**Sofia Carson Is Doing It All**

National Standards: 7-8, 10-11

She signed to BMI as a singer/songwriter in 2012 when she 19 years old and went on to appear various television programs including MTV’s *Faking It*, the Disney Channel’s *Austin & Ally* and most notably, the movie *Descendents*. Carson's story shows how a young artist can rise to the top very quickly, plus how acting and music can complement one another.

**Prepare**

Have students watch live performances of Sofia Carson, her music videos and listen to her popular, self-titled album. While Carson has been known as an actress for years, some are unfamiliar with the fact she's been singing just as long as she's been acting. Have students pick their favorite performances. Is there "acting" in her music and performances that takes from her years as a professional actress? How do her acting chops help Carson bring her music to life?

Key points in the article:

• If you have a passion for acting and singing, you don't have to pick just one path. Sofia Carson is an example of someone who "does it all," juggling a musical career, acting and more.

• Carson's musical role models included Gwen Stefani, Cher and Barbara Streisand.

• One thing that makes Carson's music so relatable is how she carries her personal experiences, influences, tragedies, and successes into her art. She's very honest and candid about her life, and that comes across in her music. One example is how in 2019, she had to endure the tragic and sudden loss of their *Descendents* castmate, Cameron Boyce, who passed away at age 20 from an epileptic seizure. She carried that experience into her music.

**Begin**

Review vocabulary words from the article:

• METEORIC RISE: to achieve success very quickly.

• SUBSEQUENT: coming after something.

• EPITOME: a person or thing that is a great example of a quality or type.

• SYNONYMOUS: having the same or almost the same meaning as another word or phrase.

**Discuss**

Have students listen to the music of Sofia Carson's musical inspirations: Gwen Stefani, Cher and Barbara Streisand. Then, have them listen to Carson's music. Do they hear any similarities? Can they tell Carson is a fan of these artists by listening to their music? Have students pick out various characteristics that are similar between Carson and her musical inspirations.

**Questions**

1. What is Sofia Carson's new role with UNICEF USA?

2. What's the first song Sofia Carson ever learned?

3. Who is Sofia Carson's biggest non-musical influence?

4. Who are Sofia Carson's musical influences, which are mentioned in the feature?

5. Back in 2015, which album was Sofia Carson a part of? This album reached No. 1 on the Billboard 200 Albums chart.

**Answers**

1. UNICEF USA has appointed Carson as a UNICEF Ambassador, to use her voice to engage young people across the U.S. and relentlessly pursue an equitable world for every child.

2. "Don’t Cry for Me Argentina" from *Evita*.

3. Carson's mother, Laura Char.

4. Gwen Stefani, Cher and Barbara Streisand.

5. Carson was on the 2015 *Descendants* soundtrack with her single version of "Rotten to the Core."

**Expand**

Have students perform their own versions of Sofia Carson's songs. Make sure to have students put their own spin on the song, incorporating new styles and ways of bringing the piece of music to life. You may also have students perform their own cover versions of songs from Carson's musical influences: Gwen Stefani, Cher and Barbara Streisand. How is covering a Carson song and one from her influences similar or different?