MY MUSIC TECHNOLOGY

TIME CAPSULE

A snapshot of who I am and how I think about music today

NAME _____ **CLASS / PERIOD** _____ **DATE** _____

DIRECTIONS: Answer each prompt based on what is true for you today. There are no wrong answers. Your teacher will save this page so you can revisit your ideas later.

1 **MY SNAPSHOT** Three words that describe me today.	
2 **MY SOUNDTRACK** A favorite song, artist, or music genre right now - and why I like it.	
3 **MUSIC IN MY LIFE** When or where music matters most to me.	
4 **MY TECH TOOLKIT** A music app, device, or tool I can use - and what I can do with it.	
5 **MY CONFIDENCE** I can create or edit music using technology.	Circle one: 1 — 2 — 3 — 4 — 5 just starting … very confident
6 **MY DREAM PROJECT** If I could create anything with music technology, I would make...	
7 **MY NEXT STEP** One music-technology skill I can do well now or would like to improve.	

NOTE TO MY FUTURE CREATIVE SELF

One thing I hope I remember about myself right now:



Music Technology Time Capsule

Response guidance for the existing student reflection

There is no single correct answer to a personal reflection. Use this guide for feedback, not to score musical taste, confidence, access to devices, or willingness to share private details.

1. My snapshot

Accept any three self-chosen words. Do not require students to defend a personal description.

2. My soundtrack

Look for a song, artist, or genre plus a reason. Example: "Instrumental game music because I notice how it changes a scene."

3. Music in my life

Accept a concrete setting or an honest statement that music is not a major interest. Personal details are optional.

4. My tech toolkit

Look for a named tool and an action. Example: "I can record and trim my voice." "I have not tried a music app yet" is also valid.

5. My confidence

Treat 1-5 as self-report, not a grade or proof of skill. A lower later rating can reflect greater awareness rather than less learning.

6. My dream project

Accept a specific creative idea. Example: "Make a short soundtrack for a silent animation." Do not require public posting.

7. My next step

Look for one identifiable skill. Example: "Learn to split a clip without cutting off a word." Help broad goals become manageable.

8. Note to my future self

Accept a self-chosen reminder. Allow a private response or a neutral alternative; do not demand personal disclosure.

A simple feedback check

For prompts asking for a reason, action, or next step: Clear = relevant and specific; Developing = relevant but needs detail; Revisit = not yet addressed. Accept a private or alternate response. Do not total these labels into a confidence or identity score.

At the later reflection, ask students to compare one response and point to a project or practice experience. Return feedback privately and let students choose what to discuss.