

THE SOUNDTRACK OF YOUR LIFE

Music Questionnaire



The key to leveraging the power of personalized music is identifying favourite songs from an individual's formative years. Dan Cohen, the person behind the music and memory movement, writes that these specific songs will form a more effective playlist than one based just on genre. This compilation of songs, the personalized playlist, becomes a musical soundtrack of one's life. The following questions will help you to reflect back on your life and ask meaningful questions relating to your musical memories.

- In which decades (or specific years) were you 10 to 25 years old?
- Where did you live in your childhood, teens, and 20s?
- Do you have any cultural or language affiliations? Any specific regions?
- Did your family have any special songs for family gatherings, holidays, or celebrations?
- Are there songs your parents played or sang to you as a child? Which songs remind you of being a child?
- What songs did you sing to your kids when they were young?
- What type (genres) of music did you listen to when you were young?
- Any memorable TV shows from your youth?
- Any particular music you used to listen to on the radio?
- Any memorable movies from your youth?
- Any religious songs you were particularly fond of?
- Did you have any favourite love songs?
- Did you enjoy going to concerts or musicals? Which ones?
- Who were your favourite singers, performers, groups, bands, composers, and/or orchestras?
- Did you have any records, tapes, or CDs that were your favourites? Any favourite songs from your collection?
- Did you play any instruments? What songs did you play?
- Can you hum any of your favourite songs?
- What songs did you dance to or play at your wedding? At your prom? Other special occasions?
- Any meaningful patriotic songs?
- Are there any songs you associate with a particular person, place, memory, event, or time in your life?

Feel free to submit your answers along with your application.