



THINGS TO PREPARE - 2021 ENTRY

The first term is about you, so if you are eager to get a step ahead of the game, then start talking to your family about your early life. You will need to bring things that help trigger your memory and bring your history to life! It is a good idea to dig out any old school reports, photographs of your life, family, and so on. You should bring personal objects that are precious to you and have emotional significance. Please bring these with you at the start of term, especially if you are coming from overseas because it always takes time to locate things at a distance. You cannot hope to understand another character's life and history until you understand your own. Reality before theatricality!

Before the start of term, please prepare the following work:

- One head and shoulders portrait of yourself
- One top to toe self-portrait (this does not mean life size! No bigger than A3 please!)
- One head and shoulders cartoon of yourself
- One top to toe cartoon of yourself (again no bigger than A3)

Use any medium that is exciting and creative (pencil, pen, chalk, watercolours, oils, torn paper, beans, beads etc). I do not want any complains about "not being able to draw". You do not have to draw, you have to create! The sky is the limit!

You will also need to compose two poems about yourself, we will look at this work in the first week of timetabled teaching:

- One poem should start objectively with "she/he is a..."
- The second poem should start subjectively with "I am..."

Please do not panic about the academic reading list, you will get notice of what you need when you need it. However, please consult the Equipment List we have provided.

Suggested Reading

To support your preparation for study at East 15, we suggest that you select two or three titles from the BA Acting reading list below:-

Recommended General Interest:

- Callow, Simon | *Being an Actor* / Vintage 2004
- Hammond, W & Steward, D | *Verbatim Verbatim* / Oberon 2008
- Holdsworth, Nadine | *Joan Littlewood* / Routledge 2006
- Littlewood, Joan | *Joan's Book* / Methuen 1994
- Luckhurst, Mary | *Dramaturgy* / CUP 2006
- Malague, Rosemary | *An Actress Prepares: Women and the "Method"* / Routledge 2012
- Melvin, Murray | *The Art of the Theatre Workshop* / Oberon 2006
- Merlin, Bella | *The Complete Stanislavski Toolkit* / Nick Hern 2006
- Brook, Peter | *The Empty Space* / Penguin 2008

Study of Self and Others:

- Beattie, Geoffrey | *Visible Thought: New Psychology of Acting* / Routledge 2003
- Damasio, Antonio | *The Feeling of What Happens* / Vintage 2000
- Ekman, Paul | *Emotions Revealed* / Weidenfeld & Nicolson
- Gladwell, Malcolm | *Blink* / Penguin 2005
- Goleman, Daniel | *Emotional Intelligence* / Bloomsbury 1996
- Pease, Allan | *The Definitive Book of Body Language* / Orion 2005
- Zarilli, Phillip (ed.) | *Acting (Re)Considered* / Routledge 2002

Acting and Dramatic Theory:

- Alfreds, Mike | *Different Every Night* / Nick Hern 2007
- Benedetti, Jean | *Stanislavski: An Introduction* / Methuen 2008, 4th ed
- Benedetti, Jean | *Stanislavski and the Actor* / Methuen 2008
- Caldarone, Marina & Lloyd-Williams, M | *Actions: The Actor's Thesaurus* / Nick Hern 2004
- Chekhov, Michael (ed. Simon Callow) | *To The Actor: on the technique of acting* / Routledge 2002
- Donnellan, Declan | *The Actor and the Target* / Nick Hern 2005
- Elsam, Paul | *Acting Characters* / Methuen 2007
- Gillett, John | *Acting on Impulse* / Methuen 2007
- Guskin, Harry | *How to Stop Acting* / Methuen 2004
- Hagen, Uta | *Respect for Acting* / Macmillan 1973
- Toporkov, Vasali | *Stanislavski in Rehearsal* / Methuen 2008, 2nd ed
- Zarrilli, Philip. B | *Psychophysical Acting* / Routledge 2009