

VISUAL &
PERFORMING ARTS
ODESSA COLLEGE

SPRING 2023
MUSIC PROGRAM HANDBOOK



Odesa College is a fully accredited member of the National Association of Schools of Music.

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Accreditation

The Odessa College music program is fully accredited by the Southern Association of Colleges and Schools (SACS) and is also a fully accredited member of the National Association of Schools of Music (NASM).

Odessa College Music Program Mission Statement

To provide music students training in the areas of musical performance, music theory, music literature, and piano studies, in preparation for transfer to upper level baccalaureate degree programs, and to provide cultural enrichment for music students, Odessa College and the community at-large.

Faculty and Staff Contact Information

Full-Time Faculty

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Chair, Visual and Performing Arts
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Instructor of Trumpet
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Welcome to Music Majors

Welcome to the Odessa College Department of Visual and Performing Arts music program! We are glad you have chosen Odessa College to begin or continue your music studies. The purpose of this handbook is to help you understand what is involved in being a music major, and to guide you in making the most of your experience in our program at Odessa College. If any of the guidelines are unclear, or if you have questions, please feel free to contact us.

Facebook page - The Odessa College Music Program has a public Facebook page that is open to all. Its general purpose is to announce program activities, publicize upcoming campus or community musical events, and to acquaint the public with other aspects of the Odessa College Music Program. Click "Like" if you wish to follow this page.

Facebook student group - The Odessa College Music Program also has an internal departmental Facebook group for students and faculty/staff, for the purpose of communicating departmental information, scheduling announcements and changes, and other internal communications. If you would like to join this group, go to "OC Music Students" and request to be added. Please be mindful of the appropriate usage of language and subject matter when posting within this group.

Attendance policy - The best way to achieve success in your studies at Odessa College is to come to class. Students who expect to miss a class or applied lesson should contact the instructor as early as possible regarding the absence. It is your responsibility to contact the instructor for missed assignments, and it is your responsibility to complete those assignments. Instructors may attempt to accommodate scheduling of make-up lessons, but they are not responsible for rescheduling students who simply do not show up. The policy for attendance is currently at the discretion of the individual instructors. You will be notified if there are any changes.

Cell phone policy - Cell phones are not to be used in class, either for calls, or for texting. If an emergency exists which necessitates being available by cell phone during class, please notify the instructor before class, and excuse yourself quietly if receiving a call. Not only is texting, facebooking, etc., extremely disrespectful to the instructor, it also prevents the student from focusing full attention on the material being taught. Misuse of cell phones may result in reduction of scholarship funds and/or reduction of grades, without warning.

Student Recitals - *Music majors are required to attend all student recitals.* Each music major is also required to perform on at least one student recital per semester on his/her principal instrument/voice. Additional performances are welcomed, but not required. Each absence (regardless of reason) will drop your Applied Music course grade by one point. Other performances may be considered as fulfillment of the performance requirement, at the discretion of the music faculty. Student recitals for the Fall 2022 semester will be on the following Tuesdays, at 11:30am, in the Jack Rodgers Auditorium:

March 30 - Piano Departmental Recital
April 18 - Student Recital
April 25 - Student Recital
May 2 - Student Recital

Covid – 19 Protocol: Please access the Odessa College website, odessa.edu, for up-to-date information on campus safety policies regarding Covid-19.





Welcome to Music Majors

Student Recital procedures - Students who are selected by their applied instructors to perform on a given recital must turn in a recital slip (on the Fine Arts assistant's door), must give a copy of the score to the accompanist (Ms. Bizzell), and must schedule a rehearsal with Ms. Bizzell two weeks prior to the scheduled performance.

Students should dress appropriately for performance on student recitals, (no jeans, modest skirt length, etc.) and should exhibit professional performance practices, such as bowing and acknowledging the accompanist.

Students attending the recitals should applaud appropriately, without cheering or whistling.

Music Seminar requirements - Music majors are expected to attend Music Seminar every non-recital Tuesday of the semester, at 11:30 am, in the Jack Rodgers Auditorium. Lectures, masterclasses, demonstrations and performances by faculty will be presented for the students' musical enrichment. Students are responsible for arranging their schedules accordingly. Attendance will be reflected in the students' final grade for applied lessons.

Music Jury requirements - Juries, (the final exams for applied lessons) are required of all music majors. However, pianists and instrumentalists must play scales, etudes, or other works in the standard repertoire studied during the semester on juries. Juries will be held the week of final exams. Requirements for signup, delivery of music to accompanist, and scheduling of rehearsal with accompanist are the same as for student recitals.
May 8 - Student Juries

Music Scholarships - Scholarships are available for students enrolled in ensembles, such as bands or choir, and in piano class or private piano lessons. These scholarships are distributed at the discretion of Eric Baker (band), Dr. Juan Hernandez (choir), and Gayle Bizzell (piano).

Departmental Scholarships - In addition to band, choir, and piano scholarships, other music department scholarships are available.

The Rich, Rea, and Ward scholarships are partial scholarships, which are also awarded to students by audition, during the Spring semester.

In addition to the individual students' auditions, grade point average, attendance, attitude, and participation are also criteria for consideration for departmental scholarship awards.

Further information and application forms will be made available.



Departmental Concerts

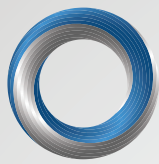
March 7 Spring Choir Concert, Jack Rodgers, 7pm

April 11 Spring Band Concert, The Globe, 7pm

April 25 Jazz Band Concert, The Globe, 7pm

May 4, Spring Choir Concert, Jack Rodgers, 7pm

More events may be added. Check the OC Music Facebook page and ask your instructors for the most current information



Welcome to Music Majors



Piano Care guidelines - Odessa College is now an All-Steinway School. This means that we have purchased, through the generosity of the Odessa College administration and multiple community donors, numerous pianos manufactured by Steinway. These pianos include practice room pianos, classroom pianos, and stage pianos. It is crucial that we, as a department, and you as individuals, help to keep these wonderful instruments in the best condition possible, for the use of students, faculty, guest artists, UIL contest participants, Jack Hendrix Piano Competition players, and any other musicians who make use of our facilities. Listed below are the methods, suggested by Steinway, for keeping our pianos in optimum condition. This list is also posted on the doors of all Odessa College practice rooms.

1. Keep the lid clear and clean at all times. Food, drink, coats, instruments cases, etc., can cause damage, and do not belong on the piano.
2. Maintain proper humidity and consistent temperature in this room. Always close the windows (*not applicable in our case*), and never put the piano near a heating unit. Avoid direct sunlight (*also not applicable*).
3. Never remove the piano bench from this room unless authorized by school administration. *You could hurt yourself as well as do damage to the piano.*
4. Pen and pencil marks can scratch the finish. Never write on paper that has direct contact with the piano. Certainly, never write on the surface of the piano!
5. Never take the piano apart.
6. Always keep the key cover up, even when the piano is not in use. This allows air to circulate and helps to prevent sticking keys.
7. Never sit or stand on the lid of the piano.
8. When cleaning, use a soft, clean cloth.
9. Make sure the piano is tuned regularly.
10. Report any necessary repairs to your school technician immediately.



Health and Safety Information and Recommendations for Student Musicians

What Instrumentalists Should Do



1. *Evaluate your technique.* Reduce force, keep joints in the middle of their range of motion, use large muscle groups when possible, and avoid fixed, tense positions.
2. *Always warm up.* As an athlete would not begin a vigorous physical activity without warming up, a musician must warm up carefully before practice or performance.
3. *Take breaks to stretch and relax.* Take short breaks every few minutes and longer breaks each hour. Two or more shorter rehearsals each day are more productive than marathon single sessions. Even in performance, find those opportunities to relax a hand, arm, or embouchure to restore circulation.
4. *Pace yourself.* No pain, no gain is a potentially catastrophic philosophy for a musician. Know when enough is enough, and learn to say 'no' to certain performances or lengths of performing that might result in injury.



5. *Check out your instrument.* Does your instrument place undue stress on your body? Is your instrument set up optimally for you to relieve pressure on hands, joints, etc.? Is there a strap, carrier, or stand available to relieve the stress?
6. *Evaluate other activities.* Pains and injuries affecting your music making could be caused by other activities in your daily life. Computer use is notorious for causing afflictions including carpal tunnel syndrome and tendinitis.
7. *Pay attention to your body.* Pain is the mechanism by which your body tells you that something is wrong. Listen to your body; if it hurts, stop what you are doing.
8. *Get medical attention.* Do not delay in seeing a doctor. A physician may prescribe a minor adjustment or, in worst-case scenarios, stipulate not performing for a period of time. As drastic as this may sound, a few months of rest is better than suffering a permanent, career ending injury. Likewise, the demands placed on singers' voices are immense. Hardly a month goes by where a top singer is not forced to interrupt a tour, take a break, or undergo a medical procedure due to problems with their voice. Medical professionals are making the case that the demands put on one's voice when singing one to three hours is as intense as those made on an Olympic marathon runner's body. Additional factors such as nutrition, smoking, drug use, noisy environments, and proper voice training (or the lack of it) all play a role in a singer's ability to perform at her/his best.



Health and Safety Information and Recommendations for Student Musicians

What Singers Should Do

1. *Maintain good general health.* Get adequate rest to minimize fatigue. If you do become ill, avoid “talking over your laryngitis” - see your physician and rest your voice.
2. Exercise regularly.
3. *Eat a balanced diet.* Including vegetables, fruit and whole grains, and avoid caffeinated drinks (coffee, tea, and soft drinks) and alcohol. Avoid spicy, acidic, and dairy foods if you are sensitive to them.
4. *Maintain body hydration;* drink two quarts of water daily.
5. *Avoid dry, artificial interior climates.* A humidifier at night might compensate for the dryness.
6. *Limit the use of your voice.* High-ceilinged restaurants, noisy parties, cars and planes are especially damaging to the voice. If necessary, use amplification for vocal projection.
7. Avoid throat clearing and voiced coughing.
8. Stop yelling, and avoid hard vocal attacks on initial vowel words.
9. *Adjust the speaking pitch level of your voice.* Use the pitch level in the same range where you say, “Umm-hmm?”
10. *Speak in phrases rather than in paragraphs.* Breathe slightly before each phrase.
11. *Reduce demands on your voice* - don’t do all the talking!
12. Learn to breathe silently to activate your breath support muscles and reduce neck tension.
13. Take full advantage of the two free elements of vocal fold healing: water and air.
14. *Vocal athletes must treat their musculoskeletal system as do other types of athletes;* therefore, vocal warm-ups should always be used prior to singing. Vocal cool-downs are also essential to keep the singing voice healthy.
15. Singers who engage in physical training that includes weight lifting or bursts of high intensity (like kick boxing) should always exhale when they lift, or during a burst of force. Holding your breath and/or “grunting” can damage the vocal folds.
16. Singers should also be very aware that medications can have an adverse effect on the voice. Here is a link to a list of common medications and the potential side effects from the National Center for Voice and Speech: <http://www.ncvs.org/rx.html> (offsite link).





Health and Safety Information and Recommendations for Student Musicians

Noise-Induced Hearing Loss (NIHL)

We experience sound in our environment, such as the sounds from television and radio, household appliances, and traffic. Normally, we hear these sounds at safe levels that do not affect our hearing. However, when we are exposed to harmful noise-sounds that are too loud or loud sounds that last a long time - sensitive structures in our inner ear can be damaged, causing noise-induced hearing loss (NIHL). These sensitive structures, called hair cells, are small sensory cells that convert sound energy into electrical signals that travel to the brain. Once damaged, our hair cells cannot grow back. NIHL can be caused by a one-time exposure to an intense “impulse” sound, such as an explosion, or by continuous exposure to loud sounds over an extended period of time. The humming of a refrigerator is 45 decibels, normal conversation is approximately 60 decibels, and the noise from heavy city traffic can reach 85 decibels. Sources of noise that can cause NIHL include motorcycles, firecrackers, and small firearms, all emitting sounds from 120 to 150 decibels. Long or repeated exposure to sounds at or above 85 decibels can cause hearing loss. The louder the sound, the shorter the time period before NIHL can occur. Sounds of less than 75 decibels, even after long exposure, are unlikely to cause hearing loss. Although being aware of decibel levels is an important factor in protecting one’s hearing, distance from the source of the sound and duration of exposure to the sound are equally important. A good rule of thumb is to avoid noises that are “too loud” and “too close” or that last “too long.”

It is very important to understand that the hair cells in your inner ear cannot regenerate. Damage done to them is permanent. There is no way to repair or undo this damage.

According to the American Academy of Audiology, approximately 26 million Americans have hearing loss. One in three developed their hearing loss as a result of exposure to noise. As you pursue your day-to-day activities, both in the Music program and in other educational, vocational, and recreational environments, remember:

1. Hearing health is essential to your lifelong success as a musician.
2. Your hearing can be permanently damaged by loud sounds, including music. Technically, this is called Noise-Induced Hearing Loss (NIHL). This danger is constant.
3. Noise-induced hearing loss is generally preventable. You must avoid overexposure to loud sounds, especially for long periods of time.
4. The closer you are to the source of a loud sound, the greater the risk of damage.
5. Sounds over 85 dB (your typical vacuum cleaner) in intensity pose the greatest risk to your hearing.
6. Recommended maximum daily exposure times to sounds at or above 85 dB are as follows: 85 dB (vacuum cleaner, MP3 player at 1/3 volume) - 8 hours, 90 dB (blender, hair dryer) - 2 hours, 94 dB (MP3 player at 1/2 volume) - 1 hour, 100 dB (MP3 player at full volume, lawnmower) - 15 minutes, 110 dB (rock concert, power tools) - 2 minutes, 120 dB (jet planes at take-off) - without ear protection, sound damage is almost immediate.
7. Certain behaviors (controlling volume levels in practice and rehearsal, planning rehearsal in order to provide relief from high volume works, avoiding noisy environments) reduce your risk of hearing loss.
8. The use of earplugs (Sensaphonics, ProGuard, Sensorcom) helps to protect your hearing health.
9. Day-to-day decisions can impact your hearing health, both now and in the future. Since sound exposure occurs in and out of musical situations, you also need to learn more and take care of your own hearing health on a daily, even hourly, basis.
10. If you are concerned about your personal hearing health, talk with a medical professional.
11. If you are concerned about your hearing health in relationship to your study of music at Odessa College, consult with your applied instructor, ensemble conductor, or department chair.

Sexual Harassment policy

Odessa College is opposed to any and all forms of sexual discrimination or harassment within the College community and will take the steps necessary to stop such conduct. Determining what constitutes sexual harassment can vary according to individual circumstances, but it can be described in general terms as unwanted or unwelcome sexually-oriented behavior, such as physical actions or verbal comments, which adversely affects the working or learning environment of an individual. This statement of zero tolerance for sexual harassment applies to students and College personnel alike. Odessa College's sexual harassment policy and procedures are designed to deal with complaints of sexual harassment in a reasonable and orderly fashion. Federal law requires that the College appoint a Title IX coordinator, who is responsible for serving as a resource person on sexual harassment issues and all other forms of discrimination. The Executive Director of Administration and Human Resources is the designated harassment prevention/ Title IX coordinator. The Director of Student Life will serve as an advocate for students in distress or a person of contact to initiate campus investigations.

IMAGINE
yourself
at ODESSA COLLEGE



Music (Field of Study) AA

2 Year Pathway

So you want to be a music major? Here are some helpful hints on scheduling your required music classes in the best way possible to help you complete your degree in a timely fashion. It is important to note that music course numbers do not always correspond with the number of hours spent in the classroom/studio/rehearsal hall. General Education or Core classes may be taken in a different order, but all MUSI, MUAP, and MUEN courses MUST follow this guide.

Term 1 **First Class Free SCHOLARSHIP**

COLL 0171
Strategies For Success

MUSI 1311
Music Theory I (16 weeks)

MUSI 1181
Class Piano 1 (16 weeks)

MUAP 12XX
Freshman Inst. or Voice
(16 weeks)

MUEN 1XXX
Music Ensemble (16 weeks)

Total Credit Hours
___ out of ___ = ___ %

Term 2

ENGL 1301
Composition 1

MUSI 1311
Music Theory 1 (16 wks. cont.)

MUSI 1181
Class Piano 1 (16 wks. cont.)

MUAP 12XX
Freshman Inst. or Voice
(16 wks. cont.)

MUEN 1XXX
Music Ensemble (16 wks. cont.)

Total Credit Hours
___ out of ___ = ___ %

Term 3

MATH 1332
Quantitative Reasoning

MUSI 1312
Music Theory I (16 weeks)

MUSI 1182
Class Piano 2 (16 weeks)

MUAP 12XX
Freshman Inst. or Voice
(16 weeks)

MUEN 1XXX
Music Ensemble (16 weeks)

Total Credit Hours
___ out of ___ = ___ %

Term 4

BIOL 1408
Life and Physical Sciences

MUSI 1312
Music Theory (16 wks. cont.)

MUSI 1182
Class Piano 2 (16 wks. cont.)

MUAP 12XX
Freshman Inst. or Voice
(16 wks. cont.)

MUEN XXXX
Music Ensemble (16 wks. cont.)

Total Credit Hours
___ out of ___ = ___ %

Term 5

HUMA 1301
Language, Philosophy &
Culture List

SPCH 1311
Component Option List

Total Credit Hours
___ out of ___ = ___ %

Term 6 **10% Tuition SCHOLARSHIP**

BIOL 1409
Life & Physical Sciences List

GOVT 2305
Federal Government

MUSI 2311
Music Theory 3 (16 weeks)

MUSI 2181
Class Piano 3 (16 weeks)

MUAP 22XX
Instrumental or Voice
(16 weeks)

MUEN XXXX
Music Ensemble (16 weeks)

MUSI 1307
Intro to Music Lit.
(16 weeks)

Total Credit Hours
___ out of ___ = ___ %

Term 7 **10% Tuition SCHOLARSHIP**

GOVT 2306
Texas Government

MUSI 2311
Music Theory 3 (16 wks. cont.)

MUSI 2181
Class Piano 3 (16 wks. cont.)

MUEN XXXX
Freshman Inst. or Voice
(16 wks. cont.)

MUSI 1307
Intro to Music Lit.
(16 wks. cont.)

Total Credit Hours
___ out of ___ = ___ %

Term 8 **20% Tuition SCHOLARSHIP**

HIST 1301
American History List

MUSI 2312
Music Theory 4 (16 weeks)

MUSI 2182
Class Piano 4 (16 weeks)

MUAP 22XX
Instrumental or Voice
(16 weeks)

MUEN XXXX
Music Ensemble
(16 wks. cont.)

Total Credit Hours
___ out of ___ = ___ %

Term 9 **20% Tuition SCHOLARSHIP**

HIST 1302
American History List

MUSI 2312
Music Theory 4 (16 wks. cont.)

MUSI 2182
Class Piano 4 (16 wks. cont.)

MUAP 22XX
Instrumental or Voice
(16 wks. cont.)

MUEN XXXX
Music Ensemble (16 wks. cont.)

Total Credit Hours
___ out of ___ = ___ %

CONGRATULATIONS
Confirm your
GRADUATION online!

Term 10

SOCI 1301
Social & Behavioral
Sciences List

KINE
Component Option List

Total Credit Hours
___ out of ___ = ___ %



ODESSA COLLEGE

