

**LEARNING AIM**

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**SETTING LONG TERMS TARGETS**

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| **PRACTITIONER’S NAME** | Ryan Stagg |
| **Date target set** | 15/01/2018 |
| **AFTER FINAL PERFORMANCE** | |

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| **Long Term Target –**  **PHYSICAL** | Specific | There were several times throughout the duration of my performance that my facial expressions didn’t match the emotional level of my character in that moment. A clear example would be; in the scene where I am talking about the devastation that war had bestowed upon my family, my face looked far too neutral and meant that the emotional outburst of vocals to convey the climax of anger in the scene, were not aided by my facial expression. Having a more developed portrayal of facial expression in that moment would have helped the audience to understand the deep, underlying emotion that my character feels as well as the impact that continued violence has had. During this moment, I should have widened my eyes and gritted my teeth as this develops my physical portrayal of the overarching emotion that my character is feeling at this time; ANGER. |
| Measurable | I will measure this in two different ways; the first will be to video myself twice a week (once in group rehearsal, and once in my own time) to be able to watch back my facial expressions and critique them in order to develop them to more appropriately fit with my portrayal of character. The second will be to ask for Peer or Teacher Feedback on whether they think my Facial Expressions have developed from one week to the next and whether they feel as if I have worked on the changes that I have made after reviewing my own videos. |
| Achievable | There are several different ways in which I can develop this skill. One of the elements that I have identified is that I need to make sure that my face is appropriately warmed-up. So, in order to improve, I am going to participate in warm-up exercises 3 times a week. The main exercise I am going to focus on is ‘Micro-Muscle Facial Control’ exercise that I found online. (<https://takelessons.com/blog/acting-warm-up-games>) You start by scrunching up your face like you’ve just eaten something really sour. Get your face as small as you can get it and hold that for 10 seconds. Now stretch your face with the widest, most surprised smile you’ve ever made. You then hold that for 10 seconds and repeat the whole exercise a few times. |
| Realistic | Developing my Facial Expression is a realistic target because a) it doesn’t involve anyone else as part of a collaborative process so I can manage it within my own time without having to rely on the integration of any other individuals b) it is something that has minimal impact in terms of resources as I can manage the development personally, without having to find help from teachers c) it is a skill that is about nuance and subtlety so I haven’t got any deep-rooted or entrenched habitual inadequacies. If you have a skill in which the successful execution is being prohibited due to poor preparation or training, it may not be as realistic to develop in the timescale I have given myself as it could require substantial support from experts. |
| Time | TARGET DATE – 12TH FEBRUARY  I want to increase on these skills within four weeks because I want to have improved before my next performance preparation process (rehearsal) starts. By having developed this skill before the process begins, I have a better chance of developing facial expressions that are specific to the character I am portraying. By generally increasing my development within this skill, I am better equipped to engage with the character at the beginning of the process meaning my portrayal of character will be stronger and far more convincing.  REVIEW DATE 29TH JANUARY  I will review my development after two weeks so I can reflect upon the processes I am using to aide my development. This is so that I can make sure I am effectively developing and utilizing my time as well as being able to make adjustments if I don’t feel my skill level is increasing within an appropriate amount of time. |

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| **Long Term Target –**  **PERSONAL MANAGEMENT** | Specific | Delete guide text: EXACTLY what is it you want to achieve (state: which, who, what, where, when, why,)  I need to improve on … |
| Measurable | How will you demonstrate that your target has been met?  I will measure this by…. |
| Achievable | How will you ensure this is in your ability? Are there specific resources that can assist you? Can it be done at all? This will be achievable by…. |
| Realistic | It should be challenging but realistic. Why/how is it realistic? This is a realistic target because… |
| Time | Clearly specifies target dates, review dates. It will give a feasible deadline and a reason.  I want to increase on these skills within (insert time scale)….  Because…. |