

FINAL EVALUATION OF MY OWN DEVELOPMENT

Learning Aim D
Evaluation I

Explain (DP6)

Tick your level	START OF PROJECT	+	=	-	END OF PROJECT	+	=	-		
1.Improvising				x				x		
2.Devising				x				x		
3.Facilitating				x				x		
4.Movement				x				x		
5.Commitment				x				x		
6.Responding				x				x		
7.Collaborative				x				x		
8.Writing						x			x	
9.Composing						x			x	
10.Musicality			x					x		
11.Preparation				x				x		
12.Attendance				x				x		
13.Receiving				x				x		
14.Review				x				x		
15.Choreographing				x				x		
16.Directing				x				x		
17.Voice						x			x	
18.Use of props				x				x		
19.Reh. Discipline				x				x		
20.Indepen. Work				x				x		
21.Select/Reject			x			x				

Analyse (DM4)

Why do you think you have improved these performance skills during this project?

What activities have you undertaken that have helped you develop your performance skills?

I believe I have improved in my skill of devising, I think this because at the start of the process I found it hard to come up with ideas and often my ideas were unrealistic or too abstract. This mean that when we actually put them into practise they often didn't work. The main thing I have untaken to perform my skill in this area is I have researched online ideas and inspiration. By researching I have been able to find possible ideas and I have been able to create mood boards and brainstorm of different ideas I have devised. Furthermore, I have also improved ability in this skill by creating lots of options therefore I can fall back on others when they don't plan out. This has meant I have been able to spend my time devising and less time thinking about possible ideas. For example, I have particularly found the information regarding DV8 and Frantic Assembly websites and YouTube videos really useful as they have given me ideas and inspiration, therefore I believe I have improved in this skill. This has allowed me to have more of an understanding of what theatre is out there now and how you can adapt the techniques to help you devise.

Also, I believe I have improved my skill of my vocal ability, this is because at the start of my project I really struggled with my diction and it often meant that people could not understand what I was

saying. The fact that the audience were unable to connect with the humour and what I was saying was very bad as it means there was miscommunication with the audience and it resulted in them losing interest and engagement. There were points in the rehearsal when I had important lines and they weren't funny because they could not be heard. The main exercises I have undertaken to improve my skill is that I have been practising tongue twisters so I am able to use the full ability of my tongue to help me pronounce correctly as well as going through my lines and practising saying them without missing out letters, this has helped me improve my skill and I can now be understood much better. In addition, I have slowed down my pace to allow me to focus more on making my voice clear which will help me to communicate with the audience.

Further, I have also improved my voice further by trying to change my tone, I have a natural tone which I don't vary much, this can often be boring and may cause the audience to become unengaged. Therefore I undertook some practise when I was assigned my lines where I had to say each line in a different tone I then picked a tone which suited what I was saying and as I learnt my lines I also was able to pick up on the tone. I used the technique of transitive verbs to allow me to find the truth and purpose behind my lines and therefore I was able to make it more funnier and this is important as the audience were able to engage with the humour. This was something which was visibly different throughout my rehearsal period and show and I was able to have a variation in tone throughout, this helped for my piece to be more naturalistic and engaging.

I believe that I have improved in my skill of preparation, I think this because when I started the project I was very un-organised and left things to the last minute, I also didn't always come prepared with the correct attire. The main thing I have undertaken is that I have become more organised making sure I check the minutes to see if I need to do anything. In addition, I have come prepared to all of my lessons by wearing the correct attire which has allowed me to take part in all activity's which has allowed me to take part and I have been able to make the most out of each lesson. Furthermore, I have taken part in extra research to extend my knowledge and allow me to contribute to the lesson in a positive way, this is important as it has allowed us to make the most progress in each lesson. Therefore, I believe I have improved in my skill of preparation and I have been able to put it into practise later down the rehearsal line such as when I began to prepare for my sections.

I believe I have improved my skill in musicality, I believe this is the case because at the beginning of the process I had little experience with managing music, however during this process I was put in charge of the much. The main thing I have undertaken to allow me to be as successful as possible is that I did some research into managing music and I found that using a cue sheet works well so I was able to use this. In addition, I found lots of YouTube videos which explain the main ways I can manage the music and this allowed me to get professional help online and allowed me to try each of the processes. Therefore, I believe I have improved my skill dramatically because I started the process with little knowledge and now I have a good understanding as I have done a vast amount of research. I believe I have improved my skill in improvisation, at the beginning of the process I found it hard to come up with direction on the top of my head and in some sections I need to improvise to allow it to be as naturalistic as possible. I took part in exercises such as hot seating and 360 degrees, these exercises allowed me to get into the mind of my character and I was able to connect with them emotionally so make decisions which benefit my character.

DM4

D. M4

D M4

Evaluate (DD3)

What were your strengths during this project? (Reference the performance skill number as you discuss)

Give specific examples.

Discuss how you know where your skill level is.

Discuss how your strengths benefitted this process

One of my strengths during this project was in preparation (11). I believe it allowed me to have more control over my own progress as well as the process of the group. For example, if I knew that we were going to cover one of my sections I would have an idea of what I wanted to do and bring anything I needed in, for example in one of my scenes I brought in a rough of the sheets we would use so everyone had a clear understanding. I believe I know my skill is plus because I have really improved my organisation and this has resulted in me being more prepared for lessons such as turning up to lessons in the correct attire. I believe my strength has benefitted this process because we were able to cut down on wasted times in rehearsals trying to work out what to do and we were able to move on to the sections which needed more work. In addition, it allowed me to feel confident within my lessons as I felt up to date and so I was able to focus on my characterisation and devising.

Another of my strengths during this project was my ability in devising (2). I believe it allowed me to contribute well to the performance with creative ideas and improvements. For example, I did some research into some physical theatre techniques and one that really stuck out to me was the use of sound collages. I decided in one of my scenes I wanted to incorporate one therefore I devised on with would interlink with the storyline of section which was everyone had to walk around whispering numbers from the list in different tones and pitches getting louder and quieter. I believe that I know my skill level is at a level of a plus I believe this is because I was able to use my imagination to find new ideas by researching. I was able to research companies that had a physical theatre approach and find inspiration and adapt their ideas to suit our piece and previously I wouldn't have thought to do that. I believe this benefitted the process as the techniques made the performance more engaging and interesting.

Another of my strengths during this project was my good attendance (12). I believe it allowed me to get the most practise done as possible and it also meant that I wasn't behind and I felt on top of the work. For example, I was at every lesson I could possible go to as well as every rehearsal in college an outside college. I believe my skill level was a plus because I did my best to be at every rehearsal because I knew that missing a lesson would be very disruptive. It allowed me to contribute to the group ensuring we did as much work as possible and made the most progress. I believe that my strength benefitted this process as I was in the lessons to help develop the piece making sure that it is as goes as possible, in addition it meant that I was on top of the work so didn't need to catch up so we didn't waste any lessons trying to catch me up.

Another skill which was my strength was Select/Reject (21) I believe I am at the level of plus because I have been able to improve in this skill dramatically. For example, at the start of the progress I found it hard to make decisions such as whether we cut a scene or what idea we should do. I felt that I was poor at the skill because I spent too much time discussing possibilities and wasting time. Therefore, I was able to improve by trying all options and then picking the best one this benefitted the process as I was to save time and make direct discussion which benefitted the piece and the more I did it the more comfortable I came at using this skill.

Another strength I have is movement (4) as I was able to come up with possible choreography and commit to the movement throughout play. For example, I was able to bring energy to the each of the movement scenes. I believe I am at the level of plus because I have been able to research come up with my own choreography and then teach it to the group. I felt that the movement I chose really complimented our piece as it was fast pace and so had lots of energy which was something we wanted throughout our piece. I believe my strength allowed our piece to be more engaging and this befitted our piece because It was placed the end of the piece where the audience may become unfocused, therefore it would re-engage them successfully.

Evaluate (DD3)

What were your weaknesses during this project? (Reference the performance skill number as you discuss)

Give specific examples.

Discuss how you know where your skill level is.

Discuss how your weaknesses may have impacted this process

One weakness I had was my skill in commitment (5). I believe this was because at some points I felt that I wasn't committed enough because I wasn't always focused. When I became unfocused it meant that I also distracted others. For example, the two particular lessons I felt I wasn't committed was because I was distracted by outside problems and then I was distracted by issues going on in the lesson such as the fact we did get into arguments which did get taken too far and sadly took time of ours when we could've been doing more productive things. My lack in commitment meant that we lost time and it wasted our time where we could have been developing our piece and therefore it may have impacted our piece in a negative way. However, during the end of our process, I was much more committed and I didn't get distracted that much so although it was a weakness at the start by the end I improved which is why I believe I am at this level. I was able to leave my outside distractions away from the class and focus on developing the piece. I felt a big difference when I was focused as we were able to get a lot more work done.

Another weakness of mine was my ability in my voice (17). The two main issues with my voice was my diction and my pace. Firstly, with my diction, I believe that this was because some people were unable to understand what I was saying as I was not finishing the end of my words. For example, in on one our rehearsals where we had one off our tutors watching gave feedback that he couldn't understand one of my lines "26. Peeing in the see when nobody knows". Due to the fact that the audience could not hear me at times I believe this caused miscommunication and resulted in the audience becoming unengaged. However, with the help of my diction exercises and practise I was able to improve my skill so this is where I believe I am in this skill as I believe at the start of the process I had poor diction how at the end I had got worse. I believe that my weakness impacted the process as it meant that I had to spend a lot of time working on my diction which was time consuming and still effected my last performance as I dint give myself enough time to improve my diction .

Secondly another weakness mine was my pace, I believe this was because I was often rushing my sentences and could not be understood this was because I was nervous and this was affecting my pace. In addition, in other sections I my pace was slow and this meant it lacked energy. For example, in my first section of the piece I was always the most nervous therefore I would go to fast and I could not be understood and in the second past my pace was much slower because I was quite unfamiliar

with the text. I believe that I am at this level because I think at the start of my first performance it affected all aspects of the piece, however when I recovered feedback about how poor my pace was I was able to address it by making a more conscious effort to slow down my pace at the start by calming my nerves through breathing exercises and getting more familiar with the end of the text so I was able to increase my pace. Overall, my weakness, may have meant that people were not able to understand what I was saying and so missing out on the importance of the storyline as well as becoming unengaged emotionally with the character and storyline.

Another weakness I felt I had was Review (14) this was because after we did runs I found it hard to give back feedback to my peers because I didn't want to offend them or for it to be incorrect feedback. I think this was a weakness as it meant a few issues weren't raised because I didn't say anything, we weren't able to improve in those aspects and my peers became complacent with the paths they were taking instead of trying other aspects which could have improved it. For example, after our tech rehearsal I felt that Tanya was being too angry in her tone and I felt that I needed a more understanding tone and I didn't give my review straight away. Which mean it later got picked up by our tutor. Therefore if I had said something sooner I would be able to have improved it and we could have focused on other aspects.

SUPPORTING YOUR OWN PROGRESSION AND PRACTICE

Discuss (DP6)

Discuss four exercises that you can undertake that will help you improve your practice in the future

Title of Exercise	Twisters with "t" and "t"
Performance Skill that is being developed	The skill that is being developed is voice, particularly diction.
Description of exercise	Repeat the text once "Those toes aren't these toes. These teas aren't those teas. This tike ties threads together twice. That tike ties together three threads. Those threads the two tikes tied are tight. Twist twice to tie tightly. Thirty tee-shirts are tan, and thirteen tee-shirts are tied-dyed teal green. The teal tee-shirts total thirteen, the tan tee-shirts total thirty." Close your mouth and use you tongue to run around your gums in circles. Then repeat again.
How will this help you improve?	This will help me as these are the constantans that I struggle with the most. I often find they get lost at the start or the end of words and lines. If I repeat this exercise regularly (twice a week) it will improve my diction in these constants. I think these are the ones that get lost the most when I speak so I think it will help if I regularly take part in this exercise it will allow me to improve. In addition, this exercise is great for a vocal warm up before a rehearsal or show and will ensure that I don't damage my voice. This exercise will allow me to communicate my dialogue much more clearly and enable the audience to understand what I am saying and connect with my character emotionally.

Title of Exercise	Deep breathing
Performance Skill that is being developed	This will be improving my skill in voice as I will be able to control the pace in which I am talking when I get nervous.
Description of exercise	There are different types of deep breathing strategies, but the simplest involves sitting in a chair with your back straight and your arms on the armrests. You take a deep, slow breath in through your nose lasting close to 5 or 6 seconds. You then hold for a few seconds, and breathe out slowly through your mouth, taking close to 7 seconds (breathe out like you're whistling). Repeat 10 times.
How will this help you improve?	I believe this will help me to improve my nerves and this will stop my stress I have before I perform. I often find when I perform I my pace increases due to my nerves therefore this exercise will help me to slow down my pace by controlling my breath therefore will mean that I could be understood better by the audience and help me to settle my nerves. By regularly taking part in the exercise it will help me to gradually be able to control of my breath which will have a big impact on my nerves and pace.

Title of Exercise	Concertation on the within
Performance Skill that is being developed	This will help with the skill commitment
Description of exercise	Lie down and thoroughly relax your muscles. Concentrate on the beating of your heart. Do not pay any attention to anything else. Think how this great organ is pumping the blood to every part of the body; try to actually picture the blood leaving the great reservoir and going in one stream right down to the toes. Picture another going down the arms to the tips of the fingers. After a little practice, you can actually feel the blood passing through your system.
How will this help you improve?	This will help me to focus before my lessons and before my shows. I often find it hard to remain focused throughout a lesson as I become easily distracted and distract others which means that we waste time where we could be developing our own work. In addition, it will help e because I will be able to remain focused within my character and ensure that I don't become out of character as this could cause the audience to become unengaged. Therefore by improving my skill of commitment it will help I to get more out if the lesson and ensure that I can remained focused. In addition, I feel if I improve my skill in commitment it will allow me to do the best I can in the shows. This will help with my commitment in rehearsal stage as well as the performance.

Title of Exercise	Grotowski's prop use improvisation of a scene
Performance Skill that is being developed	This will help with my skill in improvisation so that I am able to spot stimulus in a scenario and if something goes wrong in the performance improvisation will help you to find a way out.
Description of exercise	You are given a stimulus for a scene and 5 or 6 props, which you are then to try and incorporate into a scene. The aim is to use all the props effectively and for an equal amount, whilst creating an improvisation for a scene.
How will this help you improve?	This will help with my improvisation as I often find it hard to have the inspiration to come up with ideas on the top of my head. I need to ensure that my improvisation is naturalistic so I think this exercise will help with that. I believe this exercise will give me more confidence in future performances and I think it might help in certain circumstances such as if something were to go wrong in a play I needed to improvise in a calm way. I believe if I take part in these exercises regularly it will help me to make me more successful in this technique as it will allow me to bring truth to a performance.

Describe/Analyse (DP6/M4)

What did you hope to achieve during this unit?
Did you meet this objective?

The aim for this piece of this community theatre piece was to raise awareness of mental health and show mental health resilience. I believed we achieved this within our performance as we were able to show examples of mental health and how you can get help such as by contacting the Sarmatians which we had interlinked throughout our piece. It was important that part of our piece was educational so we could give people the support they needed. In addition, we used a play which has mental health interlinked throughout, it also has a lot of emotion within it which the audience could engage with. We decided that we wanted a play which has a lot of emotions within it so the audience could relate and hopefully realise that mental health is normal and you can get help. This subject matter was chosen as we gave a number of ideas to our clients and they requested this in the feedback. This meant that we were successful in meeting their requirements and we knew that the work we produced would be suited to our clients. It was important that we used a subject matter which was relevant to the chosen target audience as it needed to help or educate the community we had chosen in a positive way. The client group which we selected was GCSE students as we thought it would be appropriate as this is time in a student's life where they become under stress and mental health is first raised. We chose a play which had mental health throughout the performance and therefore the audience were constantly reminded of it. The play was also successful as it was overall quite funny and light hearted and we believed that would work with our target audience as these are genres that the audience will connect with and hopefully be engaged throughout. The main success of the play was that it has strong interlinks with audience participation throughout the play, we thought we could use

this to our advantage and use it to engage with the audience. The audience was active in playing roles as well as they took part in playing characters as well as answering questions this mean that we were able to keep them engaged and on their toes because they didn't know if they were going to get chosen. By making them included within the play it allows them to become a part of the positivity and hopefulness of mental health, which will make it more acceptable. I feel like we have achieved the purpose of our aim as we were able to communicate well with the audience and keep them engage throughout the performance. For example, after hearing the feedback after the Woolmer Hill performance that our performance was "powerful" and was really engaging, in addition there was a lot of intangible evidence such as the fact they were crying. Therefore, I think we can draw from this we were successful in engaging and raising awareness of the subject matter as we did provoke a reaction from our client group and we achieved our aim.

Analyse/Evaluate (DP6/M4/D3)

What do you need to do to support your own progression and practice?

Here you are setting targets for future improvement

What I need to do to support my progression and practise is to mainly focus on improving my voice as I felt that it is the main thing that let down my performance. After doing some research into possible technique I came across the vocal practitioner Jo Estill who has a number of techniques in which I could work though to improve my vocal ability. I need to make sure that I continue to take part in my constant exercises for my diction, in addition I need to take part in my relaxation techniques to help me control my pace when I am under pressure and the techniques of Estill. Diction and control of pace are crucial to being able to communicate with the audience and being understood and clear is the key to that. It is important that I can improve my voice as it will enable me to communicate with the audience and allow them to connect emotionally with my characters and performances. I need to ensure that I am taking part in them regularly as otherwise there won't be much progress and I will log after every time I take part in the exercises any differences. I believe these exercises will help me improve my progression in my voice and I hope that the exercises will help me to improve my voice to a plus in the next unit.

Secondly, I would like to improve my skill in commitment as I believe it will allow me to gain the most I can when training. I believe I can do this by taking part in my vocal exercises every day and logging my progress, if I am able to commit to doing this everyday then I know this is a transferrable skill and I will be able to commit in my learning in other ways. I must find way to make it routine for me such as doing it before bed or before lesson so I remember. I will also put a reminder on my phone so I can be updated on there. In addition, it's important that I am able to remain commitment throughout my performances in my character because if I become out of focused it could mean that my performance won't fit a naturalistic genre and could result in the audience becoming unengaged. To ensure that this doesn't happen I need to take part in exercises such as Hot seating which will allow me to get into the role of the character. I believe improving my skill in commitment It will help me to regain my focus and make sure I can 100% commitment to the lesson which will allow me to gain the most out of my training. I hope in the next unit I will be able to use this technique and I will see an improvement in my commitment.