



ChiME  
Chicago Center  
for Music Education

## *ChiME Monthly*

At the Chicago Center for Music Education (ChiME) we provide an exceptional music education to a diverse community as a path for social, emotional, and character development.

*"Empathy is seeing with the eyes of another, listening with the ears of another and feeling with the heart of another."*

**-Alfred Adler**

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## Fall Semester Is Almost Here!

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Fall Semester at ChiME will begin on **Tuesday, September 6**, and registration is now open. Now is the perfect time to reserve your spot in classes and private lessons. In addition to some usual favorites, we have expanded the program menu and will now offer **ukulele** and **drumming** in a classroom setting and private instruction in **Rhythm Brass** and **Drum Set**. Please read below for detailed information on each program or visit our website at [www.chimemusic.org](http://www.chimemusic.org).

### Early Childhood Music

With the start of a new school year comes a new class schedule for ChiME's Early Childhood Music program. Our Baby STEPS

### Special Offer

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[Click here to print out our coupon for a free class or lesson!](#)

### Social, Emotional, and Character Development

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Self-confidence  
Listening  
Patience

curriculum is designed to engage your child in musical fun, introduce basic building blocks of music such as beat, rhythm, and melody, and jump-start social and emotional learning through music for years to come!



Call 312.738.2646 to schedule your **FREE trial class** or click on your preferred class below to **register online**:

**Twinkle Tots** - 6 to 18 months  
[Tuesdays at 9:15 am with TBD](#)  
[Thursdays at 11:45 am with Ms. Cecilia\\*](#)  
[Saturdays at 8:00 am with Ms. Kristen](#)  
[Saturdays at 9:00 am with Ms. Alli](#)

**Mi-Fa-Sol-Agú** - 6 to 18 months (Spanish immersion class)  
[Thursdays at 9:30 am with Ms. Cecilia](#)  
*Mi-Fa-Sol-Agú - de 6 a 18 meses*  
*Los jueves a 9:30 am con Ms. Cecilia*

**Beat Explorers** - 1½ to 2½ years  
[Tuesdays at 11:15 am with TBD](#)  
[Thursdays at 8:30 am with Ms. Cecilia](#)  
[Saturdays at 9:00 am with Ms. Kristen](#)  
[Saturdays at 10:00 am with Ms. Alli](#)

**Rhythm Explorers** - 2½ to 3½ years  
[Tuesdays at 10:15 am with TBD](#)  
[Thursdays at 10:45 am with Ms. Cecilia](#)  
[Saturdays at 10:00 am with Ms. Kristen](#)

**Steppin' Up** - 3½ to 4½ years  
[Tuesdays at 12:15 pm with TBD](#)  
[Saturdays at 11:00 am with Ms. Kristen\\*](#)  
[Saturdays at 11:00 am with Ms. Alli](#)

**Ukulele for Kids** - 4 to 5 years  
[Tuesdays at 5:15 pm with Ms. Kristen](#)

Respect  
Perseverance  
Self-expression  
Problem Solving  
Set, work toward, and achieve goals  
Discipline  
Self-assessment  
Giving back  
Collaboration  
Empathy  
Quality standards  
Pro-activity  
Motivation

## Upcoming Events

**Saturday, August 6**  
**1:30pm**  
**[Suzuki Basics for Parents](#)**

**2:30pm**  
**[Violin Studio Recital](#)**

**Monday, August 22**  
**[Summer Session ends](#)**

**Tuesday, September 6**  
**[Fall Semester begins](#)**

**Saturday, September 17**  
**[Back to Suzuki Play-down](#)**

## ChiME Wishlist

- Storage organizers for our instruments in Spero Performance Hall
- Fun artwork for the walls
- Full-sized electric guitar
- Overhead projector

## Follow Us!



\*Registration reserved for current students until August 22

## Instrumental Music

ChiME welcomes returning and new instrumental students! From private lessons to ensembles and musicianship classes, ChiME offers an exceptional musical experience for students of all ages and levels. Our recipe combines high standards, a nurturing environment, and a focus on social-emotional skills and character development. We offer private instrumental lessons in cello, drum set, flute, guitar, piano, rhythm brass, violin, and voice. Students under 7 years old study via the Suzuki method. For older students, our instructors design a course of study around the individual needs of each student.



This Fall we are excited to offer a new class for piano students in Suzuki Book 3 or higher: **Accompanying** with Ms. Carrie Collins. [Visit our website](#) for more details.

Registration for private instrument lessons and classes with prerequisites is available in person or by calling the front desk (312-738-2646). Please [visit our website](#) to check the offerings and requirements for each instrument.

## Fun New Classes

As part of our new **General Music** program, we invite you to join us for some fun new classes to experience the joy of music without a commitment to private lessons. These classes are perfect as the first step to life-long enjoyment of music. No previous musical experience is necessary. Check out these selections on our [website](#):



- Ukulele classes for ages 4-5, and 13 and up
- Bucket Drumming for ages 5-8 and 9-12
- Drum Circle for ages 13 and up

[Online registration](#) is available. We will also be offering the above classes as **free drop-ins** for the month of September. See below for more details.

## Music Therapy

Music Therapy Group sessions will also begin with the new

## ChiME In!

We would love to hear any questions, comments, or concerns you may have. [Click here to ChiME in!](#)

## ChiME Monthly Archives

Missed last month's ChiME Monthly? Visit the [ChiME Monthly Archives](#) on our website!

school year. Contact us now to schedule a free evaluation to see if your child is a good candidate for one of the following group therapy sessions:

0-2 years: Thursdays, 4:30-5:15 pm

2-5 years: Thursdays, 5:30-6:15 pm

5-7 years: Mondays, 4:15-5:00 pm

## New Drop-in Classes

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Stop by ChiME this September to try out one of our new General Music classes! Drop-in classes are free of charge. No need to call in advance, and no prior experience is necessary. Check out the schedule below:

Tuesdays from September 6-27

5:15-6:00pm **Ukulele for Kids** (Ages 4 to 5)\*

6:00-6:45pm **Ukulele** (Age 13 and up)\*

Thursdays from September 8-29

5:30-6:15pm **Bucket Drumming** (Ages 5 to 8)

6:15-7:00pm **Bucket Drumming** (Ages 9 to 12)

7:00-8:00pm **Drum Circle** (Age 13 and up)

\*Students will need to bring a quality soprano, concert, or tenor ukulele to this class.

## Music Therapy FAQs

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### *What is music therapy?*

Music therapy is the clinical and evidence-based use of music to achieve nonmusical goals within a therapeutic relationship between a credentialed professional and client(s).

### *Who benefits from music therapy?*

Music therapy has been proven to benefit a wide variety of ages with a wide variety of needs, and within many different settings. Some examples might be those in nursing homes struggling with Alzheimer's or Dementia, adults in drug or neurological rehabilitation programs, hospital patients going through treatment or recovering from stroke, children and adults with developmental or cognitive disorders, and even typically "healthy" individuals. Those participating in music therapy do NOT need to have any prior musical knowledge or skill.

### *Do music therapists simply play music for their clients?*

No! While it's great to have musical entertainment in hospitals, schools, etc., a music therapist's job is very different. They use an applied knowledge of psychology, medicine, and evidence-based research on music and the brain to work on nonmusical goals that ultimately improve the quality of life for the client. Also, while some clients might benefit from being played to, most interventions in a music therapy setting are interactive and get the client playing, singing, or engaged in some way or another.

### *What is required to be a music therapist?*

Music therapists must have a bachelor's degree or higher in music therapy from one of American Music Therapy Association's 72 approved colleges and universities, including 1200 hours of clinical training. Music therapists also must hold the MT-BC credential, issued through the Certification Board for Music Therapists, which protects the public by ensuring competent practice and requiring continuing education. Some

states also require licensure for board-certified music therapists.

## Summer School

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Although the school year has officially ended, ChiME is working in a couple of our partner schools on summer programs. In July Ms. Kristen McManus lead a week-long Glee Camp at the Tamayo Elementary School. 16 students participated in this 20-hour summer program, which focused on building a proper vocal technique, musical skills, and collaboration. All the singing and dancing culminated in a final performance on the last day of camp.



ChiME is also at Stock Elementary this summer, where Ms. Alli Dunn works with small groups of preschool children in weekly group music therapy sessions.

## Music and Empathy

Reflections by Gosia Bagley

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The process of music study helps students develop social and emotional skills needed for all areas of professional and personal life. Discipline, problem solving, proactivity, collaboration are the quite obvious competencies honed through musical study. It is a bit more difficult to make the case for empathy. Is it possible to cultivate empathy through music? At ChiME, we like to believe that it is, and we are striving to do so through the music education we offer in all of our programs. Empathy is the ability to understand and share the feelings of another. Here is how we know we can foster that ability through music:

Music classes and lessons teach students to listen in a new, insightful way. Students are challenged to listen to music with the goal of analyzing it, understanding it deeper, and making meaning out of what they are hearing. They are asked to process what they hear and to examine, investigate, and explore the music from various angles. If students can do that with music, they can develop the ability to listen to others in the same purposeful way - a fundamental aspect of the art of empathy.

Music develops sensitivity through expression, and the object of musical expression is often some sort of human condition. Through the use of expressive tools, such as tempo, dynamics, and articulation composers can evoke various emotions in the listener and make us feel sadness, joy, sorrow, pain, or excitement. Music students study not only the expressive tools and techniques themselves, but also explore the feelings those tools and techniques generate. This leads to emotional awareness, the ability to name/label feelings, and eventually the ability to recognize those feelings in other people's behavior or body language.

Empathy also implies the ability to minimize the differences between people and a tendency to focus on what unites people

together rather than what makes them different from each other. Through our music programs, ChiME strives to serve a diverse community of students, which creates the perfect opportunity for students from various backgrounds to come together and share in the joy of making music. At ChiME, students from different geographic locations, economic backgrounds, ethnic groups, religious denominations, and age brackets meet up over the common goal of music making. All the differences become insignificant in the process of creating music together.

Students in group classes have a unique opportunity to practice empathy when they are working together with less-advanced students who need their mentorship or simply look up to them. By becoming role models and leaders, older students learn the art of understanding the needs and abilities of the younger students. They don't judge or express opinions, but are ready to lend a hand whenever necessary. Caring and helping others become expectations in a truly collaborative setting of a group class.

Most importantly, students at ChiME learn empathy from their teaching artists, all of whom strive to better understand each student, his emotions, his needs, his point of view, and his current situation. Modeling empathy is one of the strongest ways in which ChiME's teaching artists can inspire their students to develop and cultivate empathy in their lives.

Although sometimes it may not seem like the process of music study has the power of cultivating empathy, many opportunities exist for teaching artists and parents to create awareness in students of this essential and very needed quality of human character. Music might just be the key to a better, more empathetic society and a brighter future for all of us!

## ChiME in the Neighborhood

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ChiME students and faculty have been busy this summer representing our school in the neighborhood. On July 9 our Early Childhood teaching artist and music therapist Alli Dunn sang and played at **Kid Fest**, the kids' area of West Fest. We also participated in the **Taste of River North** festival on July 23, where guests had a chance to try bucket drumming with teaching artist Suzanne Osman.



And just last night, guitar students and Mr. Michel Chatara-Morse, ChiME's guitar teaching artist, performed beautiful guitar music at the intersection of Milwaukee, Division, and Ashland as part of the **Tuesdays at the Triangle** series sponsored by the Polish Triangle Coalition. Congratulations to all the performers and a huge thank you to our audiences. We truly love taking music into the community!

**Chicago Center for Music Education**

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**312.738.2646**

**[www.chimemusic.org](http://www.chimemusic.org)**

**[Visit The Chicago Center for Music Education Facebook page!](#)**