Welcome to the Music Department at Lone Star College-Montgomery!
We pride ourselves on offering high quality courses, taught by first-rate instructors, at a fraction of the cost of four-year colleges and universities. Whether you are a student taking classes towards a degree in music or are simply enrolled in one of our many other course offerings, this handbook is designed to help you plan for success in your music classes. Remember that we’re here to help you reach your academic goals. Send us an email or talk to us after class when you have a question or when something comes up. Keep us in the loop. Our goal is your goal, and together we can make it happen!

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IMPORTANT INFORMATION FOR NEW STUDENTS

- **Orientation Meeting for All Music Majors & Non-Majors**
  - All music majors and non-majors are expected to attend an orientation meeting on the first Friday of the semester from 1:00-2:00 in the Recital Hall, H-102. At that meeting you will receive information about the music program, including the requirements for music ensembles, private lessons and studio classes. You will also have the opportunity to ask questions.

- **Associate of Arts with Field of Study Curriculum in Music**
  - Music majors should plan to make an advising appointment with one of the full-time faculty members to talk about courses required for the Associate of Arts with Field of Study Curriculum in Music.

- **Studio Classes / Recitals**
  - All students enrolled in MUAP 1200- and 2200-level Private Lessons are required to attend the studio classes for their major area and attend all student recitals.
  - Recital Schedule and Studio Class schedule will be distributed.

- **Guidelines for Music Students**
  - Be sure to read this handbook for important information regarding studio classes, recitals, juries, the piano proficiency exam, practice room and locker assignments, tutoring and much more.

- **Food and Drink Rules**
  - **There is absolutely no food or drink allowed in Music Building Classrooms or Practice Rooms.** The only places where you may eat are in the Lobby, the outside Courtyard and in the Covered Walkway. Water bottles with sealable tops are allowed, but must **NEVER** be placed on or near any of the pianos. This is your building—please hold each other accountable to these guidelines.

**MUSIC DEPARTMENT FACULTY**

**Full-time Faculty:**

Dr. Mark Marotto  
Associate Professor of Music, Department Chair and Director of Choral Activities  
Office H101C - (936) 273 7270 – Mark.Marotto@LoneStar.edu

Dr. Earl Holt  
Professor of Music and Lead Faculty (Class Piano/Music Fundamentals/American Music)  
Office H101E - (936) 271 6112 – Earl.Holt@LoneStar.edu

Dr. Eiki Isomura  
Assistant Professor of Music and Director of Orchestral Activities (Theory/Ear Training/Sight-Singing)  
Office H101D – (936) 273 7090 – Eiki.Isomura@LoneStar.edu

Cristina Mendoza  
Associate Professor of Music and Director of Bands (Music Literature/American Music)  
Office H101B - (936) 271 6111 – Cristina.E.Mendoza@LoneStar.edu
MUSIC DEPARTMENT FACULTY CONTINUED

Adjunct Faculty (Office H101A):

Elizabeth Borik
Elizabeth.R.Borik@LoneStar.edu
Voice, Diction

Dr. Lisa M. Burrell
Lisa.M.Burrell@LoneStar.edu
Strings (Violin, Viola)

Jennifer Dennison
Jennifer.Dennison@Lonestar.edu
Single Reed (Clarinet)

Jason Harvey
Jason.Harvey@LoneStar.edu
Brass (Trombone, Euphonium, Tuba)

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Gaven.Krase@LoneStar.edu
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Dr. Sergey Kuznetsov
Sergey.Kuznetsov@LoneStar.edu
Piano, Music Fundamentals

Justin Langham
Justin.Langham@LoneStar.edu
Music Theory

Dr. John Marsh
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Music Appreciation (Online)

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Guitar

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Eric.J.Ruyle@LoneStar.edu
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Blake.Taylor@LoneStar.edu
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Tom.D.Tillotson@LoneStar.edu
Trumpet

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Amanda.N.Waites@LoneStar.edu
Music Appreciation, American Music

Michael Walsh
Michael.E.Walsh2@LoneStar.edu
Voice

Amy Wiggs
Amy.S.Wiggs@LoneStar.edu
Flute

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Lauren.E.Lazo@LoneStar.edu

TEAM Division Staff Assistant II
Office: H101 – Phone: 936 271 6246

TEAM Division Counselors (Offices in F building, 2nd floor office suite)
Juan Lebron
Office: F242 – Phone: 936 273 7280
Juan.C.Lebron@LoneStar.edu

Neil Phillips
Office: F250 – Phone: 936 273 7246
Neil.Phillips@LoneStar.edu
Field of Study Curriculum in Music

Associate of Arts Degree with Field of Study Transfer Curriculum for Music

Leading to the bachelor of music degree but may also be applied to the bachelor of arts or other baccalaureate-level music degrees as deemed appropriate by the awarding institution.

The Field of Study in Music (AA) is offered at LSC-CyFair, LSC-Kingwood, LSC-Montgomery, LSC-North Harris, and LSC-Tomball.

The Field of Study curriculum is designed to satisfy the lower division (freshman and sophomore) requirements for a bachelor's degree in music at four-year colleges in the state of Texas*. Credits earned in Field of Study curriculum transfer to other four-year colleges in the state of Texas.

*Field of Study completion does not guarantee admission to a four-year institution in the state of Texas.

Many courses must be taken in sequence (Music Theory I-IV, Sight Singing I-IV, Piano I-IV). It is important that you begin these courses as soon as possible so you can complete a music degree in a reasonable period of time.

First Year, First Semester (14 Credits)

<table>
<thead>
<tr>
<th>Course</th>
<th>Code</th>
<th>Title</th>
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<tbody>
<tr>
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<td>United States History to 1877</td>
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Second Year, First Semester (17 Credits)

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<td>Composition &amp; Rhetoric I</td>
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First Year, Second Semester (14 Credits)

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<td>Theory II</td>
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<td>MUSI1</td>
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<td>Ear Training &amp; Sight Singing II</td>
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<td>HIST</td>
<td>1302</td>
<td>US History since 1877</td>
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<td>MUEN2</td>
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Second Year, Second Semester (15 Credits)

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<td></td>
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<td>Elective</td>
</tr>
<tr>
<td>PHED</td>
<td>1164</td>
<td>Introduction to Physical Fitness &amp; Sport</td>
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NOTE: The core competency test in computers is NO LONGER REQUIRED for the Field of Study Curriculum in Music. Students who complete MUSI 1307 are assumed to have completed this requirement.

1Corequisites: Students will be required to take 0-4 hours of class piano as secondary applied until they pass their piano proficiency exam (see: Piano Proficiency Exam). Students taking keyboard as a major instrument should be encouraged to take another secondary applied area (voice).

2Symphonic band, concert choir, symphony orchestra; guitar and bass majors may use jazz ensemble.

3MATH 1314 or higher level 3 credit hour MATH course selected from the core.
## Field of Study in Music Course Checklist

60 Credit Hours

### Music courses

<table>
<thead>
<tr>
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<th>1</th>
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<tr>
<td>1-hour private lessons 2cr</td>
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<tr>
<td>Piano Proficiency Exam, 0 cr</td>
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### Core Classes (3 Credits Each)

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<td>ENGL 1301 Comp &amp; Rhetoric I</td>
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<td>HIST 1301 US History to 1877</td>
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<td>GOVT 2306 Texas Gov’t</td>
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</tr>
<tr>
<td>SPCH 1315 Public Speaking</td>
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Minimum Acceptable Grades
For Transfer to 4-Year Academic Institutions

Most students at Lone Star College-Montgomery plan to transfer into four-year colleges and universities. We’ve worked hard to align our music curriculum with theirs, so that all of your courses will transfer smoothly through the Field of Study in Music Curriculum. However, you should be aware that most four-year colleges and universities have requirements for the lowest acceptable grade in transfer credit.

In general, the lowest grade in general studies (non music) courses that will transfer is a C. The lowest grade in a music-major course that will transfer is a B.

As you can see, making sure you have the time to commit to the classes you are taking and maintaining good grades is crucial. Otherwise, you will have to repeat classes after you transfer.

Professional Etiquette

As a working musician it is important for you to follow basic professional etiquette. Professional etiquette is grounded on the ethics of respect for individuals and a display of courteous behavior. Professional etiquette can have a long-lasting and far-reaching impact on your professional life. Here are a few suggestions:

1) Be considerate of others who may be using public spaces, including the front atrium of H building.
2) Use your voice at an appropriate level.
3) Furniture is carefully selected and arranged to communicate a professional, welcoming environment for all users. If you need to move furniture please contact a faculty or staff member to approve and assist the furniture move. Damage to the furniture may result if it is moved without supervision.
4) In order to maintain a clean, well-groomed atrium, please use furniture for its purpose. Do not stand on tables or sit on arms or backs of chairs.

This building was designed and built for the enjoyment of all who wish to study and appreciate music, those people training for a future profession as a musician, and those who are patrons of musical talent. Together, we can ensure a beautiful building and a welcoming environment for all.

Recital Attendance

As a music student, you are expected to attend concerts and hear a wide variety of music literature, repertoire, styles, and genres. You will be required to attend 10 concerts, recitals, and/or special performances over the course of each semester of study. These must be concerts in which you are NOT a performer. At the start of each on-campus concert/recital, you can pick up a Recital Attendance Card from the attendant at the front of the Hall. After the recital ends, you will give the card to the attendant. For off-campus performances attended, bring a ticket stub and/or program to a professor for approval, and then submit it to the Staff Assistant in the H101 office. Make sure your name is clearly visible on the program.

NOTE: Recital attendance cards will not be given to students who arrive late.

Upon completion of the requirement each semester, your records will be updated to show that your Recital Attendance requirement has been met. You may have a copy of your recital attendance record or ask for a pdf file to be sent to you. Some transfer institutions may require the recital attendance record to be sent directly from LSC; if so, please ask.

Concert Attendance Reports written for Music Literature and Private Lessons will count toward your 5 concerts per semester. To receive credit, bring your graded concert report to the Staff Assistant in the H101 Office Suite as proof of your attendance.

Examples of required semesters of Concert/Recital Attendance at area Transfer Institutions:
SHSU 6 semesters  UH 7 semesters  SFA 7 semesters  HBU 7 semesters
Piano Proficiency Exam

If you are pursuing the AA Field of Study in Music, you will take a Piano Proficiency Exam near the end of your 4th semester of class piano. (Piano majors take the exam at the end of their 4th semester of private lesson study.) This exam assures that you've reached the appropriate level of keyboard skills required in the music degree. The exam will be scored by a minimum of two Lone Star College-Montgomery music faculty. The exam is a requirement for completion of the AA Field of Study in Music.

Piano proficiency exams will be held by appointment. Please arrange a specific time with Dr. Holt two weeks in advance.

The proficiency test consists of 7 equally weighted parts:

- **Technique:** Play all major and minor scales, the chromatic scale, and all major and minor triad arpeggios (4 octaves)
- **Transposition:** At sight, transpose a hymn such as "America"
- **Harmonization:** Provide a block chord accompaniment for the melody of a well-known piece (folk song or hymn). No roman numerals or chord symbols will be given.
- **Accompaniment:** Add accompaniment to a melody by pattern (Alberti bass, waltz bass, or arpeggiated bass). Roman numerals or chord symbols will be given.
- **Repertoire:** Play from memory a solo work comparable in difficulty to one of the Bach Dances, simple classical Sonatinas or Burgmüller Op. 100 (or supplementary solo repertoire from Alfred’s Group Piano for Adults, Book 2, Second Ed., Alfred Publishing Co, Inc.)
- **Sight-reading:** Play at sight a short passage in three or four voices.
- **Cadences:** Play authentic, plagal, and deceptive cadences in selected major & minor keys.

Class Attendance

Class attendance is vital to your success, and you are expected to attend every class. It is also necessary to arrive on time and to remain for the entire length of the class. Arriving late or leaving early are discourteous and a distraction to the class.

**Absence for Academic Reasons**
If you must miss class for an academic reason—e.g., choir tour, a class trip, or an honors project presentation—it is your responsibility to speak with your instructors in advance regarding your absence and the possibility of make-up work.

**Absence for Personal Reasons**
If you miss a class for personal reasons—e.g., illness, a non-emergency medical appointment, a court date, a funeral, work schedule, or oversleeping—it is your responsibility to check with your instructor regarding your absences and the possibility of make-up work.

**Absence for Religious Observances**
A student who is absent from classes for the observance of a religious holy day shall be allowed to take an examination or complete an assignment scheduled for that day within a reasonable time after the absence if, not later than the fifteenth day after the first day of the semester, the student notified the instructor of each class scheduled on the date that the student would be absent for a religious holy day. A "religious holy day" means a holy day observed by a religion whose places of worship are exempt from property taxation under Section 11.20, Tax Code. The notice shall be in writing and shall be delivered by the student personally to the instructor of each class, with the receipt of the notice acknowledged and dated by the instructor or by certified mail, return receipt requested, addressed to the instructor of each class. A student who is excused under this section may not be penalized for the absence, but the instructor may appropriately respond if the student fails to satisfactorily complete the assignment or examination.

**Emergencies**
If you have a personal or family emergency, it is your responsibility to check with your instructor regarding the situation and the possibility of make-up work.

**Excessive Absence**
Some instructors may drop students from class due to excessive absences, but students should not assume that this is the case. Read the course syllabus carefully to understand the instructor's policy. All students must check MyLoneStar (http://my.lonestar.edu/) to verify their enrollment status.
Ensemble Attendance Policy

This is a copy of information you will find in the syllabus for your ensembles. We music faculty take this policy very seriously, and expect you, as music majors, to prioritize your ensemble attendance and preparation. Your attendance and promptness is imperative for the course to function smoothly. This is a cooperative course. Respect for the music, for one another, for the conductor, and for the ensemble requires each person to be on time and ready to go at every rehearsal.

***Attendance at all rehearsals and concerts is required.***
***Unexcused absences from performances / dress rehearsals will result in failure of the course.***

If you are unable to attend rehearsal due to an illness, you must email the conductor before the rehearsal. At the discretion of the conductor, you may then receive permission to be excused. If you are unable to attend a dress rehearsal or concert due to illness, you must speak directly to the conductor. If you are unable to sing at rehearsal, but are able to attend, you are expected to sit in the rehearsal room with your music and a pencil to take markings. If you are contagious, sit away from the group. If not, sit in the group.

Excused absences are granted for:
- Religious holidays pending faculty notification prior to the absence
- Sudden illness or family emergency pending faculty notification prior to the absence
- Other reasonable requests made in writing

Written notification is always the best way to deal with any special circumstances. Speaking with the conductor immediately before or after rehearsal is not a good time. In writing and in advance is key. Professional musicians arrive at rehearsal at least 5 minutes early to find their place and prepare for rehearsal. Tardiness will not be tolerated. Three tardies (3) are equal to one (1) unexcused absence. Please contact the specific ensemble director for questions on the attendance policy.

It is imperative to develop these time management skills now; being late in the professional world could cost you your job!
  “Five Minutes Early is On Time. On Time Is Late. Late Is Unacceptable.”
Private Music Lessons

Private lessons are a crucial part of your music studies.
- Admission to 4-year colleges and universities is based almost entirely on your performance at an audition.
- In the professional world, hiring for jobs is frequently based on performance.
- Musicians are first and foremost performers – and that’s what private lessons are about!

Your private lesson teacher will share more specific expectations with you, but as a guideline, students enrolled in 1-credit lessons are expected to practice at least 3 hours per week in addition to the ½-hour weekly private lessons. Students enrolled in 2-credit lessons are expected to practice for at least 6 hours per week in addition to the 1-hour weekly private lessons.

**Every student—both 1-credit and 2-credit students enrolled in MUAP private lessons—is required to perform a jury.** This is a performance for Music Department faculty at the end of the semester. The jury grade will be factored into your overall MUAP grade, as determined by your private instructor.

### Studio Class & Student Recitals

Several times throughout the semester, we come together to hear each other perform, to practice stage decorum, and to listen to comments from your peers and from teachers. This experience helps to prepare you for the performances, auditions, and juries that you will have throughout your career as a musician. Besides refining the performance skills you need to be a successful musician, you will learn to listen critically to other students’ performances and sharpen your ear.

**Preparation:** To help ensure that you are ready for the recital, you will perform your selection in a studio class before you perform on a recital. This will give you the opportunity to work through performance nerves and to hear feedback from your peers. Students who are not prepared will not be allowed to perform on the student recital.

**Concert Dress:** Appropriate dress is professional and elegant. For men, this might mean a suit or sports coat, long-sleeve black shirt with tie and slacks. For women, this could be a dress or pants suit; knees, shoulders, and midriffs should be covered. The audience should remember your performance, not your clothing!

### 1200 & 2200-level MUAP Studio Class & Recital Expectations

1. Students are required to perform on a minimum of one Studio Class and one Student Recital per semester of study.

2. Students are required to attend ALL scheduled Studio Classes and expected to stay for the full hour.

3. Students will be assigned a Studio Class date by department faculty in conjunction with their private instructor. Students are required to perform on that class and will only be allowed to switch Studio Class dates under highly extenuating circumstances.

4. Students are required to contact, provide music to, and schedule rehearsals with their collaborative pianist no less than TWO-WEEKS IN ADVANCE of their scheduled Studio Class. See contact information on page 12 below.

5. **STUDIO CLASS ATTENDANCE, PARTICIPATION AND RECITAL PERFORMANCE MAKE UP 20% OF THE FINAL MUAP GRADE.**

Students in 11xx & 21xx-level MUAP private lessons are encouraged to perform on studio classes and recitals, but are not required to do so.

### Copyright Considerations & Obtaining Music

All sheet music has been composed, collected, and printed; those involved in its creation need to be compensated for their efforts. Copyright law requires original sheet music to be purchased and used during lessons, master classes and performances. Copying copyright-protected sheet music is illegal and will not be allowed in the LSC-Montgomery Music Department. Sheet music for which copyrights have expired are in the public domain and may be downloaded and copied for free.

**Public Domain websites:**
- www.imslp.org - International Music Score Library Project
- www.cdpl.org - Choral Public Domain Library

For purchase and digital printing:
- www.onlinesheetmusic.com
- www.musicnotes.com
- www.sheetmusicplus.com
Working with a Staff Pianist

Staff pianists are provided for performances in studio classes, recitals & juries. Students who perform repertoire containing piano accompaniment are required to make arrangements with their accompanist as outlined below. See your private instructor for accompanist assignments.

Ms. Nancy Ryan  ryan.nancyjean@yahoo.com  (281) 923-2945  
Dr. Marshall Davies  mn.davies@yahoo.com  (281) 323-0725

Rehearsals with Ms. Ryan and Dr. Davies will be held in various locations in the H-building. Instrumentalists may sign-up on the bulletin board to schedule times with staff pianists. Here are some general guidelines for working with a pianist:

Students MUST purchase or obtain original music for lessons and performances. In order to use music from the public domain, you must get approval from your studio teacher.

**Remember to give the printed music to your staff pianist no less than two weeks before the first rehearsal.**

Providing music from public domain:

1. Print two clean, one-sided copies of each piece, hole-punched on the left
2. Printed copies should have the entire piano part clearly visible – no run-offs
3. Write your name, contact information and public domain source on the first page of each piece
4. Place music in your assigned accompanist’s MAILBOX in Room H101A.

Providing purchased music:

1. Purchase your original sheet music immediately after your professor has assigned your repertoire. When downloading purchased sheet music, you must purchase an extra copy for your staff pianist.
2. Write your name and contact information in the front cover of a book or on all parts (instrumental solo & piano accompaniment).
3. Place music in your assigned staff pianist’s MAILBOX in Room H101A.

**While not working with a staff pianist, guitarists and pianists must purchase original sheet music as well.**

Working with the staff pianist:

1. The week before a performance, schedule a time to rehearse with the pianist on campus. Start earlier if multiple rehearsals are necessary.
2. Be familiar with the notes and lyrics ahead of time. The pianist is not there to teach you the piece. She/he will use their time with you to coach you on ensemble, pronunciation, stage presence, etc.
3. Warm up on your own, before the rehearsal.
4. Communicate! If you are running late, or a conflict arises, contact the pianist immediately to keep them informed.
5. **DO NOT BE A “NO-SHOW” FOR A REHEARSAL WITH THE ACCOMPANIST!**

NOTE: Staff pianists are only provided for students who are enrolled in MUAP Private Lessons.
Practice Rooms

It is imperative that you reserve adequate time to practice for your private lessons, your piano class, your ear-training/sightsinging assignments, and your major ensemble.

Practice rooms are available on a first-come, first-serve basis to music students only. A keycode will give you access to the doors (see music faculty for the code). Do not give the code to non-music students!

Please do not place books or other items on top of the pianos. Also, please do not leave your belongings in a practice room when you are not present. Not only is it not safe or secure to leave your things there, it is discourteous to others who might wish to use the room. Please remove your belongings from a room if you will be gone for more than 5 minutes. More than anything, be respectful of your peers—who likely to be your future colleagues—and they will be respectful of you!

Lockers

Lockers are available for the use of students who are either enrolled in a performance ensemble; or in the Music Field of Study Curriculum. They are intended to store instruments, books and other materials pertaining to music study. Food and drink are not allowed outside of the lobby and should never be stored in lockers. Lockers will be issued to students based on availability and need with instrumentalists and sophomores receiving priority. Students may sign up on the bulletin board during the first week of classes. Combination locks will be provided for you. See Dr. Isomura with any questions.

Tutoring

A music tutor is available for students enrolled in Music Theory and Sight Singing. Please contact your Music Theory or Sight Singing professor for more information and to set up an appointment. It is your responsibility to be on time for the appointment and provide adequate notice if you have to cancel.

Piano Lab Open Hours

The Piano Lab (H118) is available for use Monday-Friday from 7:30 am-4:30 pm when a class is not in session. You are welcome to use the room to practice during these times. See the staff assistant in the H101 office suite to have the room unlocked.

Library Resources for Music

To use library resources, you must first obtain a student ID card from the Student Activities Office on the Ground Floor of Building A. Once you obtain the card, you can take it to the library, and they can activate it for use with all library features. This process allows you to check out books, access online resources, and more.

*** You can also find a link to these resources on the LSC-Montgomery Music Department home page under the Student Resources tab, or visit http://www.lonestar.edu/library/14902.html for links to all music holdings.

In addition to a wide variety of books on music, you should be aware of several great reference materials for music.

Naxos Music Listening Library (Online): The Naxos library features recordings of almost any classical piece you could ever want to listen to. With your Student ID Card, it is available to you from home as well as on the college campus.

Visit http://mclibrary.lonestar.edu and click on “Articles and Databases” you’ll find it under “Naxos Music Library” in the “Databases by Title” section.

JSTOR: JSTOR is an online database of articles collected from various scholarly periodicals (magazines, newspapers, etc…). In some cases, the articles available go all the way back to the 1800’s. These can be a great reference for research in music literature classes, or just for your own interest.

You’ll find it online at http://mclibrary.lonestar.edu. Click on “Articles and Databases” and look for “JSTOR” under the “Database by Title” section.

Librarians love to help you find the information you need. Feel free to contact the music librarian directly:

Brooke Buford
(936) 273 7489
Brooke.M.Buford@LoneStar.edu
What can I do with a major in…
MUSIC

The Bachelor of Arts degree in Music prepares musician-scholars for a variety of music-related careers as well as graduate study in music or other fields. Lone Star College – Montgomery is an accredited member of the National Association of Schools of Music. Music education is widely recognized for its ability to stimulate intellectual capacity and, therefore, can provide excellent preparation for medical school, law school, and numerous other fields.

Learned Competencies

| Creativity | Self-discipline |
| Ability to read and write music | Perseverance |
| Poise | Physical stamina |
| Oral and written communication | Cooperation/collaboration |
| Organization and memorization | |
| Specialized skill in one or more instruments | |
| Stage presence | |

Careers

Conductor
Musician
Audiologist
Instrument repair
Music critic
Arts management coordinator
Copywriter
Cruise director
Journalist
Composer/Arranger
Vocalist
Publisher/Editor
Music therapist
Music librarian

Church music director
Disc jockey
Recording mixer
Music attorney
Promoter
Public relations specialist
Voice/music teacher
Lyricist
Doctor
Technical writer
Recording technician
Lawyer
Agent
Concert hall manager

*** Note that some careers may require additional education.
Career Service in Music Information

http://students.asu.edu/career/strategies_article - Not specifically geared towards music majors, but good advice for any major


http://majoringinmusic.com/7-things-music-education-majors-can-do-to-make-themselves-more-employable-2/ - Primarily for Music Education majors, but I think there’s good advice in there for Music majors as well

http://majoringinmusic.com/transferrable-skills-you-can-take-with-you/ - Transferrable skills makes music majors employable in many fields

http://careers.faa.uiuc.edu/music/advice.html - A collection of good resources by the University of Illinois at Urbana-Champaign

Advice

1. **Network.** Join a professional organization and get engaged. They often have private job boards. Join LinkedIn and give yourself an online presence.

2. **Prospect.** You don’t have to wait until a job is posted on an online job board. A good prospecting letter may open up opportunities.

3. **Stay connected.** Volunteer a music-related events. Continue to practice on your own time and develop projects to stay current. Keep in contact with your professors, Career Services, and your own network to let them know that you’re looking.

4. **Intern.** Look for internships. Not only are they great sources of experience, but they can give you connections. A surprising number of internships even develop into jobs.

5. **Be flexible.** You may not get the job you wanted right away, but it will help to build experience and connections – and may lead to a better, more desirable position later on. Look for jobs in areas you may not have considered: business, churches, commercials. Don’t be afraid to do something “outside” the music major with the transferable skills you have from studying music – discipline, poise, creativity, and cooperation/collaboration.

6. **Be patient.** Things may take time in the current economy. There are jobs out there, but sometimes you have to be patient to find one.
Noise Induced Hearing Loss

Exposure to loud noise is the second most common cause of hearing loss. Approximately 30 million Americans are exposed to high intensity noise in their workplace and 1 in 4 of these workers (or 7.5 million Americans) a permanent hearing loss will develop. *Much can be done to prevent noise-induced hearing loss but little can be done to reverse it.* Sometimes a single exposure to loud noise is all that is needed, such as a single hunting trip without earplugs. Loud noise damages the hair cells in the inner ear and can cause hearing loss, ear ringing and distortion of sounds.

In a profession where hearing is a vital aspect of our everyday success, musicians must take special care of our hearing. Many factors contribute to the loudness musicians experience during our performance and practice time: size of the room, height of the ceiling, instrument range/tessitura, volume of sound production, etc. As you are practicing, performing off-campus and in your general music listening, be conscious of how loud the sound is and make adjustments to minimize impact on your hearing. Below are charts outlining permissible noise level exposure and various decibel levels for specific musical situations and instruments.

The Music Department provides earplugs for students needing sound canceling assistance. See the staff assistant in the H101 office suite for a personal pair of earplugs.

<table>
<thead>
<tr>
<th>Duration of Exposure (hrs/day)</th>
<th>ACGIH</th>
<th>NIOSH</th>
<th>OSHA</th>
</tr>
</thead>
<tbody>
<tr>
<td>16</td>
<td>82</td>
<td>82</td>
<td>85</td>
</tr>
<tr>
<td>8</td>
<td>85</td>
<td>85</td>
<td>90</td>
</tr>
<tr>
<td>4</td>
<td>88</td>
<td>88</td>
<td>95</td>
</tr>
<tr>
<td>2</td>
<td>91</td>
<td>91</td>
<td>100</td>
</tr>
<tr>
<td>1</td>
<td>94</td>
<td>94</td>
<td>105</td>
</tr>
<tr>
<td>1/2</td>
<td>97</td>
<td>97</td>
<td>110</td>
</tr>
<tr>
<td>1/4</td>
<td>100</td>
<td>100</td>
<td>115*</td>
</tr>
<tr>
<td>1/8</td>
<td>103</td>
<td>103</td>
<td>---</td>
</tr>
</tbody>
</table>

### Sound Levels of Music

<table>
<thead>
<tr>
<th></th>
<th>Normal piano practice</th>
<th>Fortissimo Singer, 3'</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>60 -70dB</td>
<td>70dB</td>
</tr>
<tr>
<td>Chamber music, small</td>
<td></td>
<td></td>
</tr>
<tr>
<td>auditorium</td>
<td>75 - 85dB</td>
<td></td>
</tr>
<tr>
<td>Piano Fortissimo</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>84 - 103dB</td>
<td></td>
</tr>
<tr>
<td>Violin</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>82 - 92dB</td>
<td></td>
</tr>
<tr>
<td>Cello</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>85 -111dB</td>
<td></td>
</tr>
<tr>
<td>Oboe</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>95-112dB</td>
<td></td>
</tr>
<tr>
<td>Flute</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>92 -103dB</td>
<td></td>
</tr>
<tr>
<td>Piccolo</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>90 -106dB</td>
<td></td>
</tr>
<tr>
<td>Clarinet</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>85 - 114dB</td>
<td></td>
</tr>
<tr>
<td>French horn</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>90 - 106dB</td>
<td></td>
</tr>
<tr>
<td>Trombone</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>85 - 114dB</td>
<td></td>
</tr>
<tr>
<td>Tympani &amp; bass drum</td>
<td></td>
<td>106dB</td>
</tr>
<tr>
<td>Walkman on 5/10</td>
<td></td>
<td>94dB</td>
</tr>
<tr>
<td>Symphonic music peak</td>
<td></td>
<td>120 - 137dB</td>
</tr>
<tr>
<td>Amplifier, rock, 4-6’</td>
<td></td>
<td>120dB</td>
</tr>
<tr>
<td>Rock music peak</td>
<td></td>
<td>150dB</td>
</tr>
</tbody>
</table>

### Hearing Loss Resources

- **Apple App Store:** dB Meter Pro
- **Galen Carol Audio:** [http://www.gcaudio.com/resources/howtos/loudness.html](http://www.gcaudio.com/resources/howtos/loudness.html)
- **Health Watch USA:** [http://www.occupationalhearingloss.com/noise_induced_hearing_loss.htm](http://www.occupationalhearingloss.com/noise_induced_hearing_loss.htm)
- **Occupational Safety Healthy Administration (OSHA):** [www.osha.org/info/articles/decibel-levels](http://www.osha.org/info/articles/decibel-levels)
Protecting Your Neuromusculoskeletal Health

• Neuromusculoskeletal health is essential to your lifelong success as a musician.
• Practicing and performing music is physically demanding.
• Musicians are susceptible to numerous neuromusculoskeletal disorders.
• Some musculoskeletal disorders are related to behavior; others are genetic; still others are the result of trauma or injury. Some genetic conditions can increase a person’s risk of developing certain behavior-related neuromusculoskeletal disorders.
• Many neuromusculoskeletal disorders and conditions are preventable and/or treatable.
• Sufficient physical and musical warm-up time is important.
• Proper body alignment and correct physical technique are essential.
• Regular breaks during practice and rehearsal are vital in order to prevent undue physical stress and strain.
• It is important to set a reasonable limit on the amount of time that you will practice in a day.
• Avoid sudden increases in practice times.
• Know your body and its limits, and avoid “overdoing it.”
• Maintain healthy habits. Safeguard your physical and mental health.
• Day-to-day decisions can impact your neuromusculoskeletal health, both now and in the future. Since muscle and joint strains and a myriad of other injuries can occur in and out of school, you also need to learn more and take care of your own neuromusculoskeletal health on a daily basis, particularly with regard to your performing medium and area of specialization.
• If you are concerned about your personal neuromusculoskeletal health, talk with a medical professional.
• If you are concerned about your neuromusculoskeletal health in relationship to your program of study, consult the appropriate contact person at your institution.

This information is provided by the National Association of Schools of Music (NASM) and the Performing Arts Medicine Association (PAMA). For more information, check out the other NASM-PAMA neuromusculoskeletal health documents, located on the NASM Web site at the URL linked below.

http://nasm.arts-accredit.org/index.jsp?page=NASM-PAMA%3A+Neuromusculoskeletal+and+Vocal+Health
Protecting Your Vocal Health

• Vocal health is important for all musicians and essential to lifelong success for singers.
• Understanding basic care of the voice is essential for musicians who speak, sing, and rehearse or teach others.
• Practicing, rehearsing, and performing music is physically demanding.
• Musicians are susceptible to numerous vocal disorders.
• Many vocal disorders and conditions are preventable and/or treatable.
• Sufficient warm-up time is important.
• Begin warming up mid-range, and then slowly work outward to vocal pitch extremes.
• Proper alignment, adequate breath support, and correct physical technique are essential.
• Regular breaks during practice and rehearsal are vital in order to prevent undue physical or vocal stress and strain.
• It is important to set a reasonable limit on the amount of time that you will practice in a day.
• Avoid sudden increases in practice times.
• Know your voice and its limits, and avoid overdoing it or misusing it.
• Maintain healthy habits. Safeguard your physical and mental health.
• Drink plenty of water in order to keep your vocal folds adequately lubricated. Limit your use of alcohol, and avoid smoking.
• Day-to-day decisions can impact your vocal health, both now and in the future. Since vocal strain and a myriad of other injuries can occur in and out of school, you also need to learn more and take care of your own vocal health on a daily basis. Avoid shouting, screaming, or other strenuous vocal use.
• If you are concerned about your personal vocal health, talk with a medical professional.
• If you are concerned about your vocal health in relationship to your program of study, consult the appropriate contact person at your institution.

This information is provided by the National Association of Schools of Music (NASM) and the Performing Arts Medicine Association (PAMA). For more information, check out the other NASM-PAMA neuromusculoskeletal health documents, located on the NASM Web site at the URL linked below.

WEBSITE AND FACEBOOK

Stay up to date with the latest events in the Music Department!

Check out the LSC-Montgomery Music Web Site

http://www.lonestar.edu/music-montgomery.htm

Browse photos and connect with new friends!

Visit LSC-Montgomery Music on FACEBOOK:

http://www.facebook.com/pages/Conroe/Lone-Star-College-Montgomery-Music-Department/130988810277652