



# DCM - Program Design

## Instructions:

Choose two from the list below.

Design a program using the ICA model for the population and goals.

Please include:

- **Materials** (Instruments and other)
- **Activities\*** (If not self-explanatory or "standard," please provide a brief description of the process.)
- **Rationale** for your activity choices as they relate to the Goal area(s).

Email to [office@kalanimusic.com](mailto:office@kalanimusic.com) when completed (.doc or .pdf)

\*Include a time span for each activity in your program.

## Populations and Goals:

1. A group of 15 high school students (ages 15-17) who are participating in an after school program. Goals include increasing social skills and reducing inter-racial tensions. Some of them are in music classes, and they are from different grades and classes. (45 minutes)
2. A group of 12 women (ages 50-75) who meet once per month in a support group. Goals include reducing stress and anxiety, increasing a sense of community and spirituality. (90 minutes)
3. A group of 80 managers from different offices around the world (ages 35-55) who are attending a business conference for the same company. Goals include increasing a sense of purpose, unity, and teamwork. Most of them have never met or played music before. (30 minutes)
4. A group of 15 men and women (ages 80-95) who live in an assisted-living facility. Goals include increasing physical activity, a sense of peer support, and elevation of mood. (60 minutes)
5. A group of 20 children (ages 8-10) who are participating in a Summer Camp program. Goals include increasing awareness of others, creativity, and music (leisure) skills. (30 minutes)
6. A group of 10 teen-age boys (ages 13-15) who live in a residential facility for juvenile offenders. Goals include reducing inappropriate behavior, increasing self-confidence, and social skills. (45 minutes)
7. A group of 35 young adults (ages 18-22) who are volunteering at a Summer Camp for children. They all arrived a few days earlier from many different countries. Goals include increasing socialization, peer support, and fun. (60 minutes)