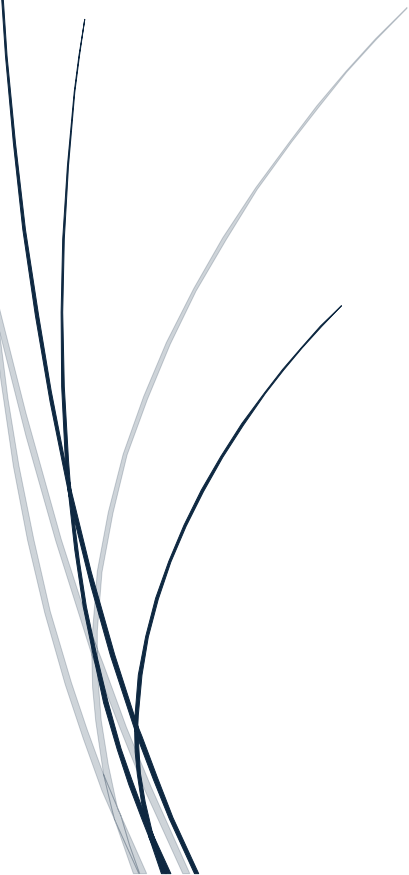


The Effects of Music on our Perception and Emotions

The Importance of Music in Film

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Trinity Saint David

Elahe Ghamat (2405793)



The Effects of Music on our Perception and Emotions

The Importance of Music in Film

Music has been around for centuries on end, and that itself says something. We see the use of music day to day in our lives, and it's the component that connects us all. People of all ages, races, genders, ethnicities, height, weight, sexual orientation and political beliefs are all brought together by their shared love for music. And you can't blame them, because when it comes to music there is something out there for everyone. Music is like a friend that's always there for you. Like someone you can count on when the days get too hard to handle. Or when you've had the best day ever and you're filled with joy and excitement and just want to tell someone all about it. Or when you want to go to sleep and can't because your room is just a bit too quiet, you can put on a nice relaxing song that will put you right to sleep. Or when you need a song to listen to while you clean your room or drive to work. Or when you're going through a breakup and all you want to do is to put on a sad song because those comfort you in the moment. Or when you listen to a song and suddenly become absolutely obsessed and can't stop singing it for days on end. Or your shopping in the mall and you hear a really upbeat and catchy song that just makes your shopping experience 10 times better. Or you go to the movies and your watching a romcom and the characters are about to kiss when suddenly a song starts playing in the background. Music is always there the only thing is, sometimes we are the reason for it's presence and other times it's put in our path by an external source. In this case, that external force is movies and how they strategically place songs in movies in order to enhance a scene, narrate the story, create suspense or tension, set the tone or mood, elevate our emotions, set the atmosphere, provide context, foreshadow or to heighten a highly visual scene. These are just some of the reasons as to why music is used in film. However, in order for these concepts to work, they have to be executed properly and efficiently. When it comes to music in film, there is more to the process than just placing a song in a movie. There has to be a vision behind the choice of music, a specific moment for the music to begin, a reason for it's display and a purpose it's trying to achieve by being present. Beyond that, creating music itself takes time dedication and many rounds of trial and error before it's fully complete which is just one of the many aspects I

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learned on this journey. Not to mention my research on music, my collaborations, my interview, learning how to use music making software's, learning how to make a soundtrack, making my own soundtracks and more. And all through it I continued to grow and take my skills to the next level. I never got too comfortable with where I was, and continue to do more and learn more. With the constant wonder of what's next? With that said I'm honored to present The Effects of Music on our Perception and Emotions, The Importance of Music in Film by none other than myself, Elahe Ghamat.

How to Use Canva/My Process:

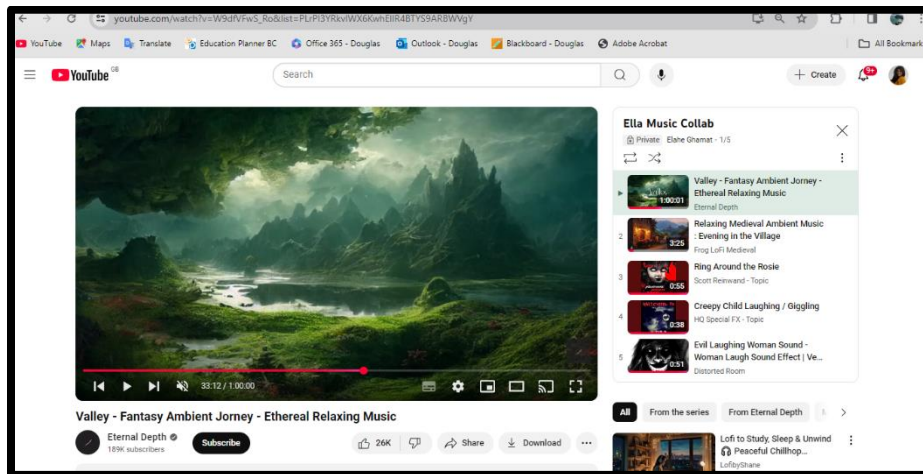
Growing up with no musical background, no knowledge on playing any instruments, not knowing how to read music notes or knowing how to create my own beats and soundtracks along with not being so tech savvy, were all a perfect example of how incredibly inexperienced I was before all of this. And during this project I was very intimidated because I had zero ounce of prior knowledge, and at times I found myself wishing there was just one specific guide I could taken inspiration from, but that wasn't the case. Instead, I had to figure everything out as I went. During the process of making my first soundtrack, I wasn't quite sure how to go about that. All I knew was that I was going to use YouTube to find my audios. Once I found the audios, I tried to create but unfortunately, I couldn't because I had to pay to download said video. So, then I had to figure out an alternative, which is when I discovered a YouTube video MP3 converter. Which I was then able to use in order to receive full access to the audios I had found for free. Attached are screenshots of the steps I mentioned but in a visual aspect for those who process better when shown information visually.

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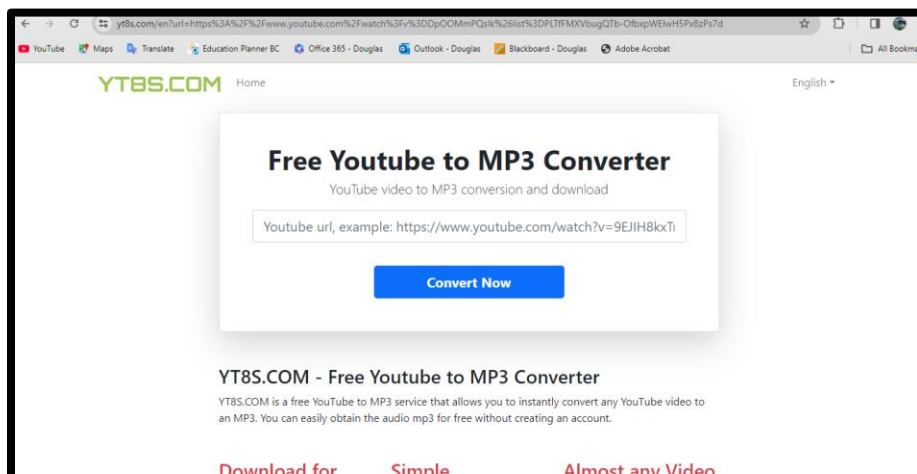
Step 1.

Go on YouTube and find the audio that you want to use.



Step 2.

Find a YouTube to MP3 converter, this is the one I chose which was called YT8S. And paste the link to the YouTube video you found in the appropriate spot and press “Convert Now.”

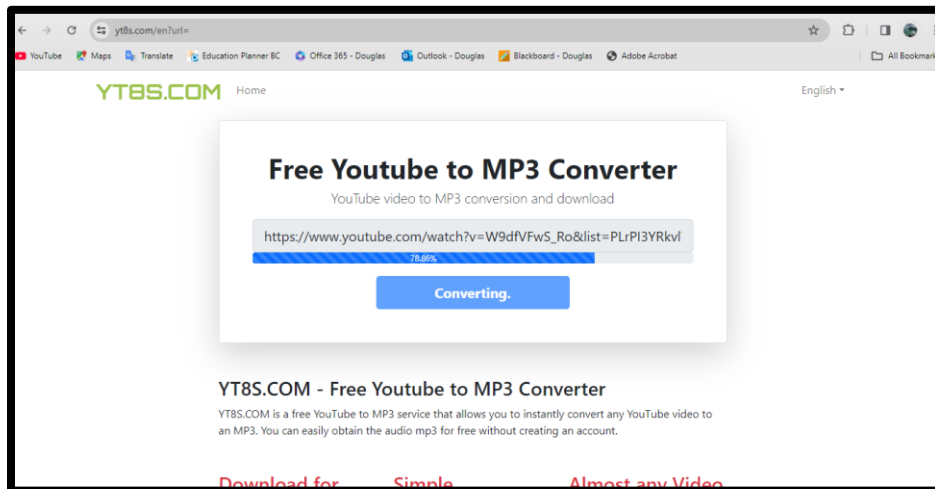


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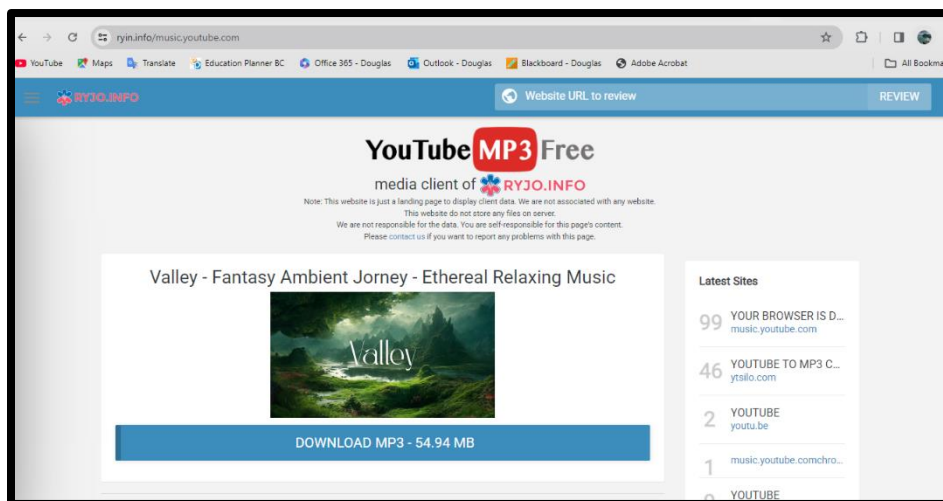
Step 3.

Once you have done that, you wait until the video is finished converting which could take up to several minutes.



Step 4.

Once the video is finished converting, you may press the download button and get the entire video saved directly onto your computer.

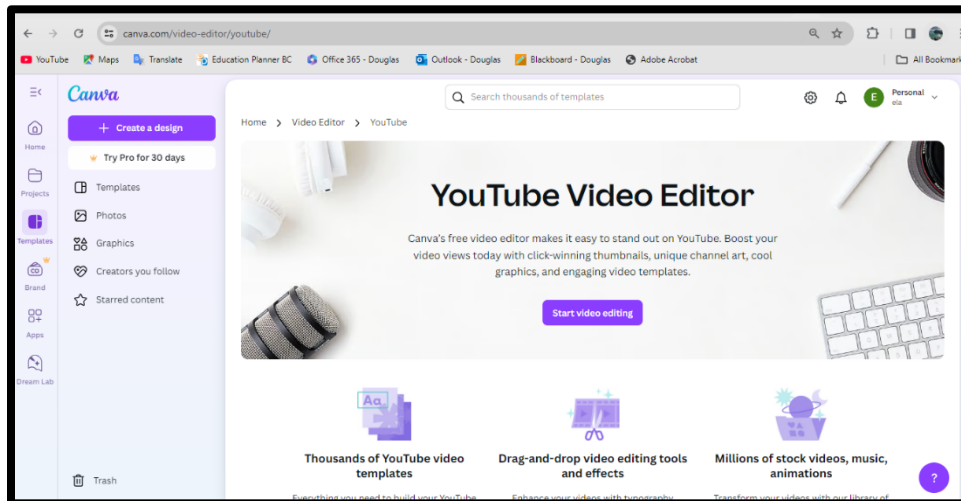


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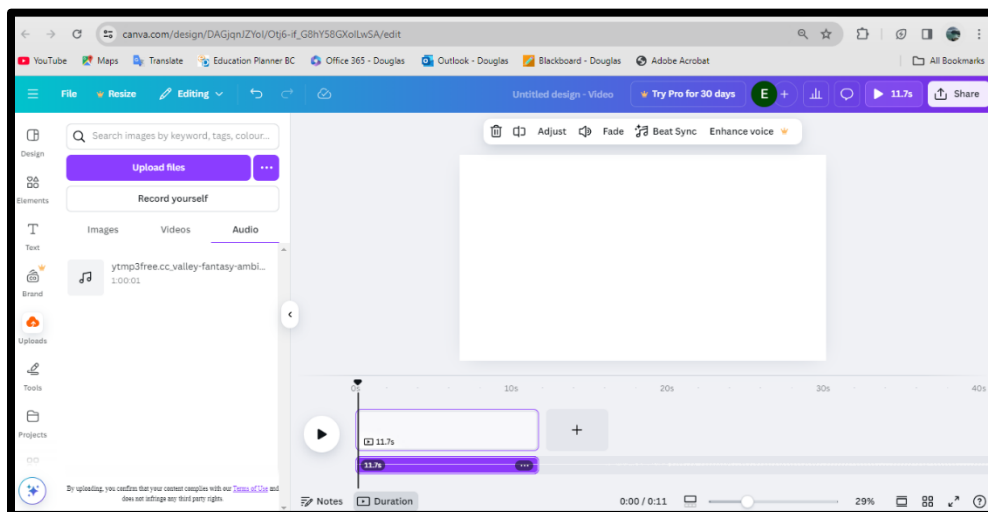
Step 5.

Go to the search tab and type in “Canva Video Editor” and press search. You should then be taken to this page where you press “Start Video Editing.”



Step 6.

And lastly you are brought to this page where you press “Upload File” where you upload the audio you saved earlier, and you begin your journey of creating your soundtrack!!!



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Collaborations:

As a part of my project, I was able to collaborate with Ella Routledge, Abby Poyner and Kyra Mantas.

Ella Routledge:

Objective: Create a dream like state soundtrack for Ella's Exhibition. I was given 4 words to use as inspiration "childish, freaky, whimsical and fantasy" and from there I created a 5 min soundtrack. For this project I decided to use The Canva Video Editor software as I found through my research to be the easiest to use for beginners. Throughout the making of this soundtrack I truly enjoyed the creativity aspect of it, and regardless of the fact that I was given key words to use as inspiration, I was still able to use my interpretation and put my own spin on it. For this soundtrack I wanted to keep it very instrumental, with minimal lyrics. I envisioned some sort of creepy laughter in the back, as well as some fantasy like sound effects. Now this soundtrack took quite a while to create because I didn't want to take one approach to the track, but instead have it being 3 dimensional. I had to see what sounded good with what however, it wasn't an easy process because when it comes to mixing music, there has to be an immense amount of precision. From the placement of each audio to the volume of each audio, what I wanted to fade and what I wanted to have playing all throughout. Each track had to be listened to multiple times in order for me to find the exact placement. All throughout I had to keep the wants of the client in mind, in this case being Ella, so I could achieve their vision to the best of my ability. Being a first-time creator with no musical background, I went on pure imagination, my hearing and what I felt in my body when I was creating, and I was able to create a soundtrack that Ella absolutely loved and I myself felt proud to present.

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Ella's Dream Like
State Soundtrack.mp



Abby Poyner:

Objective: Create a relaxing and peaceful soundtrack that can be used in the Wellbeing rooms in theatre spaces. I was told to make the soundtrack around 30 minutes long. For this I decided to take 2 routes, one to create a soundtrack using nature audio's from YouTube for anyone who wants a very soothing approach rather than listening to lyrics. I also found a song called "Weightless" by Marconi Union which is scientifically been proven to be one of the most relaxing songs to exist due to it's BPM (beats per minute) which start out at 60 BPM which is equivalent to the BPM heart rate of an average adult. This speed is said to help synchronize the music and the breathing of the individual in distress, and from there the music gradually decreases in speed to then 50 BPM which then allows a more stable breathing to take place. Once I did my research and knew the approach I wanted to take with this collaboration, I began to work on my nature soundtrack which I was able

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to complete with the help of The Canva Video Editor once again. I had to split the audio where I wanted and from there, I had to fade one audio into another to ensure a smooth transition. Once that was complete, I sent the URL to Abby, as well as making a QR code which they could then print and tape up in the appropriate places which was easily accessible to those in need.



Nature Soundtrack
#1.mp4



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Tv, J. (Ed.). (2015). *Marconi Union - Weightless (Official Video)*. YouTube.
<https://www.youtube.com/watch?v=UfcAVejslrU>



Kyra Mantas:

For my last and final collaboration, I had to use my visual and audible artistic skills to bring a 10 minute play to life. For this I had to attend a rehearsal for Median Man where I watched the play from start to finish many times. I was then given a script which I began to mark down moments within the play where I thought music was both appropriate and necessary to be displayed. For this I had to do an immense amount of research and watch many movies in order to hone down the crucial points. Those being, what is the vision or inspiration behind the choice of music, where is the specific moment that music needs to begin, what is the reason for it's display and the purpose it's trying to achieve by being present. All these points had to stay close in my mind when watching and researching about movies where music was involved. Once I began to grasp an understanding of the placement of music in movies, I decided to create a plan. Where do I want a song to start, and where do I want it to end? Why is the music playing at this moment? What time period are we in? Is the music diegetic or non-diegetic for characters and how loud I wanted the music to be. I then marked sections where I wanted the music to start and end, and have the volume set just enough to be audible to the

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audience, and have the actor's lines still heard. I wanted to take a more sentimental approach in those few moments, and at times use music as a way to show the character(s) going back in time when speaking about a memory, or when the character(s) spacing out. I then brought my findings and my opinions back to Kyra and the two of us had a thorough discussion which ended with us on the same page, and me having the green light to move forward with my song choices. Now for this project I decided to take an older approach when it came to my song choices. From there I found many songs which I brought back to discuss and get the opinion of the director on. Kyra was coincidentally on the same page as me for the time period and from there we were able to narrow it down to these 4 options.

- Can't Smile Without You – Barry Manilow
- Mia & Sebastian's Theme – La La Land
- Moon River – Breakfast at Tiffany's
- Too Much Heaven – Bee Gees

From there I wrote down a final copy of when each song starts and finishes, and Kyra was then able to create a track, and she would press play and pause whenever it was necessary.

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Interview with Luke Vasi:

During the duration of this project, I did hours on end of research either through watching and taking notes from YouTube videos or reading off of articles and websites. However, I wanted to speak to someone who was within the industry and get their take on the topic at hand. Which is why I decided to interview my good long time friend, Luke Vasi who is a remarkable artist and multitalented in many areas within the creative world. I had an hour long interview with him however, I narrowed it down to 30 minutes including the information I thought was the most crucial. The preparation to get this interview set, took lots of back and forth communication in order for us to find a middle ground when it came to the time considering he lives in Vancouver which is 7 hours behind. However, once a time was set and my questions were prepared, we were ready to move forward with the meeting. In which I got the permission to record the entire meeting from my end. This interview was quite helpful and I'm glad I

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was able to squeeze it into my project. It was very refreshing being able to talk to someone who shared the same interest as me that I was able to talk to one to one rather than only going off my research. This interview solidified the whole point of the importance of music in film for me and truly showed me that this is something I love and want to keep in my life. Something I want to continue putting endless amounts of time, research and effort into regardless of the project being finished, because it's something I'm in for the long run. With that said, Luke and I also discussed the possibility of collaborating together in the future on a short project and later down the line for an actual film project. Which I'm beyond excited about, and until then I will continue to grow my knowledge and learn more skills and invest into a more advanced music making software. Attached is the interview.



Interview with Luke
Vasi.mp4



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My 3 Soundtracks:

During this project I learned immensely because every piece of information led me down an even deeper rabbit hole and from there it was an endless cycle of learning. With that said my ultimate goal was to keep improving and taking my skills to the next level. I exercised this goal throughout my journey of making soundtracks on BandLab, which is another free music making software. As previously mentioned, I started my music making journey on The Canva Video Editing software however once I felt comfortable enough and I had a good grasp of Canva, I decided to move onto the next popular music making software, which was a big step from the beginner level that I originally started out with. When I first started using BandLab it was a huge change from Canva, there were more buttons, music notes, variety of instruments to choose from, BPM and so much more. I could confidently say that it took me a few weeks to finally get comfortable with operating this software. However I was still able to make 3 contrasting soundtracks, each being even more thorough and complex than the last one I created. To start, my first soundtrack I needed to have a vision, an image, something to go off of, because that's how making music works. You need to have an idea of what you imagine this soundtrack to portray, where it's taking place, what's happening etc. These things are crucial because if you don't have a starting point, you don't quite know what it is you're searching or building towards. Which is time being wasted, and in such a fast pace industry that isn't an ideal way to start a project. And from my interview with Luke Vasi, he confirmed that this is a crucial step before starting any soundtrack. However, he also mentioned that this starting point is a work in progress, which means it can change and fully develop into something far from what you initially wanted but that's normal. The process is filled with trial and error, seeing what works with what, what the director wants and what feels the most authentic for said film. With all of this in mind, I began to start my first soundtrack which consisted of 3 existing tracks that I found on BandLab which were offered for free to users. Now the vision I had in mind for this was a woman walking

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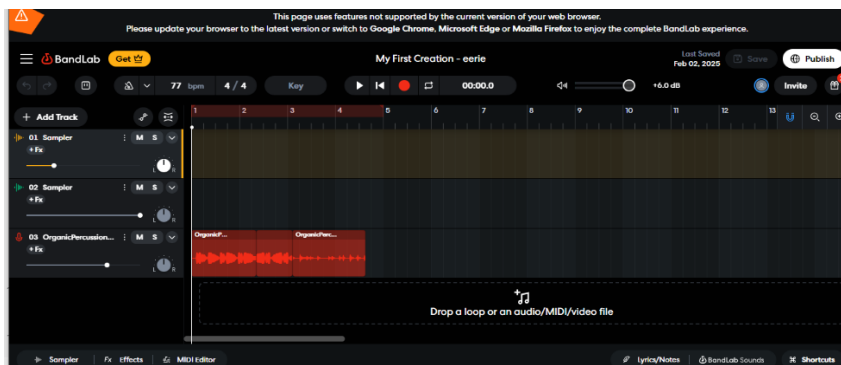
down a dark hallway towards one door that was at the end of the hallway, with red heels on, the camera behind her being lowered and parallel to her feet and capturing only her feet walking, lights flickering, and suddenly the track reverses which the camera captures her reversing as well and starting the scene all over again with her walking in once more. This soundtrack was about 10 seconds long, and I decided to call name it “Eerie Hallway.” And with that, my first soundtrack was complete. However, I didn’t want to stop there, but instead moved on to make a second soundtrack as well. This time I decided to challenge myself and make a soundtrack purely by the use of one instrument, in this case being the drums. This meant that I had to put each note manually in places that felt right to me. Since I couldn’t read music notes and had zero understanding of music theory, this made my process take 10 times longer to complete. However, I didn’t give up because I was dedicated and didn’t want to doubt myself just because I had no musical experience. With that said I began to think of a vision and figured out what it was that I wanted this song to be, which is when I came up with the idea of a disco party. I listened to a few songs that had this theme and vision and tried to replicate my own version, however I quickly realized that they used multiple instruments, and I was going to be only using one. But just like the challenges I faced before, I found a solution for this as well. I was going to stick to my original plan of making a soundtrack with the use of drums only but add really funky notes that could give it more depth. With that in mind I went on to make my second soundtrack. My vision for this soundtrack was a room filled with a bunch of different coloured lights with 3 friends dancing in the center of a room together just having fun, with the camera rotating around them. So I began to place notes, listen to the soundtrack from start to finish, take a note out or add a new one, then listen to it again, and this was a constant back and forth case. Until I finally finished my soundtrack which came out to about 25 seconds which was longer than the last soundtrack and I decided to name it “Neon Disco.” Which brings me to my third and final soundtrack, which once again consisted on the use of drums as the main focus. My vision for this soundtrack was these 4 tough robbers, and how they would

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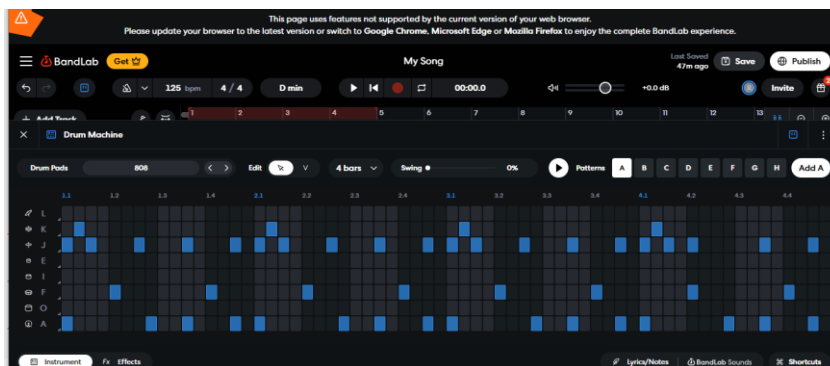
go around and rob expensive homes and get away with it because they would wear masks disguised as woman. This soundtrack was set to play during the time they were robbing one house, and how they got in the getaway car and drove off. With that in mind I began to make my last sountrack, which I wanted to include a lot of harsh notes into and make it very high tempo so if there was a listener they would be on the edge of their seat and wondering what's next. I definitely had the most fun with this soundtrack as it was the one I played around with the most, and at the end I named my third soundtrack "Movie Heist." Attached are short clips of what each soundtrack sounds, just to get an idea of my vision and work.

My 1st Soundtrack – "Eerie Hallway"



My First Creation
eerie (Tracks).wav

My 2nd Soundtrack – "Neon Disco"

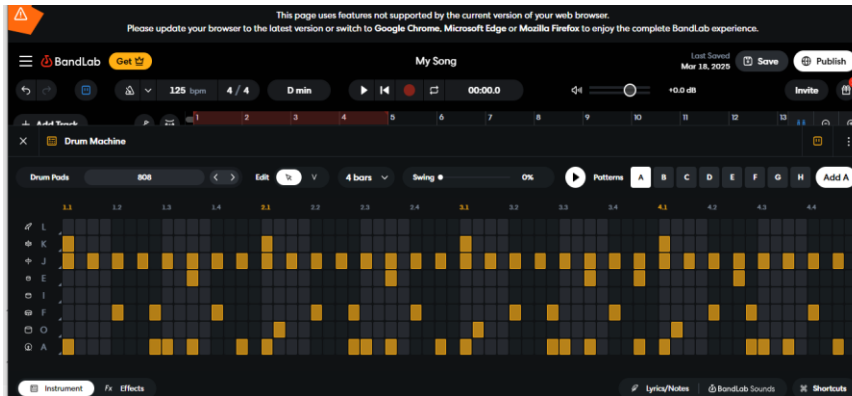


My 2nd Drums
Soundtrack.wav

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My 3rd Soundtrack – “Movie Heist”



 My 3rd Drums Soundtrack.wav

My Workshop:

Once I did the work and knew what it was, I was talking about, I decided to set up my own workshop to not only educate my peers on my findings but to also collect data and their opinions on the importance of music and most importantly music in film. I decided to create a plan on how I wanted my workshop to play out. Starting with 2 questions about music in film such as why they think it's used, and do they think it enhances or takes away from a scene. After that I incorporated the Rorschach test into my workshop which is essentially a test done by professional psychologists in order to discover and diagnose individuals ranging through the age of 5 – adulthood of personality traits, any abnormal emotional functioning's and lastly any mental disorders. Within this test, individuals are given 10 inkblots which are shown in the order of 1 all the way to 10. They are simply asked what they see. From there, depending on what the individual sees and their interpretation of the image, they are then evaluated on aspects of their personality. However, this wasn't my area of focus obviously, but I still wanted to educate myself on the background of the Rorschach test regardless. Now the reason I chose to show these inkblots and not a landscape photo or a photo of an interaction between people is because I didn't want it to show an image they had already seen or a clip from a

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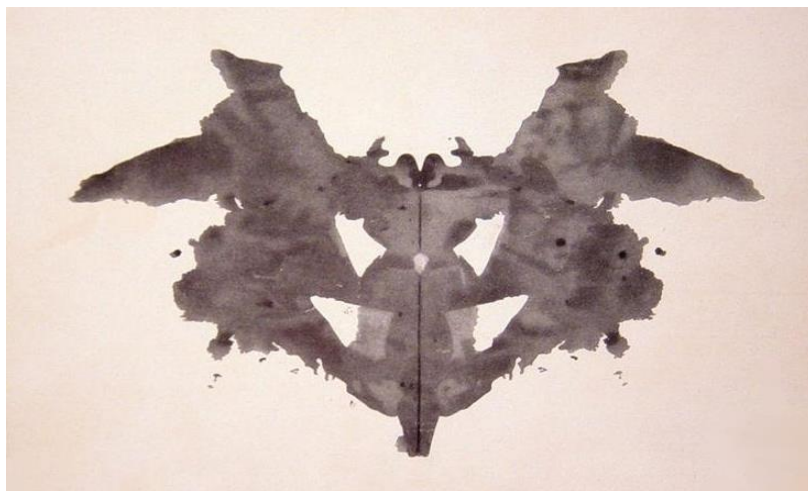
movie they had previously watched because that would create a bias in their responses. Which is why I chose to show them the inkblots from the Rorschach test because the chances of people seeing those cards before was way slimmer and was unbiased image. And because they were such vague images, I was curious to see what each person saw when they looked at the image, compared to what they saw when there was music playing in the background. Now let's remind ourselves again on the purpose of why music is used in film, to narrate, to set the tone and mood, to set the atmosphere, to give context, to foreshadow, to elevate our emotions, to create suspense or tension and lastly storytelling. Which brings me to my thought process, I wanted to see what would happen to the individuals once they saw the same inkblot card but with music behind it, because the music helps with flow and storytelling and almost highlights what we see visually. Our vision and audible senses once paired together are able to process so much more than if only one was present. And that is exactly what happened in this workshop. At first the individuals saw very surface level things, such as a shape which the paint splatter had created, the colours and it's placements and certain animals, fruits or objects they saw within the paint splatters. Though once the music was added they all began to see a story come to life, it was no longer a random animal on the screen, but instead an animal warning you, a female's reproductive system, something trying to express it's need for help, and these are just some of the responses that were given after the music began to play. I decided to record the whole Rorschach test experiment with the help of my good friend Eddie Matheus, because I was curious to see if there would be a physical change in the individual's bodies from mute images, to then images with music playing in the background. And looking back at the footage the change in their body language is hard to miss because it's so vivid. This activity was done solo, and once everyone had their turns, I brought everyone together to show them a short video of a movie scene. First without music and the second clip was the same scene with music, and I was curious to hear what they thought and which version they found enhanced the scene more and made it more entertaining to watch as an

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audience member. Everyone who attended the workshop voted for the version with music, as they felt more engaged with it, and it made them want to continue watching, made them feel goosebumps, and some even said it felt like the right option, and how movies should be. Some even said that even when they were watching the version with no music, that their brains were automatically putting music over the scene because that's what our brains are used to, and what we like to experience when we watch movies. Our brains like to fill in the gaps because we as humans are used to seeing visuals with music accompanying them right behind it. Lastly, I reminded everyone to check their emails and to complete the google form I had sent them earlier. I also asked people who didn't attend my workshop to complete my form, because I was curious to see their answers in order to compare and contrast. I was able to receive 12 responses, 5 from people who attended my workshop and 7 from people who did not attend my workshop. And with that, my workshop was complete.

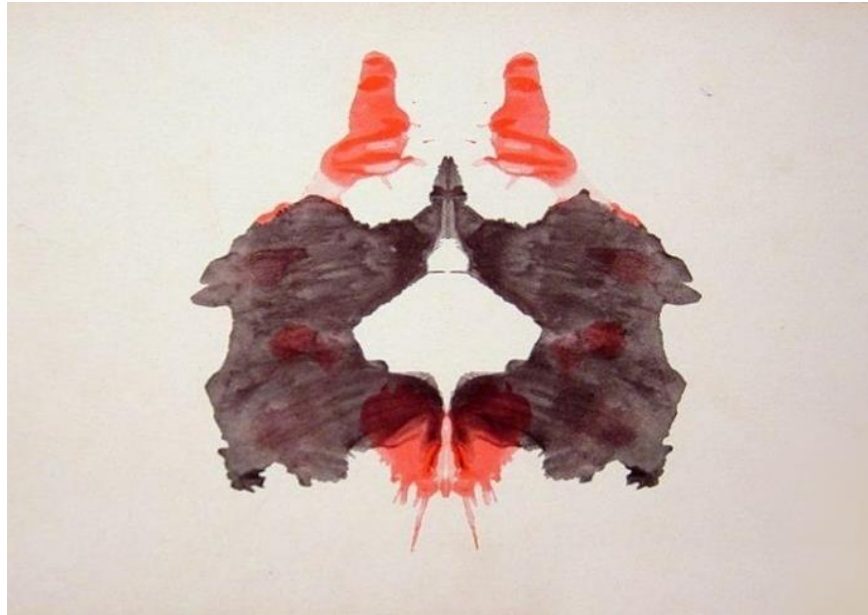
Inkblot Card #1



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Inkblot Card #2



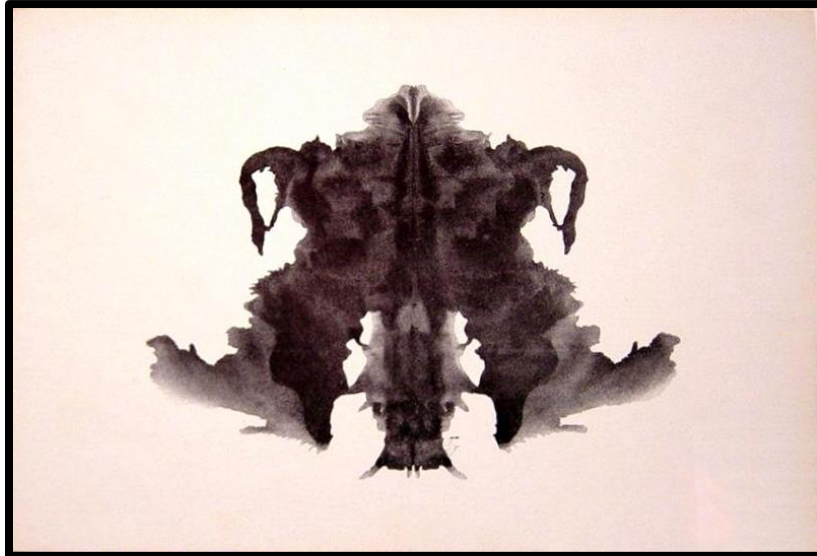
Inkblot Card #3



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Inkblot Card #4



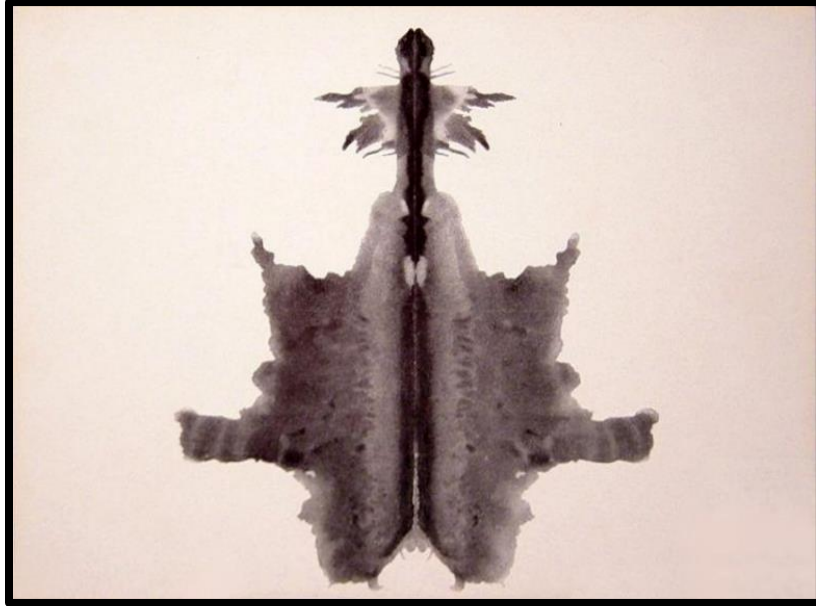
Inkblot Card #5



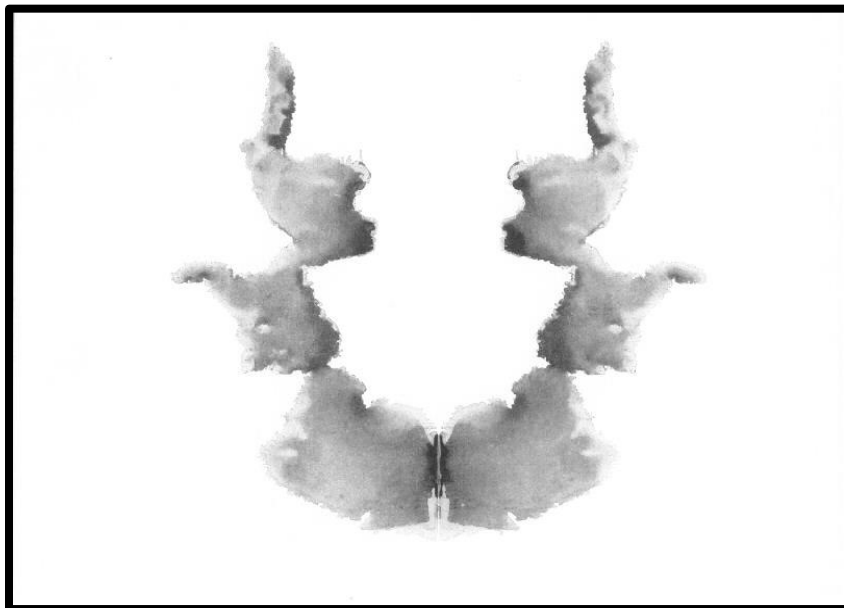
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Inkblot Card #6



Inkblot Card #7



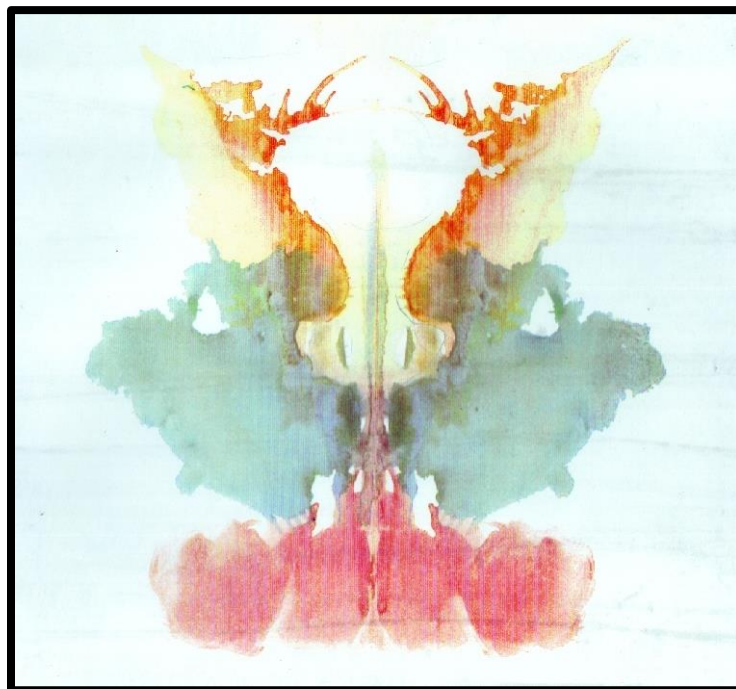
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Inkblot Card #8



Inkblot Card #9



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Inkblot Card #10



Moments Captured of Rorschach Test:



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A Few Responses from My Google Docs Form:

Please list your name: Kiki	Please list your name: Henry Nordquist
Based off of today's workshop, when music is used in films, do you think it enhances or takes away from a scene? I think it enhances it, brings more to the scene, makes the film more interesting and I feel emotionally invested	Based off of today's workshop, when music is used in films, do you think it enhances or takes away from a scene? Enhances.
What shift did you notice in yourself from looking at a mute image compared to an image supported with music? It changed the image when you heard the music for a while told a different story	What shift did you notice in yourself from looking at a mute image compared to an image supported with music? Outside of visuals, music is the most powerful cognitive amplifier in film. I feel a very significant emotional shift when I'm listening to music, no matter what I'm looking at.
What are some reasons as to why music is used in films? Bring better connection to the film, advertisement, show the theme of the film or guide you on how you're supposed to feel during the film.	What are some reasons as to why music is used in films? To uplift, for cathartic effect, for euphoric effects, to boost adrenaline
Would you consider music to be a crucial component in film? Would films be just as successful if music wasn't a factor? It brings the film more to life. It's very important in films I think if music wasn't in films they would be boring and tasteless.	Would you consider music to be a crucial component in film? Would films be just as successful if music wasn't a factor? Music is an essential factor in almost all films. Even with silent movies, there's usually a background score that's played to enhance the experience. Music is an essential component to almost all current films as well, with some minor exceptions (found footage films for example).

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Please list your name: Dionne	Please list your name: Tommi
Based off of today's workshop, when music is used in films, do you think it enhances or takes away from a scene? Enhances	Based off of today's workshop, when music is used in films, do you think it enhances or takes away from a scene? More often than not it enhances it
What shift did you notice in yourself from looking at a mute image compared to an image supported with music? I found that image with music gave the image a new life	What shift did you notice in yourself from looking at a mute image compared to an image supported with music? An image that has music can usually be quite playful or quite over the top that it may take away from it
What are some reasons as to why music is used in films? To add to the tension or the emotion to the scene	What are some reasons as to why music is used in films? To set a scene, intensifies it or make wonder what's going to happen next
Would you consider music to be a crucial component in film? Would films be just as successful if music wasn't a factor? Personally I don't think they would work with out music	Would you consider music to be a crucial component in film? Would films be just as successful if music wasn't a factor? It would depend on the kind film they were making

Diegetic vs. Non-diegetic Music:

- **Diegetic:** Music that is part of the film's world, which means the characters can hear what the audience is hearing as well. (Like when a character hears a song and starts dancing, a bird chirping)
- **Non-diegetic:** Music that is outside the world of the film and is placed in order to set the mood or atmosphere and is intentionally not audible to the characters but audible to the audience. (Such as film scores/soundtracks and sound overs.)

Film Score vs Film Soundtrack:

- The objective of film music is to create a world that is linked to the visuals on the screen which supports and enhances movies.

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- **Film Score:** This is an original piece of music that is often strictly preexisting has been composed for a set specific film. It is often only instrumental, and used as a way to enhance emotions and continue the narrative.

- **Film Soundtrack:** This is often music that is pre-existing, which features vocals, and are often licensed in order to be used in a film since it is another artist works, who wasn't related to the making of the film.

Movies With The Highest Ranked Movie Scores:

- Jurassic Park
- Jaws
- Interstellar
- Inception
- Star Wars
- Black Panther
- Pride and Prejudice

Movies With The Highest Ranked Movie Soundtracks:

- A Star Is Born
- Grease

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- Footloose
- 8 Mile
- Top Gun
- The Greatest Showman
- Almost Famous

What Makes a Great Movie Soundtrack?

By now we already know how crucial music in film is and because it's such an important component, the soundtrack needs to be the perfect match.

However, there are a few factors we need to keep in mind when deciding what is and isn't a good movie soundtrack. Those being Tone Matching, Dialogue and sound effects and scores. Firstly, let's begin with Tone Matching, which basically means that the said soundtrack needs to match the tone of the film. Which means an explosion doesn't and honestly shouldn't sound like a very muted and aggressive sound but instead have the perfect volume and intensity that matches the scene. The soundtrack needs to be proportioned and it's ultimate goal is for the soundtrack to always compliment what is being shown on the big screen. Secondly Dialogue, now this cannot be stressed enough but what is said on the screen needs to be heard at all times, unless the soundtrack was created to intentionally take the focus off of what is being said. However, this is a rare occurrence, because music is put in place to support the visuals, so it wouldn't go against it. We see this mistake made in a lot of movies where the dialogue gets lost somewhere within the soundtrack which alters the movie scene completely and at times could take the spark out of a movie. Now voices within a soundtrack are major as well, especially when it's a voice we don't recognize and that could mean a different language, an animal noise, the nose of a mythical creature. However, in these cases there is usually the voice of a human being added somewhere within the soundtrack to ensure that string of reality that is held between the screen's

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world and the audience's world. And lastly, sound effects and scores which truly bring the whole movie together when used correctly. In the early Hollywood days, it became an infamous joke that in every movie the same sound effects were used when it came to any cars being used. No matter the size or model, they all had the same sound effect. Which isn't the case anymore in today's age, since movies now have such high budgets and are so technologically advanced that they can afford to get very specific with each soundtrack and have it recorded well. And the more accurate a sound effect is to an item, or an accident then that's better because that's when the line of realism is shared between the movie characters and the audience. And finally, a good score needs to be put in place in order to ensure a smooth and successful soundtrack. The score needs to replicate the moment and the visuals that are shown and in order for that to happen, it needs to be done carefully and thoroughly and once again to support what is being shown on the screen. There are tons of movies with phenomenal movie scores that have been in the spotlight for years due to their clever score, and in order to create your own score you have to keep these 3 components close by.

Different Types of Music Careers Within The Film Industry:

There is no question that there are many roles within the film industry that have something to do with music. However, I'm curious to know who is in charge of what since this is a potential path that I could go into later down the line. Starting out with a Foley Artist which is someone who is in charge of the sound effects that take place in film. Those being for example footsteps, something falling onto the floor, a door shutting, and even eating audios as well. Secondly there is the Sound Effect Editor which works hand in hand with the Foley Artist in order to determine where those sounds should be placed within the movie. This means they have to thoroughly go through the entire movie in order to mark down the entrance of each sound. Next, there is a composer, and their job is to direct the audience's emotion to flourish. It helps

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raise the stakes at hand and bring the visuals on the screen to life. From there we have a music editor, who works on every individual scene to see when each song plays and how to bring each scene to life. Then we have the soundtrack engineer who is in charge of recording all of the live performances or songs, in which case they take them to the studio all day, for the purpose of creating the best soundtrack. And last but certainly not least we have the Postproduction Supervisor who's job is to begin adding the foley music, along with the soundtracks and once that is set is to make sure it's a smooth run all throughout. I feel that this was incredibly useful to find out as it made my career picking options more clear to choose from.

My Favourite Part and The Most Challenging Part of This Journey:

My favourite part would have to be when it came to creating the actual soundtracks. I got to be as creative as I wanted to be, and explore and learn and experiment, without having to worry about doing something wrong. Because what I learned about making music is that you can't go wrong. It's a space to feel, experiment and create, the possibilities are endless. And it doesn't matter if you come from a highly musician like family, have taken classes and are super musically inclined. Because as long as you can feel the music, then anyone can create music. However, the part I found the most challenging of this journey would definitely have to be learning how to use the softwares, because coming from someone who doesn't know how to read music notes or play any instruments, I found it challenging to learn how to mix and make soundtracks. But with the help of my research and persistence I was able to learn and create my own soundtrack with the time given.

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My Goals Moving Forward:

Doing this project has consisted of tons of ups and downs when it came to certain challenges, many hours of research and constant skill building for me. However, one thing is clear and that is that music is in fact a crucial part of film and needs to continue to stay as a part of the industry. Music is what connects the audience to the director, it allows moments for us as the audience members to relate to a character and empathize with them. Movies remind us that we are humans, when we are able to be placed in circumstance that allow us to be vulnerable. It allows our experience of watching a film to be 10 times more exciting because the soundtrack is hinting at what's going to happen next. Music always makes a scene stronger and more visually appealing and even though it doesn't always have to be so in your face, our brain still recognizes it when it's placed subtly as well. Music is also a very complex and broad spectrum, and it takes lots of time, patience and trial and error to create the perfect soundtrack. From now on I want to continue to grow my knowledge on music even more, and dive deeper into the world of music, because even though I have spent months on end on this project, you can never truly stop learning especially when it comes to music. I also want to take some composing classes once I'm back in order to grow my and take my skill set to the next level, all while building towards my ultimate goal which is to submit my work later down the line for a movie. Until then I will continue to learn and be an activist for the importance of music in film, and shining a light on a matter that is usually forgotten.

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