

Course Title: Building Confidence: Acting and Improve Workshop (Wellness Hr)

Teacher: Colleen Kellogg

Hour 1 - Semester 1 - 2021/22

0.5 English Credit

COURSE INFORMATION:

[Hear Colleen explain this class](#)

Course Description:

If you would rather move than sit, this class might be a great fit! This class is for people who want to be less nervous in front of others, want to develop more self-confidence, are curious about the world of theatre, like to move around, like to laugh, and want to get over hang-ups about what others think. This class is for those who want to play. This class is even for those who consider themselves accomplished actors. Students who enroll in this class will engage in movement, improvisational situations, acting games, physical activities, and vocal exercises. As we study and practice the steps and principles to acting and improvisation in the theatre, students will discover that these concepts lead to increased poise and confidence in all realms of verbal communication. Class exercises will provide opportunities for dialogue, pantomime, movement, self expression, creativity, critical thinking, conceptualizing, reasoning, and collaborative problem solving. With practice students will learn to accept and provide constructive feedback, and to minimize the inhibitions that contribute to stage fright. By creating and performing together, the class will create bonds and build trust in themselves and each other so that they can become more confident in all types of speaking situations.

Prerequisites:

Students who enroll in this class should prepare themselves for regular (daily) movement, acting and improvisational games, activities, and vocal exercises. *There is no public performance or audience other than the students in the class.

Method of Instruction:

Interactive, Experimental, Kinesthetic, Collaborative, Indirect, Direct

Course Objectives (standards):

- ❖ Practice improvisation to develop sustainable and believable characters.
- ❖ Utilize acting tools (voice, expression, movement) to communicate human feelings and motivations.
- ❖ Refine (through practice, observation, and self-reflection) the skills required to develop a character and perform appropriate movement, projection, articulation, and expression when preparing and presenting a role.
- ❖ Demonstrate effective, purposeful character action, interactions with others, and prop/set use within the stage environment.
- ❖ Acquire and use accurately a range of theatre specific words and phrases.
- ❖ Participate effectively in a range of conversations and collaborations
- ❖ Express poise and confidence in self expression through class exercises
- ❖ Analyze and solve problems inherent in performing improvisational theatre.
- ❖ Analyze dramatic works to determine a theme

- ❖ Use strong textual evidence to support literary analysis
- ❖ Demonstrate perseverance when dealing with challenges and adversity.

Graduate Vision Competencies:

- ❖ Positive Risk Taker
- ❖ Growth Mindset
- ❖ Creative and Critical Thinker
- ❖ Skillful Communicator