



**COLLEGE OF
PERFORMING & VISUAL ARTS**

SOUTHERN UTAH UNIVERSITY

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Teaching Students *Resilience* Through Music at SUU

Written by Ashley H Pollock

Southern Utah University, Cedar City, Utah: Coming to Cedar City on Friday, September 28, 2018 at 7:30 p.m., the SUU Choirs will perform together at the Heritage Center Theater in a concert titled, *Resilience*. Under the direction of Dr. Krystal McCoy, students from eight high school choirs will also participate in a final piece. Tickets are \$10 for adults and \$5 for youth. Southern Utah University faculty, staff, and students are free with a valid ID card. Faculty and staff IDs are allowed one guest. Tickets can be purchased at the door the night of the concert or online at www.suu.edu/pva.

Dr. Krystal McCoy, Assistant Professor and Director of Choral Activities at SUU, says, "In the midst of all that college students face during their studies, I felt it was important to consider the theme of resilience, how it is manifested in music, and how it relates to their own lives. We are seeking inspiration from Rick Hanson's book, *Resilient: How to grow an unshakable core of calm, strength, and happiness*. For this concert, we will focus on how compassion and mindfulness impact resilience. Timeless choral works such as 'Bogoroditse Devo' from Rachmaninoff's *All-Night Vigil* to Monteverdi's *Lasciatemi morire* will be featured along with more contemporary works that embody strength and endurance through hardship."



SUU singers have access to outstanding performance venues, a rich and diverse cultural environment, a faculty of talented and dedicated professors, opera, major choral/orchestral works, and small and large choral ensembles.

Ashley Stackhouse, a junior Music Education major with choral emphasis, says, "My favorite piece is 'Hentakan Jiwa' because it is upbeat and difficult, which makes it so much fun to sing! It's a piece that the audience will want to jam to with us! One of the most rewarding parts of preparing for the concert has been listening to everything come together. It's a magical moment when the whole choir nails a section of music and you can just feel that the hard work and team effort is paying off."

Feel the strength of these university and high school students as they perform music about *Resilience*. For more information, please visit www.suu.edu/pva/music.

About the College of Performing and Visual Arts

The College of Performing and Visual Arts (CPVA) at Southern Utah University comprises 26 academic programs including liberal arts (BA/BS) and professional (BFA, BM) degrees in art, design, dance, music and theatre. It includes graduate programs in the fields of arts administration (MFA, MA), music education (MME), and music technology (MM). More than 60 full-time faculty and staff are engaged in teaching and mentoring nearly 700 majors in the College. CPVA presents over 100 performances, lectures, presentations, and exhibitions each year and is affiliated with the Southern Utah Museum of Art (SUMA), Utah Shakespeare Festival, and the Center for Shakespeare Studies. Southern Utah University is an accredited member of the National Association of Schools of Art & Design (NASAD), National Association of Schools of Dance (NASD), and the National Association of Schools of Music (NASM). For more information about the College of Performing and Visual Arts, visit www.suu.edu/pva.

For Calendar Editors: Teaching Students *Resilience* Through Music at SUU

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- Who:** SUU Choirs, Department of Music, Southern Utah University
- When:** Friday, September 28, 2018
- Time:** 7:30 p.m.
- Where:** Heritage Center Theater, 105 N 100 E, Cedar City, Utah 84720
- Tickets:** Tickets are \$10 for adults and \$5 for youth. Southern Utah University faculty, staff, and students are free with a valid ID card. Faculty and staff IDs are allowed one guest. Tickets can be purchased at the door the night of the concert or online at www.suu.edu/pva.
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