Pieces of Us: Songwriting Our Stories in Harrisonburg, VA

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An Honors College Project Presented to
the Faculty of the Undergraduate
College of Visual and Performing Arts
James Madison University

by Davina E. Miaw

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Accepted by the faculty of the School of Music, James Madison University, in partial fulfillment of the requirements for the Honors College.

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PUBLIC PRESENTATION

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Pieces of Us: Songwriting Stories in Harrisonburg, VA

By: Davina Miaw
Walk Through

• Storybook Format
• Research Question
• Background Research
• Methods/Process
• Group Songs
• Overarching Themes
• Final Conclusions
It started with a question.
A very big question.
In fact, it was a humongous question.
What does songwriting tell us about our identity?
Research Questions

• What are common themes found in the participants’ discussions and lyrics?
• How do participants’ vocabulary develop over time concerning identity?
• What are similarities and differences in the content and skill participants write with over time?
Miss Davina traveled near and far to find answers.
Background Research

• Songwriting (Kaschub and Smith, 2009, 2017)
  • Technical elements, meaningful intention, expressivity
  • MUSTS (five musical principles)
• Storytelling (Barrett and Stauffer, 2012)
  • Constructing narratives
  • Sharing experiences
She tried traveling by skateboard, skis, car, bike, boat, train, even by magic carpet!
Methods/Process

1. Qualitative and arts-based research (Leavy, 2017)
2. Narrative research (Creswell, 1997)
3. Keister ES (5th grade students in general music class)
   - Learning to play ukulele
   - Elements of a song
   - Do it together
   - Rotations (write an original song)
Methods/Process

4. Journal of Progress
5. Transcriptions
6. Analysis of Data for Overarching Themes
7. Final Product and Reflections
Her journey took her on a walk through the **Dark forest**.

Along the way, she met some **new friends!**
But they encountered...
“Worried because what if they laugh at your song and don’t like it and they laugh at you and they’re like oh your song is so ugly and if don’t like it your heart would break.”

“I don’t like songwriting because I have stage fright.”

“I feel like I want to jump out the window because I don’t want to sing the song in front of the whole group of people.”
“I don’t sing in front of anyone except in the shower.”

“It feels like they’re gonna kinda judge us.”

“Because you have to stand up and share and sometimes you have to sing the whole entire song.”

“nerves

“I’m nervous because I don’t know what people are going to say.”
“When we started I was nervous ‘cause I think we could do it and I had never written one but now ‘cause we wrote the whole song, it’s beautiful.”

“It’s good to express your feelings.”

“I hope you all are inspired by us I guess because we’re younger. At least we have a good start.”
Miss Davina also felt

“Hopefully this class goes well!”

“I'm excited to see how they do and if they remember. It's always a surprise to see who's gonna act today and who's gonna do well and what sort of things are surrounding it. Yeah I'm excited to see. Hopefully all goes well and they get to play their songs.”
“definitely low of energy, wow. School and teaching is hard. Teaching's been real hard, but I'm hoping to just have a lot of energy coming into it.”

“I don't even know how you teach for like 6 hours a day. I'm exhausted after one! Just to give it your best every time, that's just like insane to me. I'm exhausted.”

“I also think, wow, teaching is like I'm supposed to have all this energy and how am I supposed to be real with these kids and the fact that, you know, sometimes I may not be as energetic as I may want to be, that sort of thing. And what if the students don't like me, but realizing like it's not about that in a sense. It's kind of hard to wrestle with and balance how you teach and how the kids respond - all that jazz.”
“but I love seeing the kid who doesn't really talk and stands off to the side just slowly, quietly mouthing the words and these kids getting to seeing these words being used. Like wow, it's a beautiful song! That's cool for me.”

“I loved coming in and getting to know them right from the beginning.”

“This semester would have been so different had I not been working with these kids and they truly do have these little pieces of my heart.”
In addition to being fearful, nervous, and excited.  

“I'm super excited to hear them 'cause I haven't really. I've got to hear a couple of them, but not really, so I'm excited to see what they've written.”

“really worked out and lots of positive comments and stuff like “Oh, I loved when you looked up and sang it” or a great part was seeing how the kids in the audience were really reacting well and just singing the words and smiling at them and yeah, super cool.”

“Always kind of a bit nervous beforehand and in front of the kids. I want to do well and I think that it's always difficult in front of others.”
To tell you the truth, Miss Davina and her friends were simply LOST.
So what better idea to find their way out than to sing a song?
Their first song was about **power**

and how they would be stronger together as a team.
Group #1: Stronger Together

October 3rd

Power is something that everyone wants but not everyone believes they have it.

Verse 1:
I see my power in my own body and my own mind, just believe in yourself.
Power is something that everyone wants, but not everyone believe they have it.

Chorus:
We are stronger together than ever.

October 10th

Power is something that everyone wants but not everyone believes they have it.
We are stronger together than ever.
I see my power in my own body and my own mind.
Believe in yourself and you have the power to do anything.

Verse 1: C F Am G
I see my power in my own body and my own mind, just believe in yourself.

Verse 2:
Power is something that everyone wants, but not everyone believe they have it in their reach.

Chorus: Am F G
We are stronger together than ever.
We are stronger together.
If we stick together we have the greatest power.
Group #1: Stronger Together

October 17th

Verse 1: C F Am G
I see my power in my own body and my own mind, just believe in yourself.
Verse 2:
Power is something that everyone wants, but not everyone believe they have it in their reach.
Chorus: Am F C G
We are stronger than ever.
We are stronger together
If we stick together we have the greatest power

Verse 3:
Land or sea we got the power if we just believe, and the best thing is to be yourself.
Verse 4:
We believe in ourselves and fight for ourselves. We have the power to do anything.

Bridge: Am F
I am growing tall
I will stand in front of you all
I am growing tall
I will stand strong

Teacher Formatting Edits

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Verse 1: C F Am G
I see my power in my own body and my own mind, just believe in yourself.

Verse 2:
Power is something that everyone wants, but not everyone believe they have it in their reach.

Chorus: Am F C G
We are stronger than ever.
We are stronger together.
If we stick together we have the greatest power (x2)

(Interlude C F Am G)

Verse 3:
Land or sea we got the power if we just believe, and the best thing is to be yourself.

Verse 4:
We believe in ourselves and fight for ourselves. We have the power to do anything.

Bridge: Am F
I am growing tall
I will stand in front of you all.
I am growing tall.
I will stand strong.
Verse 1: C F Am G
I see my power in my own body and my own mind, just believe in yourself.

Verse 2:
Power is something that everyone wants, but not everyone believes that they have it in their reach.

Chorus: Am F C G
We are stronger than ever.
We are stronger together
If we stick together we have the greatest power (x2)

(Interlude: C F Am G)

Verse 3:
Land or sea we got the power if we just believe, and the best thing is to be yourself.

Verse 4:
We believe in ourselves and fight for ourselves. We have the power to do anything.

Chorus: Am F C G
We are stronger than ever.
We are stronger together
If we stick together we have the greatest power (x2)

Bridge: Am F Am G
I am growing tall
I will stand in front of you all
I am growing tall
I will stand strong (x2)

Chorus: Am F C G
We are stronger than ever.
We are stronger together
If we stick together we have the greatest power (x2)
Then they talked about how they felt trapped.
but could find a way out
Group #2: Trapped

October 3rd

Pick up the rice where the wedding was left and my wife was there to love me.
I wandered into darkness losing everybody
When it happened I lost everyone
I had nothing when I had everything then someone came and helped me
I fell on the ground, but you picked me up and gave me a chance to be myself and
I was trapped in a dream and I couldn’t wake up. It was all dark but you can’t give up and
go to try again and again.
I was trapped and sad but no one would love me. When I lost everything I was teared up
sadness. My heart was broken, broken, broken.

October 10th

the light lifted me up when I needed it.
when everyone was down I rose up and lifted them up with me e
I have this certain hope like a strong unbreakable Soul like god.
I knew that you would give back my strength,hope and faith in myself
as left in the fire burnt and broken
You help me have a healthier heart and learned to trust in more to make good friends
the darkness caught up with me so I ran and ran and ran

Verse 1: F Am G x2
Pick up the rice where the wedding was left
And my wife was there to love me I was trapped in a dream and I couldn’t wake up
It was dark, but I’ve got to try

Verse 2:
I wandered into darkness losing everybody
When it happened I lost everything

Chorus:
I fell on the ground, but you picked me up and gave me a chance to be myself
and I was different from the rest. (x2)

Verse 3:
Group #2: Trapped

October 17th

when we meant hope was near and all sadness was was lost in a different world.

Verse 1: F Am G x2
I was trapped in a dream and I couldn’t wake up
It was dark, but I’ve got to try

Verse 2:
I wandered into darkness, losing everybody
Hope and everything.

Chorus: F Am G
I fell on the ground, but you picked me up and gave me a chance to be myself
And I was different from the rest. Ohh (x2)

Verse 3:
I was trapped in the sadness and I couldn’t get out
And I waited for you to come, oh I waited for you come

Verse 4:
When we felt that hope was near and all the sadness was lost in a different world
We knew we were close

Bridge:
The light lifted me out
### Group #2: Trapped

**Verse 1:** F Am G x2  
I was trapped in a dream and I couldn’t wake up  
It was dark, but I’ve got to try

**Verse 2:**  
I wandered into darkness, losing everybody and everything.

**Chorus:** F Am G  
I fell on the ground,  
But you picked me up and gave me a chance to be myself  
And I was different from the rest. Ooh (x2)

(Interlude: F Am G)

**Verse 3:**  
I was trapped in the sadness and I couldn’t get out  
And I waited for you to come, oh I waited for you come

**Verse 4:**  
When we felt that hope was near  
And all the sadness was lost in a different world  
We knew we were close

**Chorus:** F Am G  
I fell on the ground,  
But you picked me up and gave me a chance to be myself  
And I was different from the rest. Ooh (x2)

**Bridge:**  
The light lifted me out  
Oh the light in you lifted me out, it lifted me out (x2)

**Chorus:** F Am G  
I fell on the ground,  
But you picked me up and gave me a chance to be myself  
And I was different from the rest. Ooh (x2)
They discovered true friendship looked a lot like the stars.
<table>
<thead>
<tr>
<th>October 3rd</th>
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</table>
| *Chorus:* F C Am G  
True friends are like stars  
You don’t always see them  
But you know they’re always there  
|  
| *Verse 1:* c f am g  
Only a true friend  
Will tell you to your face  
what others are saying behind your back  
|  

<table>
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| *Chorus:*  
True friends are like stars  
You don’t always see them  
But you know they’re always there  
|  
| *Verse 3:*  
Walking with your friend  
Is better than walking  
Ohh in the darkness  
|  
| darkness is dark but if you walk with a friend the light will come back  
will be when you and i together for the rest of my life  
|
Group #3: Like the Stars

October 17th

Verse 1: C F Am G
Only a true friend
Will tell you to your face
What others are saying behind your back

Verse 2:
When I am walking in the dark
You are always there beside
To light up the way

Chorus: F C Am G
True friends are like stars
You don’t always see them
But you know they’re always there (x2)

Verse 3:
Only a true friend will know all about you
And still love who you are

Verse 4:
There is nothing on this earth
That I value more than you
You are my friend

Chorus: F C Am G
True friends are like stars
You don’t always see them
But you know they’re always there (x2)
Ohh they’re always there

Teacher Formatting Edits

Verse 1: C F Am G
Only a true friend
Will tell you to your face
What others are saying behind your back

Verse 2: C F Am G
When I am walking in the dark
You are always there beside
To light up the way

Chorus: F C Am G
True friends are like stars
You don’t always see them
But you know they’re always there (x2)

Verse 3:
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And still love who you are

Verse 4:
There is nothing on this earth
That I value more than you
You are my friend

Chorus: F C Am G
True friends are like stars
You don’t always see them
But you know they’re always there (x2)
Ohh they’re always there
Group #3: Like the Stars

Verse 1: C F Am G
Only a true friend
Will tell you to your face
what others are saying behind your back

Verse 2: C F Am G
When I am walking in the dark
You are always there beside
To light up the way

Chorus: F C Am G
True friends are like stars
You don’t always see them
But you know they’re always there (x2)

Verse 3:
Only a true friend
Will know all about you
And still love who you are

Verse 4:
There is nothing on this earth
That I value more than you
You are my friend

Chorus: F C Am G
True friends are like stars
You don’t always see them
But you know they’re always there (x2)
Ohhh they’re always there
Though their journey was long, they never gave up.
Group #4: Never Giving Up

October 4th

Group 4

Stand for yourself and never give up

Don't give up if you're trying your best and always believe in yourself

I'll keep trying I won't stop can't stop don't care
What people say
I will rise to the top
Can't worry
Won't worry
I know this is hard but I won't give up
In till I reach the end
I'm sayin' it right now
No truth I have to bend
Now don't be whining what you want and need
Just keep trying and you'll achieve

October 11th

Chords: F Am G?

Stand for yourself and never give up

Don't give up if you're trying your best and always believe in yourself

Chorus:
I'll keep trying I won't stop can't stop trying
I don't care
What people say
I will rise to the top
Can't worry
Won't worry
I know this is hard but I won't give up
In till I reach the end
I'm sayin' it right now --
I won't give up
I'm saying it right now
I know the truth, and I won't have to bend, no.
October 18th

Stand for yourself and never give up
Don’t give up if you’re trying your best and always believe in yourself

Chorus:
I’ll keep trying I won’t stop trying
I don’t care what people say
I will rise to the top
I can’t worry
I won’t worry
I know this is hard but I won’t give up
I won’t give up

I’m saying it right now
I know the truth, and I won’t have to bend, no.

Verse 2
We never give up and we know we are brave
We care for each other and know how to behave
Now don’t be confusing what you want and you need
Just keep trying and you will achieve

Chorus:
I’ll keep trying I won’t stop trying
I don’t care what people say
I will rise to the top
I can’t worry
I won’t worry
I know this is hard but I won’t give up
I won’t give up

I’m saying it right now
I know the truth, and I won’t have to bend, no.

Bridge:

Chorus: CHORUS

Verse 2: F C Am G
We never give up and we know we are brave
We care for each other and know how to behave
Now don’t be confusing what you want and you need
Just keep trying and you will achieve

Chorus: CHORUS

Bridge: F C Am G
Look into the mirror
Who is standing there
A hero
A helper
A human who doesn’t care what people say
Who will stand tall?

CHORUS
Group #4: Never Giving Up

Verse 1: F C Am G
Stand for yourself and never give up
Don’t give up if your trying your best and always believe in yourself

Chorus: F C Am G
I’ll keep trying I won’t stop trying
I don’t care what people say
I will rise to the top
I can’t worry
I won’t worry
Am
I know this is hard but I won’t give up
F
Til I reach the end
C G
I’m say’n it right now --
I won’t give up
I’m saying it right now
I know the truth, and I won’t have to bend, no.

Verse 2: F C Am G
We never give up and we know we are brave
We care for each other and know how to behave

Now don’t be confusing what you want and you need
Just keep trying and you will achieve

CHORUS

Bridge: F C Am G
Look into the mirror
Who is standing there
A hero
A helper
A human who doesn’t care what people say
Who will stand tall.

CHORUS
And their love for each other grew, and grew, and grew
Group #5: I Still Love You

October 4th

Am F Am F
I gave her everything she took my heart and left me lonely, ok she be crying she be crying every single night day and night on my mind piz don't kill the vibe that I'm trying to recognize
I need stitches I am tripping over myself
I can't remember the last time we spoke

Group 5
Am F Am F
I gave her everything she took my heart and left me lonely, ok she be crying she be crying every single night day and night on my mind piz don't kill the vibe that I'm trying to recognize
I need stitches I am tripping over myself
I can't remember the last time we spoke

October 11th

Chorus: C F Am F
I need stitches I am tripping over myself
I can't remember the last time we spoke (x2)

Verse 1
You left me behind, but I got up and stayed strong.
I can't believe you did this to me, you were my only friend.
Now all the bullies came out of my life since you left.
I was crying everyday and every night.

But then I found a friend.
A friend in need - we traveled everywhere.
We always had a good time together.
But I just can't forget you did this to me.

Am F Am F

Chorus: C F Am F
I need stitches I am tripping over myself
I can't remember the last time we spoke (x2)
October 18th

You left me behind, but I got up and stayed strong.
I can't believe you did this to me, you were my only friend.

Verse 2:
Now all the bullies came out of my life since you left.
I was crying everyday and every night.

Chorus: Am F
But then I found a friend.
A friend in need -
we traveled everywhere
We always had a good time
But I just can't forget what you did this, what you did

And I still love you, I still love yo-to-me-uu

Verse 3:
You were in my mind and I was in your head
I can't remember the last time that we spoke

Chorus: G F Am F
I need stitches I am tripping over myself
I can't remember the last time we spoke (x2)

Verse 4:
When everything came out of my life, you were there
But then it crumbled, it crumbled everything

Time
Chorus: Am F
But then I found a friend, a friend in need
We traveled everywhere together
We always had a good time but I just can't forget what you did, what you did

And I still love you, still love you
Verse 1: C F Am G
You left me behind, but I got up and stayed strong.
I can’t believe you did this to me, you were my only friend.

Verse 2:
Now all the bullies that came out of my life since you left.
I was crying everyday and every night.

Chorus: Am F
But then I found a friend, a friend in need
We traveled everywhere together
We always had a good time but I just can’t forget what you did, what you did
And I still love you, still love you

Verse 3:
You were in my mind and I was in your head
I can’t remember the last time that we spoke

Verse 4:
When everything came out of my life, you were there
But then it crumbled, it crumbled everytime

Chorus: Am F
But then I found a friend, a friend in need
We traveled everywhere together
We always had a good time but I just can’t forget what you did, what you did
And I still love you, still love you
They made mistakes along the way.
October 4th

I tried and tried but my emotions overcame me.
F: We used to be friends but now we are not, but all our friendship
bled.
rd: My friend pushed me down, then I got up then I turned around and
gave up.
yn: I am only human and I bleed when I fall down, I am only human
always seem to break down.
Me and you friends for ever.

October 11th

Chorus: C F Am G
I am only human and I bleed when I fall down,
I am only human and I always seem to break down. (x2)

Verse 1:
I tried and tried but my emotions overcame me
We used to be close but then our friendship crumbled

Verse 2:
You pushed me down but then I turned around and rose up
I never gave up on you and me forever

Chorus: C F Am G
I am only human and I bleed when I fall down,
I am only human and I always seem to break down.

Verse 3:
Verse 3:
We should have been more honest with each other.
I should have told you everything

Verse 4:
When my world broke, yours did too
We can't go on like this forever

Chorus: C F Am G
I am only human and I bleed when I fall down,
I am only human and I always seem to break down.
I am only human and I bleed when I fall down,
I am only human and I always seem to break down. (x2)

Verse 1:
I tried and tried but my emotions overcame me
We used to be close but then our friendship crumbled

Verse 2:
You pushed me down but then I turned around and rose up
I never gave up on you and me forever

Verse 3:
We should have been more honest with each other.
I should have told you everything

Verse 4:
When my world broke, yours did too
We can't go on like this forever

Chorus: C F Am G
I am only human and I bleed when I fall down,
I am only human and I always seem to break down.
However, their lives became intertwined with one another, like the sun and moon.
Group #7: Sun and Moon

October 4th

Bumps and tears a

October 11th

Verse 1:
Bumps and tears along the way still our friendship will remain the same.
Here we are side by side we’re never gonna leave each other anytime

I’m never gonna let you go
Through everything, you’ll always know
That whenever something’s on your mind
You can call me and I’ll pick up everytime

Verse 2:
You are my friend and I am yours
We stick together through the storm
You are the sun, I am the moon
Without the other, I can’t have you

Verse 3:

Verse 4:
Group #7: Sun and Moon

October 18th

Verse 1:
Bumps and tears along the way still our friendship will remain the same. (C major, F, A and G)
Here we are side by side we're never gonna leave each other anytime.

I'm never gonna let you go
Through everything, you'll always know
That whenever something's on your mind
You can call me and I'll pick up everytime

Chorus
You are my friend and I am yours
We stick together through the storm
You are the sun, I am the moon
Without the other, I can't have you

Verse 2:
I'm never gonna let you go
Through everything, you'll always know
That whenever something's on your mind
You can call me and I'll pick up everytime

Chorus
You are my friend and I am yours
We stick together through the storm
You are the sun, I am the moon
Without the other, I can't have you

Verse 3:
When I am walking here alone
You will be there, that I know
I'll never forget you when you go
You will support me through the rain and snow

Verse 4:
As we grow and our worlds change
Time will never be the same
But you can help me as I grow
And be there through the journey this I know
**Group #7: Sun and Moon**

<table>
<thead>
<tr>
<th>Verse 1: C F Am G</th>
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</table>
After singing these songs, they made it out of the forest!
And what did they learn along the way?
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<thead>
<tr>
<th>Name</th>
<th>Files</th>
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<tbody>
<tr>
<td>Changing of Song</td>
<td>3</td>
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<tr>
<td>Difficulty of Songwriting</td>
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Miss Davina learned about her identity as a teacher and what that meant.

"but the question is why? Why are we doing something? And that's something nobody else can touch...I just have to ask why I'm doing this and why am I doing music and why do I want to do this?"
September 9th, 2018

"I was saying, as a teacher it's not about the product because you can do it. Proving that your students can do it or you can do it means nothing. It's about giving your students the courage to experiment, to make mistakes, to be afraid, and it's empowering to them. And it's cliché to hear, but you're gonna have those bad days but there's something going on in deeper and you kind of have to wait and see it come out."
October 23rd, 2018
Miss Davina

Chorus: C F Am G
Let the nerves fall down
Let the fears wash away
You don’t have to prove yourself
It’s okay to make mistakes

Verse 1: C F Am G
Walk into the classroom
It’s 9:20 AM
Forty eyes staring back at me
What do I say?

Chorus: C F Am G
Let the nerves fall down
Let the fears wash away
You don’t have to prove yourself
It’s okay to make mistakes

Verse 2:
Kids bouncing off the walls
They don’t even want to try
I’m so tired, can’t see straight
Hoping for the best today

Chorus

Verse 3:
A child’s sitting in the corner
Third week in a row today
The song he wrote starts to play
A smile shines on his face

Chorus x2
Her friends learned about exciting and difficult parts of songwriting, and the importance of sharing messages through songs and stories.
Me: So how did you all feel - what is the kind of message you want to share with your song? That friends are there for you so that you can make sure anytime you can...? Is it from your own experience that you wrote it or did you dream it?
Student D: My own experience
Me: What are you feeling about sharing your song to the whole class?
Student E: I get really scared when I sing in front of people
Student D: Yeah, me too
Student F: Yeah, but I’m pretty confident
Me: What makes it scary to share to other people?
Student D: Some of them in there are not that mature...cause they’re like -
Student E: *nodding head in agreement* especially the boys
Me: Are you excited to see how you all are going to put it together?
Student D: *excited nods*
Me: Do you think your feelings were different when we first started this project? Were you nervous at first to share your song and now do you feel less nervous about it?
Student D, E, F: yes
Student D: I thought it wasn’t gonna go well, but now I -
Student E: It was hard at first
Me: How do you feel about sharing it?
Student D: I’m still kinda nervous but I want to share it.
Me: Mhmm, What makes your song interesting and why should people listen to it?
*silence for a couple of seconds*
Student E: Like I think we’ll know when we get closer to finishing our lines. I think people should listen to it because it’s awesome.
Me: It’s awesome because you’re awesome!
Student E: Yeah, we are awesome.
Me: Afraid of what?
Student A: Oh I thought I wouldn’t feel like I’m a songwriter
Student B: I was nervous because I said about writing our words and like try to make a song

Me: How was writing your lyrics the second time? Was it easy, hard, medium?
Student B: Eh
Student C: Hard? For you hard, but for us medium.
Me: What made it hard this time?
Student A: This time hard
Me: Why do you think it was hard and why do you think it was easier?
Student C: It is easier because we keep singing and singing. We can learn and more then we, than we know. We getta know more we sing.
Student B: It doesn’t have to need to be that good to be famous. We just need to try our best ya know.

Me: Would you say you’re a songwriter?
Student C: Yes cause because we’re basically writing songs write now.
Student A: *shrugs no*
Student C: They’re more powerful. Add more words
Student A: Having a different topic true friends.
Student C: When people see it, they’re gonna feel sad because it’s when you read it feels sad.
Word frequency in student and self reflection transcriptions ("with specialization")

Word frequency in student and self reflection transcriptions ("with generalization")

Word frequency in student and self reflection transcriptions ("with synonyms")
Conclusions

• What are common themes found in the participants’ discussion and lyrics?
  • Emotions of fear, nerves, excitement
  • Bad, but hope
• How do participants’ vocabulary develop over time concerning identity?
  • More articulate
  • More words
  • Not afraid to explain and share
• What are similarities and differences in the content and skill students write with over time?
  • Stayed pretty constant over time
The End