

Theme

All songs from the ipod my mom curated for me when I was a baby

[Spotify Link](#)

Freshman Year

Sem 1:

Song: You GOT YR. CHERRY BOMB

Liner: This was the first ever song added to my playlist when I was a baby and I remember it being played all throughout my life. The phrase, “blow out that cherry bomb” that is so often repeated in the song, is a metaphor for letting go of intense, fleeting youth and high energy. This felt perfect for my first semester as it was a symbolic step into adulthood, leaving childhood behind. This idea is especially highlighted in the bridge when they say, “It was the longest day that I'd ever known / I watched you start that drive alone.” This line really feels powerful when applying it to my life, not just in the obvious context. Besides the obvious nods of “going to college and starting a new life”, the line “I watched you start that drive alone” reminds me of watching the start of my parents divorce too. This whole year was a time of change for me.

Sem 2:

Song: Sleepyhead

Liner: This was a semester marked by a lot of change. The biggest of which being my haircut. My hair, for better or for worse, was a large part of my identity for a multitude of years. It was this long, wavy, blonde middle part that had everyone already convinced by the 10th grade that I was destined for California. Funny how those things work out. I prided myself on it and took a lot of care in maintaining it. While I was always way more than just my hair, it's what a lot of people knew me by at the time. When I finally did decide to chop it off when I got back to school, it was a big deal for me. It was like shedding a part of myself, and leaving with a new identity. On top of all this, I was navigating my way through the ever-evolving social jungle going on around me. I was getting turned around constantly by new friendships and bad relationships. All this is in line with the song's lyrical theme of an overwhelming, almost suffocating relationship dynamic.

Sophomore Year

Sem 1:

Song: Obstacle 1

Liner: Looking back, this whole year felt very uneventful and a little stale. I was living with a random roommate who was nice, but had a habit of staying up until three in the morning when I had to wake up for practice two hours later. I can still remember the LED glow hitting my face as I tossed and turned. The monitor being less than a foot from my head probably didn't help that. Mixed with my obvious lack of sleep and my slow growing disdain for my coach, I quickly started falling out of love with the sport I had known for so long. I relate this song to this time in my life through its messages of heartbreak, regret, and self-destruction. All of which are feelings I had during this time, in relation to rowing and school.

Sem 2:

Song: Burn Your Life Down

Liner: There are a couple Tegan and Sara songs scattered around my childhood playlist, but this song is probably the one that resonates the most with me, still, to this day. At this point in my college career, a lot of contrasting things were happening. For firsts, I had to receive my second knee surgery due to a complication from the previous one. In the place I was mentally, this could've been the perfect opportunity to step away from rowing. Surprisingly though, after I came back from the injury, I began to find my love for the sport return, especially with help from the assistant coach at the time. That's why through all of this, this song feels so right. In the hook, 'You lay awake in the night / Just staring at the ceiling above / Pulling pieces of it out is such a waste of time / You keep on fighting to remember / That nothing is lost in the end / When you burn, burn, burn your life down' Both aspect of this hook relates to me - sleepless nights worrying about my future, but also persevering and remembering that it's never too late to start again.

Junior Year

Sem 1:

Song: Chasing Cars (this is not lyric driven, its purely the emotion and the thoughts that are provoked about my dad and my parents divorce)

Liner: I am a firm believer that there are certain songs or melodies that are engrained into our beings and are directly tied to our emotions. This is one of those songs. To be candid, I hadn't

listened to this song in quite some time before this assignment, but as soon as I first pressed play, and heard those first few chords, tears immediately met my eyes. When I hear this song I think of my father, my parents divorce, and a time when I was younger— when I had a different type of happiness. At this point in my college career, I was struggling a lot. I hated rowing more than ever and had to finally step away from the sport I had led for over 10 years. After that, I had what felt like a new life given back to me, but quickly I spiralled out of control. With 30+ hours of my week given back to me, I struggled to fill the time and I started to deal with some addiction. On top of all of that, I wasn't processing my parents divorce, much less my feelings in general. In short, I was lost. For all these reasons, that's why this song felt so perfect. At this point in my life, just like the lyrics say, all I wanted to do was to, "just forget the world."

Sem 2:

Song: Lisztomania

Liner: Besides 'Chasing Cars', this song is probably the one that means the most to me in this project. I might even go as far as saying this song is the backtrack to my childhood. As a stark contrast to Chasing Cars, this song fills my body with positivity and energy, reminding me of a time when I was so much happier. In a similar way that I reminisce on my childhood through this song, I'm beginning to look back at this semester in a fonder way too. Quickly, after the semester I had just previously had, I knew I needed to get back on track. I took time to actually learn to study, I began to learn to manage my addiction and my addictive personality, and I started relearning how to show up and be present in my own life again. Up until this point, over the course of the previous years, that part of myself specifically was unraveling. Once I started showing up for myself and for those I cared for around me, I could feel my life physically get back on track. Much like the song says, "from mess to the masses", I feel changed. Through all of this though, I need to give credit where it's due, I've had so much support throughout my collegiate journey and life. Without many of these people, I don't know if I would've been able to overcome or bounce back from many of the pitfalls I've put myself in without them. I am eternally grateful, but if I'm being really honest, I probably don't truly understand how much of it I take for granted. I still have a lot of growing to do.

Senior Year

Sem 1:

Song: Wraith pinned to the Mist and other games?

Liner: Much like this song, this semester was upbeat, imaginative, and fun. I continued growing those skills and mindsets from the semester before and I continued to regain stability in my independence. Now that rowing was over and I had free time again, I started working on

campus and started taking care of myself more. It all ended up working out for the best as it put me in the right position to meet my girlfriend, which in itself continues to better me even more. Even though it felt like in many ways everything in my life was going to good, and I was ready for it all to blow up in my face like it had always done before, it all couldn't have worked out better. Just like the song says, “ now it seems too lovely to be true / but I know the best things always do.”

Sem 2:

Song: Light & Day / Reach For The Sun

Liner: This song is just pure happiness to me, and that's why it's the perfect way to wrap up this project. While I'm only 3 weeks into this semester when writing this, I'm the happiest I've been in a very long time. I haven't been this productive and engaged forever, I have a loving girlfriend, and I feel like I'm actually starting to gain positive ground when it comes to being career ready. The song's mantra of “reaching for the bright side” and to “follow the day and reach for the sun”, has been reverberated in the echochamber that is my life. As I continue to figure these things out, I do want to remember that I'm on the right path and as long as I follow the day, and reach for the sun, I'll be ok.