

2019 Belmont Undergraduate Research Symposium

Honors Artist's Studio III

Moderator: Devon Boan, Ph.D.

April 11, 2019, 5:30-7:30 p.m.
Johnson 324

5:30 p.m. – 5:55 p.m.

Sara Simply: An ADHD Lifestyle Blog

Sara Scannell

Faculty Advisor: Dorren Robinson

Normalizing mental health, anxiety, and ADHD is a crucial part of helping the millions of people that suffer from them. However, in my research, I found that good mental health blogs are hard to find, especially for young adults looking for a voice they can relate to.

So I created Sara Simply (sarasimply.com), a blog that candidly and positively discusses life with ADHD, anxiety, and mental health for young people like myself. The site has the look and feel of a lifestyle blog, featuring fun, bright pictures, and a light, conversational tone. In my posts, I share personal stories and tidbits of advice on topics that include fidgeting in class, struggling with self-care, forgetfulness, and even dealing with larger mental health issue like bipolar and depression.

I also try to shed light on the little things people don't necessarily realize can be connected to ADHD, like trouble with impulse control when grocery shopping or chronic forgetfulness.

The perspective of young adults — particularly young women — is often excluded from larger ADHD and mental health narratives. This blog seeks to share a fun, honest portrayal of life with these issues and chip away at their stigma in the process.

6:00 p.m. – 6:25 p.m.

***Sentience*: A Solo Violin Composition & Performance**

Vanessa Keiper

Faculty Advisor: Dr. Deen Entsminger

I tried as many art forms as I could from drawing to dancing, but music persisted through everything. I embarked on a journey of self-discovery in the summer of 2018, in which my life completely changed after not being able to walk for two months due to an unexplainable injury to my nerves. One morning, I crawled to my living room, sat in front of my piano, and composed a song – something I had never done before.

It started with a single chord, and ended with selling my soul to my piano. Ever since then, I took on the challenge to compose for my favorite monophonic instrument. The violin.

Following this life transformation, I wanted to explore modern classical composition through the instrument that has been my companion on the stage for the past decade. The composition is a solo violin piece with no accompaniment from other instruments or voices, in which I entertain the timeless theme-and-variations structure in a modern melody and a minimalist style. The piece is titled *Sentience*.

Drawing inspiration from composers such as Arvo Pärt, J.S. Bach, and rearranger Heinrich Ernst, I will perform my own composition and let listeners into my artistic process, as well as how I created the piece and where my musical ideas come from. Composers rarely talk about their work on a piece from start to finish, so I wanted to diversify my approach and make my speech an integral part of my performance.

6:30 p.m. – 6:55 p.m.

Writer's Block: Writing, Recording, and Revising with a Plan to Find My Creative Habit

Josh Coleman

Faculty Advisor: Dr. Devon Boan

Despite what the name suggests, artists of all mediums can suffer from the mental obstruction commonly called writer's block. As a musician, I often go through periods of drought where new songs are few and far between. Despite showing up to put in the work, inspiration never comes, and consequently, my interest wanes.

In the interest of learning to break this cycle and better understand my creative habit, I explored the writing process using six different strategies. For each one, I wrote and recorded a song and examined the potential benefits of the creative method used during its conception. The methods are as follows: writing a song internally before playing it or putting pen to paper, working at night when the analytical side of the brain is shutting down, working while alert and rested, working in short, incremental timespans, writing without intent/stream of consciousness, and constructing a song with words and choices selected at random.

What I found was just by framing the workflow differently each time, the strategies yielded exciting, eclectic results. The final product will be accompanied by a written analysis containing my thoughts on the methods and songs themselves and will offer a glimpse into the various stages of the writing process.

7:00 p.m. – 7:25 p.m.

Hope for Spring- A concept album for adolescents with depression

Kalin Hagedorn

Faculty Advisor: Kelly Hoppenjans

Depression is a drought— a cold, bitter winter. It is a winter so badly in need of hope— hope for spring. My concept album, Hope for Spring combines the art of songwriting with music therapy

research to offer healing for adolescents with depression. Stemming from a humanistic music therapy approach, the album fuses music therapy practices, and songwriting to form one cohesive album that takes the listener on a journey through the stages, emotions and experiences of depression. This journey is not one of easy listening, as it requires much self-reflection, contemplation, change of mind, and change of heart. The album begins by first allowing the listener to explore the depths of depression—the depths of hurt, fear, anger, doubt, and hopelessness. It transitions to the need for breaking down one's wall and accepting help from others. The iso-principle is a music therapy technique utilized within the album to elicit a hopeful mood. The principle works by meeting the listener where he or she is at musically, with a dark, heavy sound and a slow tempo. Gradually, the music is altered by increasing the tempo and transitioning to an uplifting mood. Hope for Spring carries an underlying message of faith, encouraging the listener to rest in the presence of God when they feel unable to bear. The album ends with a resounding message of hope. By the end, the listener has moved past the harsh winter that is depression and journeyed to a blissful spring.