

PERFORMANCE LOG FOR VOCAL DEVELOPMENT DIPLOMA 2

Date of workshop / rehearsal:	Week 5 07/10/19- 11/10/19 Week 6 14/10/19-18/10/19 Week 7 21/10/19-25/10/19
The focus of today's workshop/rehearsal is:	Week 5 1. Mock audition. 2. Resonance areas, putting certain emphasis on words and script work. 3. How redirecting tension can affect the body. Week 6 1. Discussing vocal health, starting to read new poem. 'The Hunger Strike'. 2. Went through A5 and loose lips piece 3. Writing about exercises that are involved with making an efficient warm up. Week 7 1. Staged the first stanza of the poem for Loose lips 2. Physical exercises to test our flexibility and warm our bodies up. Allocated the rest of the lines to the class in the A5 piece for Loose Lips. 3. Got final piece of theatre for Loose Lips 'Greek'
The main skills to be focused on are:	Accent for 'Greek'

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VOCAL DEVELOPMENT EXERCISES		
TITLE OF EXERCISE	AREA OF DEVELOPMENT?	TICK WHEN LOGGED
Scales	Voice and throat	✓
Weight placement	Weight placement	✓

Week 5	Week 6	Week 7
Lesson 1 (07/10/19)	Lesson 1 (14/10/19)	Lesson 1 (21/10/19)
Lesson 2 (10/10/19)	Lesson 2 (17/10/19)	Lesson 2 (24/10/19)
Lesson 3 (11/10/19)	Lesson 3 (18/10/19)	Lesson 3 (25/10/19)

Short Term Target For	Specific	For our performance of 'Loose Lips' we have 3 new pieces of theatre to perform one of them includes a piece of theatre called 'Greek'. For this piece we all have to have cockney accents and I want to make sure I have a convincing cockney accent before the performance.
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Measurable	Over the next few rehearsals we have of Greek I will continue to explore using my accent and see if I can pick up tips from anyone else in the class who has a very successful accent.
Achievable	To make sure I achieve my believable accent by the time we perform on the 16 th of December I will make sure when I'm practicing my lines I read aloud in the cockney accent. I will also research those YouTube videos that show to successfully portray an accent. This will help my accent be very realistic and convincing for the audience.
Realistic	I think this is a realistic target and one that I am going to work hard to achieve it so I give a convincing performance for the audience when we perform on the 16 th .
Time	I would like have improved my accent in the next week so when we next explore Greek I am able to show my improvement in rehearsals. And then continue improving right up until the performance.

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<p>REVIEW OF SHORT TERM TARGET</p> <ol style="list-style-type: none"> 1. What progress have you made towards this target? 2. How do you know this? 3. ACTIONS: What do you need to do next to ensure you make further improvements? 	<ol style="list-style-type: none"> 1. I have made some progress towards the target I have been able to practice over the half term while reading and learning my lines for Greek I can notice an improvement in the accent. However, I haven't been able to see what they are like when we are rehearsing as a group as we haven't had another rehearsal since we first looked at the piece on the last Friday before half term. 2. I have been recording myself over the last week to see how my accent is improving. 3. To ensure I carry on developing my skills I am going to keep practicing and recording myself to Log my improvement.
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Lesson Objective	<p>Week 5 Doing our Mock audition. Working on resonance areas, experimentation on putting emphasis on certain words in a script. Participated in some exercises that will help us in reliving vocal tension.</p> <p>Week 6 Started reading through and exploring the poem that we will be doing for loose lips 'The Hunger Strike' Went through learning 5A the body and started on new piece of theatre for loose lips. Completed cover work Ryan set us. What makes a good warm up? And focusing on specific vocal skills and writing what is an effective warm up to treat that part of the body.</p> <p>Week 7 Got final piece of text for 'Loose Lips' 'Greek' and allocated lines before reading through.</p>
Explain: What you did in today's session	<p>Week 5 In today's lesson we participated in a mock audition. This reason for this mock audition was to give us all a taster of what it is like at drama school auditions. We were given a selection of monologues to pick from off Godalming Online and we each had to prepare what we thought we would be the most appropriate one to perform. We were all advised to pick a monologue that was in our age range and would challenge us in terms of</p>

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our performance skills. We also had to all pick a song that we would be asked to sing. During the lesson we had 5 minutes at the start to read through our monologues to ourselves before we called up in a random order to perform. We started by all performing our monologues to Tari who was assessing us. Then once we had all done our monologues we all performed our songs. While each class member was performing we each had to give feedback on what we thought was successful in there performance and what we thought they should improve on.

At the end of audition we gave out the feedback we had given to each performer. This system was designed so everyone would have some feedback to take away from the audition.

Today we worked on our resonance areas and applying emphasis on words within a performance. We started off by participating in a warm up that helps us with breath control that me and Chris lead. We made sure we stood in the natural position with our feet shoulder width apart and keeping shoulders down and relaxed. We all placed our hands on our stomach then breath in for four counts then exhale through your teeth making an 'ssss' sound for a count of four. We then increased the count by four every time this helps increase breath capacity which is an important skill for practitioners to have because strong breath capacity means you are able to hold notes for long periods of time in a performance without becoming out of breath, after finishing the warm up we were put into pairs to practice using our resonance areas correctly. I was put Sofia and we each took it turns to hum pushing the sound to each resonance area. (Head, nose, throat, chest, lower back) the other person would put there hand on the other person depending where they humming from and check there was the right amount of resonance/ vibration coming from the specific area. We then gave each other feedback on specific resonance areas we thought needed more improvement. Andy then gave out a short scene that we were asked to read in a new pair. Within the scene certain words were mean to be stressed in certain ways. For example some words were in bold to make sure you put emphasis on them. However, apart from that you were allowed to speak the scene however you thought was appropriate. There was direction or movement involved because we would perform to rest of class who had there backs to us. This was so they could really focus on the words of the scene and work out what words had stress or emphasis on them.

After performing as a pair we got feedback on our performance.

In today's lesson Ryan took us through some exercises that were designed to help us get rid of vocal tension. Before each exercise Ryan talked us through how to appropriately execute the exercise and what it was designed to do and where in your body it was helping and how it would help improve our vocal skills. This was important because it meant we were able to focus on how it was improving our skills and so we were bale to et the best possibly impact from it. Then we would do the exercise and evaluate how effective we thought it was for our vocal skills.

Week 6

We got given a new piece of theatre for our show 'Loose Lips' which we are performing on the 16th of December. The new text is a poem called 'The hunger strike'. In today's we read through the poem as a group and then allocated stanza's to each class member so we all we are able to say a paragraph as a solo. This is important because Loose Lips is an vocal skills assessment and it is requires that we all each get an opportunity to be assessed as an individual and on our vocal skills. After we allocated the lines we had a short discussion about we thought the poem was about and if we had any ideas on how to perform it.

Andy gave us a new piece of theatre for our Loose Lips vocal skills assessment. Andy gave us a brief summary of what the piece was about and what it was representing. Then as a group we read the piece switching person every line so we all had a go at reading it. Andy then went off and let us allocates the lines out. I really liked how we all were able to sit down together and discussed which section we wanted and what section we thought each other would act well. I think it was important we were able to pick which section were given because it meant we all get an equal chance of being graded in the assessment. And if someone asked to do a specific

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section then we were not going disagree because we each want each other to do well in the assessment and get the best possible grades we can get. In today's lesson we were given 3 tasks to complete on what makes an efficient warm up. We were each given a section to focus on. My section was breath control and increasing lung capacity. I wrote about the exercise we have done before in class. The one where you breathe in for a certain number of counts for example, 15 then you hold your breath realising the breath for a same number of counts that you breathed in for. You can also increase the counts to help you develop your lung capacity. I thought this was an appropriate exercise to pick and certainly one I feel is very effective for improving breath control and lung capacity.

Week 7

In today's lesson we started to block the first Stanza of the poem for Loose Lips. The direction mainly led by Tari however as a group we did contribute some ideas. Because we were staging the opening stanza we wanted it to have a big impact on the audience and have them engaged in our performance as soon the first line is said. This is something we definitely achieved in the first poem The last poet standing that we performed in project ID. However we analysed that in the last poem we used a lot of circles and took in clumps a lot of the time and we decided we did not want to repeat that in this poem. We realised this after re watching the poem we performed in Project ID that the circle formation we adopted so often was very boring to look at and create a dynamics to the stage.

In today's lesson we did some very extreme physical warm ups to test our flexibility and physicality. The name of the exercises we did was we did a posture check, which is where we stand opposite a partner and check they are correctly aligned, reverse plank, arch up and second arch up, rowing movement and the Alexander position. The reason we did these exercises was all to help our breath control and improve our posture. These are two very important skills that professional practitioners need to have. Posture is very important because it helps with projection within a performance. When you have good posture your head sits directly on top of your neck and your head faces directly towards the audience. This means that your vocals hit your audience directly keeping the audience engaged in what you are performing on stage. This is why it is extremely important to have good posture as a practitioner. Breath control is another skill that is important to carry on developing as a practitioner. Breath control is particularly important when you sing as it helps you hold long notes without losing breath easily. This is why it was helpful to participate in this warm up exercises so I can continue to explore what warm ups work for me and what exercises I feel the most benefit.

After doing the warm ups we revisited the piece Comment is free & Start swimming which is the piece of theatre we are going to be performing for our vocal assessment Loose Lips. As a group we finished allocated the rest of the sections of the piece. We then read through the piece as a group checking everyone was happy with what they were reading.

In today's lesson Ryan gave us our last piece of theatre we will be performing in the Loose Lips assessment. The piece is called Greek; out of all the pieces we will be performing it is defiantly my favourite. It is so full of colour and requires us all to play very loud obnoxious characters which are loads of fun to portray. To get a feel of how the piece should be performed Ryan read it aloud for us. Ryan then gave out our lines and we read it through as a group while Ryan dotted out some ideas that he had for blocking. We also participated in some exercises to help us with our breath control and posture. The first one is called Seiza and you sit on your knees with your back straight however you make sure your feet aren't touching your feet and you sit there for as long as you are bale to maintaining a steady breath and keep your shoulders back and as relaxed as possible. The second on we did was the Alexander technique. You have to lie on your back

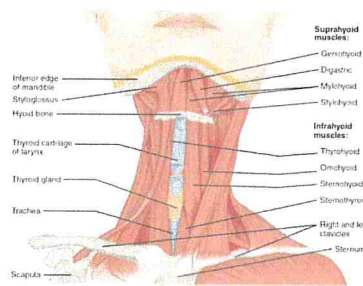


with your hands just below your diaphragm and just continually breathe and out. This helps you relax and increase lung capacity and breathe control.

Analyse | Evaluate: Why did you complete this work? (don't forget the **evaluation** is most important) Attempt to include a sense of **Analysis and Evaluation** within this work
And

Why are these skills important to a professional practitioner in your chosen pathway?

A diagram showing we can hold vocal tension.



Week 5

The reason we completed this mock audition was so we got a taste of what it was like for auditions whether it be for drama school or a job audition. I think overall we all found the experience of the mock audition useful as we all got the freedom of picking a monologue and song which suited each of our individual acting styles and performance skills. It was also really useful to have been given feedback from our performances because it gave us an idea of not only what Tari thought about our performances but also our peers. As we are well aware by now being able to give efficient and affective feedback is a very important skill for a professional practitioners to have as it helps the receiver of the feedback be able to turn the response into a target to help them keep developing there performance skills. It is also important for a practitioner to have the skill of picking appropriate audition material to it was good we had this sort of tester to see what sort of material compliments are acting abilities so we have a good idea of what to use for auditions in the future.

The reason we completed this work was so we can make more progress on getting to know how to use resonance areas as they are very important when performing to be able to create a clear sound to the audience. Over the last few weeks we have been focusing a lot on resonance areas but they are one of the most important vocal skills that a professional practitioner can have when performing. I think my use of resonance areas and my knowledge towards them as defiantly improved the more we study them. My strongest resonance area is defiantly my chest. This is because I have singing lessons and my singing tutor has trained me to use my chest voice to project power when I'm singing. The reason we participated in the script work that was all about putting emphasis on words was we could see the impact it had on the audience and also because each pair interpreted the scene differently and stressed different words we as the audience could see the way the depending on the choice of words the actors chose to put emphasis on how the situation or emotion that dominated the scene changed. This was a very interesting realisation and made me discover how important artist choices are in a scene.

We completed this work so we could start to explore and gain better knowledge of were we held vocal tension in our bodies and different ways in which we can decrease the tension. I think I achieved the best possible outcome from these exercises because before the lesson I could feel the tension in my legs, which is where I normally hold the most tension in my body however, after the lesson I could feel a lot less pain and tension which is defiantly a positive outcome. Having a good understanding of how to relive tension and relax is a very important skill for a practitioner to have because, when you are going into a audition or a job interview tension is created by nerves and it is important you know to decrease tension in times of stress so you are combatable and relaxed.

Week 6

The reason we were given this poem is because we have an assessment coming up in December. It will be assessing us on our vocal skills as individual practitioners. The assessment show is called 'Loose Lips' within in the show we are going to performing 3 new, very different pieces of theatre that will incorporate a range of different vocal skills we will show each of our skills so we graded as highly as we can and make this assessment be as successful as possible.

We completed this work so we had better knowledge of the piece we are going to perform for Loose Lips and what we were being assessed on which is our vocals . We were also able to explore using lots of sounds. Particularly focusing on how sound is produced from the month. The reason we focused on this was because in our piece lots of the texts is the actors making sounds. So it is important we understand how sound is produced. Having a good knowledge of sound production is an important skill for a practitioner to understand because we can then explore using different parts to make different new sounds.

We completed this work in order to have more understanding of why we warm up and why it is so important do pick specific ones. I believe I executed this work efficiently using some extra research into exercises that

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	<p>I thought would help and I used the correct vocabulary, using good examples of exercises we have used in the past in lessons that I know worked for me. When creating the warm up information I had to focus on a specific area of the body that Ryan gave me to study and I believe I followed the instructions very well with the right information involved. Be able to participate in an extensive physical or vocal warm up is an essential part of becoming a practitioner. Because warm ups can reduce risk of damaging your voice or body when you are performing on stage.</p> <p>Week 7</p> <p>We completed this work in order to begin the blocking of our poem for Loose Lips which will take place in December. We started with the first stanza which is going to be spoken by Caprice. As it was not my stanza was blocking I did not participate a lot in the lesson and wasn't able to assess much in terms of vocal performance because the opening section is between Caprice and the boys in our class. However, I was able to pick up on the fact that in today's lesson we were defiantly less focused than we are normally and it took us a long time to block even the first few lines of the poem. This is something we will have to work on if we want to finish the poem in time for the show, however overall I found it was good first blocking lesson of the poem and the class worked well together as an ensemble. Teamwork and be able to work in a group is an extremely important skill for a practitioner to have because it shows you have good people skills and that you are not a 'diva' who wants the spotlight on them all time.</p> <p>We completed the work today to help us improve our posture and breathing techniques. These are both important skills to have because they both contribute to a good performance. Having good posture is very important while performing because it helps with projection and also good the more upright you sit/ stand the more open your airways will be allowing more breath to enter your body when performing. It also prevents back problems because having good posture extends your spine upwards. I think I achieved these exercises as best I could however Andy pointed out to me that I am a very inflexible person and so I did find some of the exercises hard. However I tried my best while also not forgetting to breathe and stay relaxed.</p> <p>The reason we completed this work these exercises was so we learnt to feel more relaxed when performing and so we continued to work on our breath control. Releasing tension is very important when performing. Because it could easily cause an injury if you stay tense. Also being able to be centred when your breathing is also important because it helps you feel in control and powerful on stage, which is great if you're playing that sort of character.</p> <p>We also completed the work of getting to know our group piece. This was important because we can now start learning it in preparation for our assessment in December. Being able to release tension and control your breathing is a very important skill for a professional practitioner because it can help decrease things like nerves. This is very helpful for me because I suffer with nerves during auditions and in performances.</p>	<p>M4</p> <p>03</p> <p>PG</p> <p>M4</p> <p>03</p> <p>PG</p> <p>M4</p> <p>03</p>
<p>What can / will you do now to develop this work and your own skills development? (Ensure you make reference to your SKILLS)</p>	<p>Week 5</p> <p>To ensure I carry on developing my skills as a practitioner I will make sure I look over all the feedback I received from the mock audition and work through the notes I got given on certain skills that I need improve on. For example, it was mentioned that my projection lacked at moments when my character was showing emotions which aren't normally projected out, like sadness. However, it is important to always maintain projection throughout any scene always no matter the emotion projection is always vital. To make sure I develop my projection I will follow these simple tips/ small exercises that will help me develop my projection.</p> <ul style="list-style-type: none"> - I will make sure I am standing with good posture and my shoulders are relaxed when speaking on stage to make sure I am pushing all my sound out towards the audience. - Make sure I am articulating my words clearly. - I could stand close to a wall and listen to myself speak increasing and decreasing volume each time to see the vocal change. - Practice repeating phrases in an appropriately large room. This will help 	<p>PG</p> <p>M4</p> <p>03</p>

	<p>you get a sense how much projection you can use without straining your voice.</p> <p>I will now work on improving my head resonance. To do this I will practice humming just like the exercises Sofia did in the lesson however I will focus on pushing the sound to my head. To check I am achieving the vibration that is needed I will place my hand on my head and check if I can feel vibration coming from my head.</p> <p>To ensure I carry on developing the techniques and exercises I learnt in today's lesson I will use some of the techniques to help relax my body when I get nervous in a next audition or performance. They could also help me become loose and relaxed before an important physical warm up as it is always important you're relaxed before a warm up.</p> <p>Week 6</p> <p>To continue to develop my practical skills and knowledge of 'vocal health' I will continue to sing on a regular basis without straining my voice and keep participating in vocal warm-ups and if necessary asking my singing tutor to focus on a particular part of my throat to warm up before my singing lessons. I will also try to decrease my stress levels as that can affect your vocal health if you are constantly crying or shouting.</p> <p>To carry on developing my skills I could carry out some extra research on how organs that are used for vocal production are used in helping create clear sounds in performance. And also look into why it is important for practitioners to know these facts.</p> <p>I will develop on my knowledge of warm ups and which warms up work the best for certain parts of the body.</p> <p>Week 7</p> <p>To further develop my skills within the blocking of the poem I will look into my section and work out some ideas on how I would like my stanza to be performed within the performance.</p> <p>To keep developing my skills on posture I will practice the Sezia position for very day for a week and increase the amount of minutes I do it for by 3 minutes. This will help my posture improve and I should hopefully see some results by the end of the week.</p> <p>As I have written in my smart target at the top of the log for this lesson I would like to improve my cockney accent to help with the piece of theatre we are doing in Loose Lips.</p>												
<p>Health and Safety Aspects (Please tick H&S aspects involved in this session and expand ... why is this consideration? Then write about any other issues at play in this session)</p>	<table border="1"> <tr> <td>Correct Attire</td> <td>Yes</td> <td>Clear Work Space</td> <td>Yes</td> </tr> <tr> <td>Hydration</td> <td>Yes</td> <td>Warm-Up / Warm Down</td> <td>Yes</td> </tr> <tr> <td>Awareness of electrical equipment</td> <td>Yes</td> <td>Awareness of evacuation procedures</td> <td>Yes</td> </tr> </table>	Correct Attire	Yes	Clear Work Space	Yes	Hydration	Yes	Warm-Up / Warm Down	Yes	Awareness of electrical equipment	Yes	Awareness of evacuation procedures	Yes
Correct Attire	Yes	Clear Work Space	Yes										
Hydration	Yes	Warm-Up / Warm Down	Yes										
Awareness of electrical equipment	Yes	Awareness of evacuation procedures	Yes										
<p>What feedback did you receive in this session (tutor or peer)?</p>	<p>Week 5</p> <p>Mock audition feedback:</p> <p>Most of the feedback I received was positive which I am very pleased about and I also received a 'call back' on the sheet Tari gave to us which had her personal feedback on about how she thought the audition went. Some of the positive feedback I received from my classmates was: good facial expressions, good characterisation, good use of shadow gestures, good use of space, good purposeful movement, good mannerism and nice use of emotion my voice.</p> <p>Negative feedback/ things I could improve on: work on variation of pitch and tone in voice, pick up pace a little more in the piece, don't use so many pauses, projection lacked at certain moments in the piece when character showed sad emotions. This is a particularly one because no matter what emotion your showing in your piece you have to make sure you maintain projection throughout your performance to stay connected with the audience. Throughout my piece I used a chair on the stage and I common piece feedback I got given was that I shouldn't have used the chair to 'hide behind' what this meant was in my performance I did get up to add moment into my piece however now looking back at it wasn't really necessary and would not repeat the action if had the chance to redo the audition as it looked like movement for the sake of having movement nothing to do with</p>												

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	<p>the emotion change with the character.</p> <p>The feedback first bit of feedback I received was given to me by Sofia and it was based on the first resonance areas exercise we did at the beginning of the class.</p> <p>Positive feedback: My strongest resonance area is my chest. She pointed out that the most vibration came from m chest. This is a very positive piece of feedback as it is very important for a practitioner to have a strong chest resonance as it makes your vocals be strong and clear to an audience in a performance.</p> <p>The second piece of feedback was given in the performance me and Caprice did with the script work. The class overall gave a very positive response to how we interpreted the scene. Andy pointed out, not for the first time that my sibilance was very good. Sibilance- a type of sound (s,z,shh) pssst- strongly stressed consonants are created deliberately by producing air from vocal tracts through the use of the lips and tongue often used to get attention or silence people. It was also told that my diction is very strong.</p> <p>Negative feedback / skills to improve on: while Sofia and I where doing the resonance exercise Sofia pointed out to me that I had hardly any head resonance. No vibration came from my head. This is something I would like to improve on as I know that head resonance is as important as using any of the other resonance areas in performance.</p> <p>The negative feedback that I received from mine and Caprice's script work was that at certain moments we could have slowed down our pace. This would be to create more of an impact on the audience because of the emphasis on the words.</p> <p>I didn't receive any personal feedback from this lesson because it was a workshop designed to help us learn about ways to relax our bodies and minds before any type of performance. However, I will defiantly use some of the exercises/ techniques in the future to help me decrease tension from my body.</p> <p>Week 6</p> <p>In this lesson we were given loads of pieces of advice on vocal health and we were asked lots of questions like 'how many of you undergo a vocal warm up before you are about to sing?' or 'how many of you cut out dairy before a show?' for most of the questions I was able to with yes because all the simple things that practitioners are meant to do before shows to help there voice I do undertake. Tari was impressed with how many of us really care about our voices.</p> <p>I did not receive any feedback from this lesson as it was a theory based lesson so there was nothing to receive feedback from.</p> <p>In today's lesson I received positive feedback from Luca, who covered our lesson as Ryan was away. He said he was very impressed with how quickly and well I was working to get my work done and that it looked like I was writing the right information and understanding the task Ryan has set us to do perfectly.</p> <p>Week 7</p> <p>I did not receive nay specific feedback in this lesson because we were focused on the first stanza of the poem which isn't mine so Tari wasn't bale to give me any personal feedback on my performance.</p> <p>In today's lesson Andy gave me the feedback that I need to work on flexibility for the future because it is important when participating in a though warm up.</p> <p>I did not receive any feedback on this lesson because it was based on doing exercises helping us improve our breath control and releasing tension.</p>	<p>P6</p> <p>M4</p> <p>O3</p> <p>O3</p> <p>P6</p> <p>M4</p> <p>O3</p>
<p>Identify and describe your strengths in this workshop / rehearsal. Evaluate/analyse why these were strengths and why are these skills important to a professional practitioner in your chosen pathway?</p>	<p>Week 5</p> <p>I do have a lot of audition experience and I am able to pick up monologues and songs quickly. I am also able to identify what was maybe not so successful in my performance and what I need to improve on for my future auditions. I also am good at taking constructive criticism and not be 'precious' about my work and being able looking at the criticism as just targets to make to improve my performance skills.</p> <p>These are important skills because for a professional practitioner it very likely that you will be put into a situation where you will have to learn a monologue or song for an audition quickly because for example, your agent</p>	<p>P6</p> <p>M4</p>

	<p>has put you up for an job audition last minute that you have to prepare for and of course you want to perform to the best of your ability to give the best possible impression. It is also very that you are bale to sing in tune and are capable of learning harmonies quickly because it creates a good nice clear sound that is very impressive and something you are expected to be bale to do as a professional practitioner.</p> <p>My strength in this lesson was my sibilance sounds. Andy told me that I had beautiful use of sibilance in the script work we did. I was also given this feedback when we were valuating our Project ID performances. This is a good skill for a professional practitioner to have because having good sibilance leads to good articulation which is all down to good communication with the audience and having them stay engaged in your performance.</p> <p>My strength in this workshop was I was able to find my tension point which is my legs and working in throughout the lesson on how to realise the tension successfully.</p> <p>Week 6</p> <p>My strength in this lesson was the way I was able to take al the information Tari was giving to us and maintain all the information so I am able to use it for future I was also able to really think about each fact that we were being told about would help my voice as a practitioner. This is important to always think about with every new technique you learn.</p> <p>My strength in this lesson was my ability to participate in the vocal exercises safely without damaging my voice. Throughout the lesson I kept in mind to not do anything I thought might strain my voice and to stay hydrated, taking small sips of water throughout the lesson to keep the larynx properly hydrated.</p> <p>My strength in this lesson was being able to do the work efficiently, following each step and instruction that Ryan had given us and creating a thorough description of what makes a good performer. Including why certain exercises are important and what are the most effective ones for me.</p> <p>Week 7</p> <p>My strength in this lesson was contributing good blocking ideas to the group as well as letting some people take charge which some people are naturally good at. However I believe I contributed a fair amount to say I helped with the blocking of the first stanza in the poem. Having good teamwork is a very important skill to have as a professional practitioner because professional jobs you tend to be a member of a company so it is important you work well with others.</p> <p>My strength in this lesson was not being afraid to go for it in the exercises we did. Some of them were pretty hard if you're not flexible like me however I think I showed good team work and determination throughout this lesson.</p> <p>My strength in this lesson was my breath control throughout the exercises. Sometimes when you are undertaking an exercise you forget to breath as you are so focused on your body however I noticed when I was doing the exercises I remained calm no matter how painful the Seiza one got and I maintained a strong clear breath control throughout.</p>	<p>M4</p> <p>03</p> <p>03</p> <p>P6</p> <p>M4</p> <p>03</p> <p>P6</p> <p>M4</p> <p>03</p>
<p>Identify and describe your weaknesses in this workshop / rehearsal. Evaluate/analyse why these were weaknesses.</p>	<p>Week 5</p> <p>Being able to overcome my nerves. Nerves are a natural thing that everyone feels in auditions and some people even say it's normal. However, I suffer from quite severe nerves and it can sometimes effect my performance which of course I not a good thing to happen when your in an important audition.</p> <p>This is a weakness because my nerves could effect the oppourtunity of me getting a job and could be the difference of me having a job for a couple of months compared to being unemployed for months. It could also be same for drama school auditions it could affect my chances of getting accepting into drama school. I need to take some time to research good effective techniques of dealing with nerves to help in the future so my nerves decrease overtime.</p> <p>My weakness in this lesson was I lacked In projection at certain moments in the scene me and caprice performed. This was because I wanted to show lovely clear sibilance sounds by whispering one of the lines during the</p>	<p>P6</p> <p>M4</p> <p>03</p>

scene however because I was whispering my projection dropped. This has been mentioned before to me that when I change my emotion in the scene or whisper my volume does decrease. I need to learn to keep my projection up at all times and learn how to do an effective stage whisper so even when I'm whispering the audience are still able to hear me.

M4

My weakness in this workshop was my focus. This is a common thing for me I have moments where my mind wanders because I am too busy thinking about what work I have to do or general stressful thinking really. This can impact how successfully I do an exercise or technique in class. I definitely need to work on remaining focused throughout lesson as I do not want to jeopardise my knowledge of how important redirecting tension is for a performer.

D3

Week 6

My weakness in this lesson was that I do not do enough things that will improve my vocal health. For example, I would absolutely adore a steamer for my voice as I have heard from one of my peers they are fantastic for helping your voice. My target for this lesson would be to go through the list of things that help your voice and be able to cross off at least one more thing that I know would benefit my voice. For example, purchasing a steamer.

P6

My weakness for this lesson was that I kind of sat back and let people decide all the decisions for the piece and of course some people are natural leaders but it is important to contribute some creative ideas.

M4

My target for the next lesson we have on this piece of theatre is: don't let 'the leaders' decide for the group or me for that matter. Speak to the group about my ideas and discuss as a group what is best for the piece.

My weakness for this lesson is that I do not do enough to help my voice before shows. Or before I sing a big song. As I am a classical singer I do have some very high notes I often have to maintain during a song and I realise I need to more to look after my voice before and after I sing for example of course I always do a warm up before singing however I don't think I have participated in a warm down/ cool down.

D3

My target for this lesson is; to experiment and do a warm down after every one of my singing lessons for 3 weeks and see if I notice an improvement.

Week 7

My weakness for this lesson was I was unable to stay focused throughout the lesson. Compared to our last poem we performed in Project ID which had no room for humour in it what so ever this poem could be viewed as more comical although it is on a serious topic and I think some of the ideas people had were trying to make it funny and we are able to do that for this poem so it was hard to keep focused because some of the ideas people had were very funny. Of course people being creative is important but we need to try and remain focused however funny a certain section of the poem may be.

P6

My weakness in this lesson was that because of how inflexible I am I struggled to maintain certain positions without feeling too much pain. I need to improve on my flexibility and my stamina for holding certain positions.

M4

My weakness in this lesson was my cockney accent that we have to perform in the piece for our vocal assessment. However I have set it as a smart target and I am hoping to see some improvement over my next couple of rehearsals we have for loose lips.

D3