



## **THINGS TO PREPARE**

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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!

For the start of term, please prepare the following work.

**Use any medium you like to create four portraits of yourself, each around A4 size:**

1. A cartoon portrait of your head/face using any materials you like to make, draw, paint, glue it with. If you do not want to use paper, use anything else you can imagine; knit, sculpt, cook!
2. A portrait of your head/face as you see yourself in reality, again using any medium/material.
3. A full length cartoon of yourself, again using any medium/material.
4. A full length portrait of self as you see yourself in real life, again using any medium/material.

The objective is to be as honest as you can about yourself so we can give you the opportunity to speak about who you are for up to 5 mins.

**You will also be reading two poems you have written about yourself:**

- The first starts 'I am'
- The second starts 'He/She/They/etc'

We do not mark you on your ability to write poems nor to be great artists but we do hope you will use this exercise to give us all the opportunity to get to know you.

**Please have all this ready to start on your first day of Welcome Week, Monday 2nd Oct.**

## Suggested Reading

Please do not panic about the academic reading list, it is not necessary to purchase or read all of the publications below in advance of your training. You will get notice of what you need when you need it.

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 | VerbatimVerbatim | 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

## **VOICE PREPARATION FOR VOICE CLASSES**

Welcome to East 15!

I am so looking forward to meeting you all and working with you throughout your journey with us.

To introduce myself - my name is Amanda Stephens-Lee (she/her) and I will be your voice lecturer this year, teaching you both Voice and Articulation for the Voice I (EA115) Unit.

A couple of housekeeping items and preparation I wanted to check in with before you start.

### **Skills clothing**

In all voice classes, please wear plain clothes you can move easily in - either black, grey or white. You should be able to move without restriction and make sure you have something warm to put on. We work in either flat flexible shoes or bare feet.

You need to have a Yoga Mat and small book to place under your head in every class. In the cold months, many are thankful for a thicker mat to keep you warm when doing floor work.

We will do a lot of initial body and muscle release work on the floor. Having a yoga mat will keep you comfortable and warm - those floors can get cold in the Autumn/Winter months.

### **'I' Poem Text**

As part of celebrating your unique voice, culture and identity, please find a short poem of your choice, telling a story you want to tell. It should be personal - an 'I' poem. That being a poem from the personal perspective of the poet.

Choose a poet who you strongly identify with in terms of some of the various elements that make up who you are and choose a poem you would enjoy learning, sharing and speaking aloud. It should be about one minute long. Speak it in your own accent.

If you are a speaker of English as a second language, you can also speak the text in your own language - please be able to translate it into English to help your listeners understand it.

We want you to find source material that you can identify with to start your voice journey. It will also be a way of getting to know each other and to celebrate you. It should be memorised for your first session, but you can hold a printed version in your hand if necessary. Please bring a print-out of it to all classes.

### **Pre-class reading**

Most weeks I'll have some short reading excerpts to support your learning in class. Here's some to read before your first class ready to discuss with me and your peers:

VOICE

#### **Houseman: Finding Your Voice**

Introduction [LINK](#)

Chapter 1 [LINK](#)

ARTICULATION

#### **Caban et al: Experiencing Speech**

Preface [LINK](#)

Student Introduction XX-XXI [LINK](#)

I've put the links to read these online above, and they are both in the Library catalogue.

Any questions, do get in touch!

Warm regards  
Amanda

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