

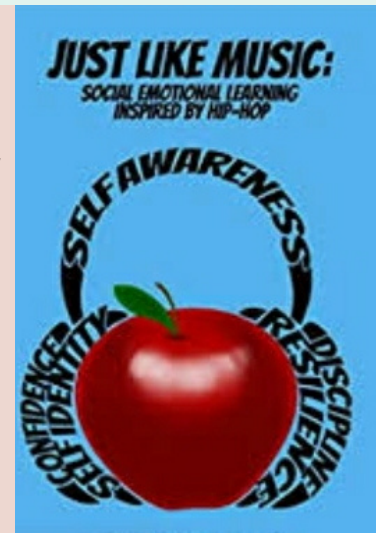
# BOOK: JUST LIKE MUSIC

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Change, one of the most needed yet most uncomfortable aspects of child development and education, is dwelt upon in David Spellmon's short novel "Just Like Music". Throughout this book, Spellmon takes us on a journey through a few destinations that promote growth for students and their surrounding individuals with the integration of hip hop music in every destination. After each destination, the author has included a specific lesson plan targeting both students and teachers in an activity that will help develop the interpersonal skill that was discussed.



The first destination in Philadelphia, Pennsylvania is about dreams and self management to achieve those dreams. By stepping out of one's comfort zone and chasing after dreams or goals will luck, and success seem to be coming one's way.

Next up, we arrive at the popular island Ibiza, Spain, where self-awareness, self-management and responsible decision making are discussed. Even when one hits a low in their life, it is important for those social-emotional skills to come in and help rediscover one's joy in life to keep moving forward.

Our next destination is in Detroit, Michigan, where we talk about relationship skills and being grateful for the people in our lives. Although success will come in all forms, it is still crucial and meaningful to give thanks to all the people that contributed to our success. Additionally, simply being grateful to wake up each day and have the chance to live and experience life should be appreciated.

We then head to Brooklyn, New York for 2 lessons to talk about self-awareness and responsible decision making. Many times, when we are faced with misery, it is easy for us to place blame on external factors, instead of looking introspectively and analyzing what we could have done differently that could have changed the outcome. Likewise, we are also responsible for our successes, though it is important to acknowledge the fact that we cannot be successful 100% of the time.

Now, we touch down in New Orleans, Los Angeles, to focus on social awareness and relationship skills. In this chapter, we talk specifically about the benefits of treating others with respect and kindness. It is important that we do not allow our perception of someone to get in the way of our behaviour towards them. It is better to have no negative energy associated with one's name, as speaking badly or gossiping about others may sometimes cost us valuable opportunities.

Next up, we arrive at Los Angeles, California, inspired by a Rhythms and Blues song, to talk about self awareness, or more specifically self empowerment. One must realise their own importance, and be able to remove themselves from a toxic situation by knowing they deserve better. By having a better self perception, one will be able to surround oneself with people that truly care and will help one grow together.

20 miles northeast of Detroit comes Mt Clemens, Michigan, to discuss self confidence. The way we think of ourselves and the confidence we have inside of us will greatly affect the way our actions are performed. By not being afraid of the heights we can reach in life, we can apply confidence to all parts of our life and improve the way our actions are carried out.

We now travel to Lagos, Nigeria, in Africa to talk about the benefits of being socially aware to make deeper connections with the people we meet in our lives. It will be good to expose ourselves to a variety of different cultures so that we can more easily bond when we meet someone from a different culture. By seeking friendships with different people outside of our comfort zone, we are creating more opportunities for ourselves.

Returning back to the United States, we land in Harlem, New York, where we explore the importance of living up to one's name. Instead of living up to one's last name, however, there is also much significance in one's first name. Whether it be in times of struggle, or in times of helping others, keeping the meaning of one's name in mind can serve as a great emotional boost.

Soon, we arrive at Fayetteville, North Carolina, to listen to lyrics that are very personal to the author. Here, self awareness is in growing comfortable in one's own skin, and understanding that even if one is far from perfect, one is still capable of success. We create our own movement, and it is better for us if we give our mental energy time to people who care about us rather than comparing ourselves to unrealistic standards.

Now we head back to Brooklyn where we state the importance of moving on from past challenges. Everyone will go through difficult times, interact with people who negatively impact one's life, or even trauma, but despite all this, we are always capable of rebounding. As much as one should seek help from people they are close with, there should be no shame in asking for help from professionals as well.

The next destination is Atlanta, Georgia, and we talk about perseverance here. This is mostly targeted to youth nowadays, and basically explains self-management and the role it plays in one's journey in reaching their goal. Only after one puts in the time and effort, will it be possible for results to start showing.

Afterwards, we head to the capital city of Ontario, Canada, to think about the importance of goal setting and giving everyday as much effort as possible. Having a clear goal in mind is the first step towards success. If we were to forget about our shortcomings, errors of the past, and failures we would be much closer to reaching our goals and dreams.

. We then go on to Chicago, Illinois, to discover our own self potential. Many times, we set a low ceiling for the most that we can achieve because of our status quo, our environment, or even our race. However, it is important that anyone can achieve anything despite their conditions. Change is necessary, and in order to be on the road to success, one will need to take a different path than what they have been taking their whole life.

We now arrive at our final destination: Weston Road, Toronto, and as the last destination, we discuss the importance of refraining from conflict. Unfortunately, many people tend to make irrational decisions when they are angry, causing beef and conflict to arise. It is normal to not be liked by everyone, however, that should never be the cause of failure to chase after goals, dreams, or simply strive to be better.

We were done...but not quite yet! We arrive at a bonus destination: El Mundo (The World) . We acknowledge all the issues that are going around in the world in nowadays society, however, that does not mean it is right for us to sit around and wait until change occurs for the better. Meanwhile, it is up to us to appreciate each other, work together, and respect each other, in order to conquer barriers as a whole.

*"We cannot control the events that are happening around us but we can control our actions to make things better."*

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## References:

<https://www.amazon.com/Just-Like-Music-Student-Workbook/dp/1734923725>