1. - Choose an Album (10–15 minutes)

Pick an album you enjoy or admire — any genre, any era. **Answer the following questions** (200-300 words):

- Why did you choose this album?
- What makes it stand out musically or emotionally?
- What themes, moods, or messages are present across the album?
- How is the sound designed, recorded or produced (clean, raw, layered, minimal)?
- What instruments, textures, or production styles do you notice?

2. CREATE A CHECKLIST OR SPIDER DIAGRAM - Deconstruct a Track (15–20 minutes)

Choose one track from the album to explore in detail. Listen closely and take notes:

- What is the structure of the track (intro, verse, chorus, etc.)?
- What instruments or sounds are used?
- What role does rhythm, harmony, or melody play?
- How is space and texture created in the mix?
- What makes this track effective or memorable?

3. Reflect & Conclude (10–15 minutes)

Write a short reflection (200-300 words):

- What did you learn by analyzing this track?
- What does this activity teach you about the relationship between listening and creating?
- Did listening in detail change your opinion or understanding of the album or track?
- Are there any techniques, sounds, or ideas you would like to borrow for your future work?