

A woman with dark curly hair, wearing a dark blue ruffled top and a red patterned skirt, is laughing joyfully with her eyes closed and hands over her heart. The background is dark.

CITIZENSHIP WORKBOOK

HOW STUDENTS & PARENTS CAN GET THE MOST OUT OF
MACTHEATRE AND MAKE IT A BETTER PLACE.



HOW TO USE THIS GUIDE

WELCOME, MY BEAUTIFUL FRIEND.

MacTheatre is a wonderful place for students to thrive artistically and for students to explore the idea citizenship. The theatre already serves as a place to unite students from different backgrounds, experience levels, and abilities with a common goal – to express themselves through creative storytelling.

Our theatre program is a collaborative place to grow as both an artist and a human being and this workbook is designed to help students and parents more effectively do just that!

>Read this guidebook, start to finish.

>Then pick one thing you're ready to STOP doing and one thing you're ready to START doing.

>Focus on those things for a few weeks until you can feel a change in your mindset and in your life.

>Then, pick another thing you want to STOP doing and START doing. Focus on those two things for a few weeks. Repeat. Keep going!

“Love art in yourself, and not yourself in art.” - Konstantin Stanislavski

Joshua Denning.

Joshua O'Daniel Denning
Head of Theatre
McCallum Fine Arts Academy

COURSE CHECKLIST

NAVIGATING THE WORLD OF MACTHEATRE

“The arts are an essential element of education, just like reading, writing, and arithmetic...music, dance, painting, and theater are all keys that unlock profound human understanding and accomplishment.” -William Bennett, Former US Secretary of Education

- READ 'HOW TO USE THIS GUIDE' INTRODUCTION
- COMPLETE SECTION 1
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- COMPLETE SECTION 3
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- REVIEW MY ANSWERS
- PAY MY FAIR SHARE FEES
- GET A BINDER FOR ALL MY THEATRE STUFF
- GET A TACO!
- ENJOY THE REST OF MY DAY!

SECTION *Empower* ONE



MacTheatre



STOP COMPARING YOURSELF

STUDENTS

1. STOP COMPARING YOURSELF

It is really easy to see someone else's work and think...

"He's a stronger singer."

"She's prettier than me."

"They know more than I do."

"She can kick higher."

"Her hair is the perfect color for this role!"

"He's taller."

"She's skinnier."

"I'm literally the worst one in the room. Again."

"She's closer to the tech director than I am."

The list goes on and on. But when you start obsessing over what other artists can do, you lose sight of what YOU can bring to the work. Rather than feeling inferior ask yourself *"Well, what about me? What can I do? What are my strengths as an artist? What can I bring to my role?"*

Maybe you're not an ultra fierce ballerina, but maybe you can bring something else to the table. Maybe you can tap into your past experiences with heartbreak, with bullying, with rejection, or failure, and bring all of that emotional depth into your audition piece. Maybe you can make the casting panel sit up straight in their chairs and go, *"Now here's something we haven't seen all day long."*



STOP COMPARING YOURSELF

STUDENTS

1. STOP COMPARING YOURSELF

Casting and faculty don't want to see a carbon copy of what has already been done. They don't want to see an exact replica of Idina Menzel or Benn Platt. They want to see what YOU can bring to the work - and how will you ever do that if you keep putting other people's talent on a pedestal while forgetting to embrace your own?

Instead of comparing yourself to others, focus on how YOU can create something that grips people's attention.

YOU HAVE YOUR OWN UNIQUE SET OF SKILLS. THERE'S ALWAYS A WAY FOR YOU TO SHINE.



STOP MAKING EXCUSES

STUDENTS

2. STOP MAKING EXCUSES

David Blaine, one of the most famous magicians and endurance artists in the world, trained himself to hold his breath underwater... for 17 minutes and 4 seconds.

Doctors said it was impossible. Nobody thought he would succeed. But he did it.

It was not easy. He trained his body for months and months, building his lung capacity gradually, a few seconds at a time. He tried meditating while underwater. He tried different kinds of breathing techniques. He made all kinds of mistakes before he eventually found systems that worked. It was a grueling, slow process.

David could have invented a million excuses to quit. *"Oh, the water is too cold!" "Ugh, this is taking forever." "Whatever, this probably won't work anyway."* But he didn't allow those kinds of excuses to stop him. He kept going. He was determined to set a world record.

Why am I sharing this story about David? No, it's not because I want you to try holding your breath underwater. It's because David's story illustrates something that is very important:

**WHEN YOU STRIP AWAY YOUR EXCUSES,
THE IMPOSSIBLE BECOMES POSSIBLE.**



STOP MAKING EXCUSES

STUDENTS

2. STOP MAKING EXCUSES

Maybe you've been making excuses about money. You don't have enough cash to pay for dance shoes and clothes? Then it's time to start fundraising. Make it happen. No excuses.

You don't feel like waking up early to do cardio before you leave for school? Tough! It needs to get done, so do it. Set your alarm 45 minutes early. No excuses.

You don't have a lot of spare time to memorize your audition monologue or your show music or lines because you've got homework? You don't have time to create your tech project because you've got a job? You've got to make time. Instead of spending 30 minutes selecting the perfect Snapchat filter or watching Netflix, practice your piece, work on your presentation. No excuses.

This may sound harsh, but this is the reality of what it takes to become a professional at anything. You have to create a NO EXCUSES mentality. Instead of thinking, "*I can't do it,*" switch your attitude to:

"I can. I will. Whatever it takes... I'll find a way!"



STOP IGNORING YOUR OTHER PASSIONS

STUDENTS

3. STOP IGNORING YOUR OTHER PASSIONS

A lot of times, people believe that the only way they can be successful is if they are totally obsessed with what they do. This happens so much in the theatre world!

For example, people think that if they ONLY listen to showtunes, that means that they are committed to their craft. But, if you want to be a strong artist, you must explore other passions, too.

**DON'T ALLOW YOUR LIFE TO BECOME 100%
THEATRE AND NOTHING ELSE.**

Make room in your life for more than just theatre. Find another hobby. Listen to different styles of music. Sit in the park and study people as they walk by. Fall in love. Get your heart bruised. Write. Read. Explore the world in ways you hadn't thought of before.

There's a big world out there, much bigger than the world of theatre. Don't get theatre tunnel vision. Experience the world. By doing this, you'll become a well rounded person, you'll gain life experience, and you'll be able to play characters and create theatrical worlds with rich texture and depth.

Lin-Manuel Miranda gets inspiration from classic Broadway showtunes and also from American history and hip hop music. He pulled from a wide range of influences to create his masterpiece, *Hamilton*.



STOP IGNORING YOUR OTHER PASSIONS

STUDENTS

3. STOP IGNORING YOUR OTHER PASSIONS

He never could have created *Hamilton* if he'd been 100% obsessively focused on Broadway musicals and nothing else.

Lea Salonga is best known for being the original *Miss Saigon* on Broadway, and for being the voice of Disney's *Mulan* and Jasmine in *Aladdin*. But she also loves playing video games, doing philanthropic work, and singing traditional love songs from the Philippines, where she was born.

Take inspiration from these artists- and many others. Surround yourself with a wide range of influences.

This is how you become a unique artist with a unique presence and point of view.



STOP PLAYING IT "SAFE" & "SMALL"

STUDENTS

4. STOP PLAYING IT "SAFE" & "SMALL"

I have a dear friend who works for a major ballet company.

For many years, she performed in the corps de ballet and she was very content. She had a lovely husband, a cute house, and consistent work doing what she loves. A sweet deal.

Then one day, the company announced an opening for a new principal dancer. Auditions would be held soon. My friend started to wonder, *"Could I go for it? Am I good enough to be a soloist? What would happen if I really pushed myself?"*

She decided to go for it. Once she made that decision, it was like a switch got flipped in her heart. This sweet little blonde ballerina turned into fierce beast. She started training like she's never trained before. She pushed herself physically and artistically. She showed the company directors a new side of her, a side they hadn't seen before. She decided, *"I am done with playing it 'safe' and playing it 'small'. I am ready to play big."*

Her bravery paid off. **She is now a principal dancer at her company.**

When she called to tell me the news. I was so happy for her because I knew what this new position represented to her. I knew how hard she pushed herself to get it.

When I tell my students, *"You need to push yourself,"* I am not talking about dancing on a broken ankle or wrecking your vocal chords.



STOP PLAYING IT "SAFE" & "SMALL"

STUDENTS

4. STOP PLAYING IT "SAFE" & "SMALL"

That's not what I mean AT ALL. I am talking about pushing yourself to do something you've never done before. To dream bigger. To step out of your comfort zone.

Audition for the lead role. Ask to understudy. Who knows what might happen?

If you feel confident with your tap skills, push yourself. Sign up for a hip hop class.

If you've been using the same audition song for the last two years, and it's your "lucky song," push yourself. Take a risk. Try a new song. Or bring a fresh feeling into your old one. Take it to a new level.

You cannot just have one trick that gets you through a career. You must constantly push yourself to expand your gifts and push through walls you have created for yourself.

If you are the person who always stands in the back of dance class - or doesn't raise their hand first in a master class - challenge yourself to stand in the front row or go first.

Breaking through your own walls takes practice and repetition.

AND REMEMBER: NOBODY WILL EVER PUSH YOU AS WELL AS YOU CAN PUSH YOU.



STOP IGNORING CONSTRUCTIVE FEEDBACK

STUDENTS

5. STOP IGNORING CONSTRUCTIVE FEEDBACK

There's a TV show called *Dance Academy*. Have you seen it? I love it!

When Tara (the main character) joins the academy as a first year student, she really struggles with criticism. Her self-esteem is very fragile. Every time Ms. Raine - Tara's dance teacher - gives her a correction, Tara feels like she has failed. She basically cries in the hallway after every class and wipes away her snot with a crumpled leg warmer. She feels like, "*Ms. Raine hates my dancing. I suck.*"

It takes a while before Tara realizes that Ms. Raine doesn't hate her dancing. It's the opposite. Ms. Raine sees huge potential in Tara! She believes in her. That's why Ms. Raine is watching closely, paying attention, giving lots of feedback, and trying to shape Tara into the best performer she can possibly be.

Tara eventually realizes that criticism is not a punishment - it's a gift. When a teacher takes time to give a suggestion to you, they're giving you a precious gift. They're giving you their expertise. They're helping you grow and improve.

REMEMBER:

When a teacher, director, or a producer gives you some constructive criticism, it's not because you "suck" or you're "bad." It's because they see potential in you, they see areas where you could improve, and they totally believe you can do it! If they didn't believe in you, then they wouldn't bother saying anything at all!



STOP IGNORING CONSTRUCTIVE FEEDBACK

STUDENTS

5. STOP IGNORING CONSTRUCTIVE FEEDBACK

If you really struggle with criticism, pretend that you work at a restaurant. If a customer says, *"Hey, could I get some hot sauce to go with this?"* or *"No whip cream on my drink, please,"* you'd be like, *"Sure! No problem! Coming right up!"* You wouldn't take it personally. You wouldn't cry about it. You would deliver whatever they're asking for. Hot sauce. No whip. No big deal. Consider it done.

That's the same kind of mindset that you need to bring to your artistic work. If a director says, *"I'd like to see a little more energy, please!"* just pretend they're saying, *"I'd like an extra shot of espresso in my latte, please!"* and make it happen. Don't over-think it. Don't get emotional about it. Just deliver whatever your "customer" is requesting.

You have to be the kind of artist who can TAKE DIRECTION, HEAR FEEDBACK, and then MAKE AN ACTIVE CHANGE.



START DOING YOUR RESEARCH

STUDENTS

1. START DOING YOUR RESEARCH

The people who succeed, no matter their craft, are the ones who know their history and know the current players of their field.

THE ONLY WAY YOU LEARN THESE THINGS IS THROUGH RESEARCH RESEARCH RESEARCH!

You have to know the history of who has made the art you love, the game changers, the rule breakers, the award winners, and the people who make all the parts move.

When a director says, *"This piece was inspired by Martha Graham's early work..."* or says, *"We want this show to be groundbreaking and provocative, like, the next Spring Awakening,"* you need to know what those words mean. You need to know the terminology, the trends, and the influential things that are happening in the art world right now.

And of course, you need to know the names and faces of the people that you want to work with now - and the people you want to work with in the future.

If you don't know who these people are, how can you begin to craft your taste palate? How can you go to a party and know who you are talking to? How can you walk into an audition and feel confident? The artists who do their research have a stronger and more-informed point of view and feel comfortable walking into any room - and that is priceless.



START DOING YOUR RESEARCH

STUDENTS

1. START DOING YOUR RESEARCH

My dearest friend's mom was raising money to build a new theatre. She needed to raise millions of dollars. It was a huge ambitious project. She managed to schedule a lunch date with a wealthy philanthropist. She knew he would be difficult to impress. She needed to be fully prepared for this meeting, because this chance would probably never come again!

So, she did tons of research beforehand. She Googled him. She read all about his previous work- what kinds of projects he invested in, and why. She called his assistant. She discovered that he loved chocolate and opera. At the lunch meeting, she offered him a plate of chocolate brownies. Then she stood up and sang an aria from *Madame Butterfly*. His jaw dropped right into his Caesar salad. he wrote her a check on the spot.

WHEN I SAY, "DO YOUR RESEARCH," THIS IS WHAT I'M TALKING ABOUT:

Go above and beyond to show college admissions, directors, producers, investors, and stakeholders that you are committed to your craft, you're knowledgeable about your field, and you've done your homework.



START TAKING CARE OF YOURSELF

STUDENTS

2. START TAKING CARE OF YOURSELF

A lot of artists believe that you have to sacrifice your sense of self and wellness in order to succeed. But really, it is the exact opposite! Your first priority must be taking care of your brain, body, and heart.

If you want to be able to give 100% at every audition, rehearsal and performance, you have to understand yourself and what you need in order to feel healthy and whole.

Are you someone who likes to meditate? Great! Learn how to use that in times of performance anxiety.

Do you need to go to the gym in order to feel your best? Awesome! Make sure you make time in your schedule a couple of times a week to sweat it out.

Do you need eight hours of sleep every night? Then put away your iPhone at sundown so that you can unwind and get your zzz's.

And for goodness sakes - Instagram can't be the first thing you touch in the morning. Start with gratitude and just say "thank you" that you get another day - another chance.

**WHATEVER YOU NEED TO DO, MAKE IT A PRIORITY
SO THAT THE REST OF THE PIECES CAN FALL INTO PLACE
THE WAY YOU WANT THEM TO.**



START TAKING CARE OF YOURSELF

STUDENTS

2. START TAKING CARE OF YOURSELF

Being a theatre major at McCallum Fine Arts Academy is A LOT to juggle! During this extra busy time in your life, you have to take extra good care of yourself.

We will go more into this in section three of this workbook, but just as an introduction to the concept: start to develop wellness rituals to rely on. After i wake up I use the Harmony app to go through a different guided meditation each morning focusing on whatever i need to focus on to ease any fear and anxiety I may be having. I have a cup of coffee while reading a few pages from an inspiring book and with each sip I think of something to be grateful for. This is a really easy and useful gratitude practice because you're not forcing a new behavior on yourself, but making a morning routine more mindful. I stock my fridge with frozen fruit and protein green smoothie mix so i can have a healthy smoothie for breakfast and get my day started right. I listen to a lot of audio books on spirituality and philosophy to refill my spiritual tank, I try to get some type of workout in 5 times a week. These rituals keep me feeling physically and mentally strong, so that i can conquer everything on my To Do list.

Your wellness rituals might be different from mine, and that's fine.

Find what works for you. Do whatever makes YOU feel strong.

START SHOWING UP & HITTING SEND

STUDENTS

3. START SHOWING UP & HITTING SEND

Nothing in this world will ever just be "given" to you.

You have to reach for it. Ask for it. Audition for it. Fight for it.

When you know what you want, ask for it boldly and with purpose. Show up for what you want. Go to the audition - even if you are scared. Send the email asking if you can be someone's assistant - even if you don't have a personal relationship with them. When we show up and hit "Send," we are providing ourselves with new opportunities. When we don't try, there is only ever one outcome - failure.

Karen Arrington, founder of the Miss Black USA Pageant, has mentored over 1,000 young women, helping them launch careers in modeling, singing, acting, and beyond. She says:

"Most people think that with enough brains, talent, and charisma, success will come rushing in. Not quite.

You can be the most beautiful woman in the world - but if you don't enter that modeling competition, how are you going to win?

You can be the most brilliant woman in the room - but if you don't apply for that college scholarship, how are you going to get it?

Karen is right. Success doesn't land in your lap. Success is something you create - by auditioning, by asking, by showing up, by walking into the room. If you're not in the room, then you won't get hired.

START HUSTLING & TRAINING

STUDENTS

4. START HUSTLING & TRAINING

HERE'S A MUST-READ BOOK FOR EVERY ASPIRING ARTIST:

Leslie Odom Jr.'s memoir, *Failing Up: How to Take Risks, Aim Higher, and Never Stop Learning*

In his book, Leslie shares some powerful advice that a mentor gave to him many years ago.

During a slump in Leslie's career - when he wasn't getting hired for anything - his mentor gave him some tough love and said,

"Leslie, you sit on your couch and you wait for the phone to ring. When the phone rings, you show up and you do a great job. But the phone didn't ring today. So what did you do for yourself? Did you read anything? Did you practice? Did you prepare? Did you email anybody? Do people know that you are out of work?"

Basically, Leslie's mentor was saying to him, "Stop complaining, stop waiting around, get off your butt, and HUSTLE!"

This is wise advice for all of us.

Being a performer is like being an Olympic athlete. You must be at the top of your physical and mental game, while also leaning into your competitive edge. If you do not thrive on hard work and challenge, a life in the theatre might not be for you.



START HUSTLING & TRAINING

STUDENTS

4. START HUSTLING & TRAINING

There is always going to be someone else who wants to do what you do AND can also do it well.

So your job is to make sure that you are always in class getting the training that you need, always growing, always learning, always networking, always finding some way that you can improve.

HUSTLE IS WHAT SEPARATES PROFESSIONAL WORKING ARTISTS FROM THE PEOPLE WHO ASPIRE TO GOALS THEY NEVER ACHIEVE.



START FINDING YOUR TRIBE

STUDENTS

5. START FINDING YOUR TRIBE

Imagine, for a moment, that you've written a new musical.

You just secured the funding to start developing the show. You need performers to workshop it. Who are you going to hire? Someone you don't know? A total stranger? Or your awesome friend that you've known for several years - that friend that always shows up on time, who never makes excuses, and who always conducts themselves with positivity and professionalism? Most likely - you're going to offer this opportunity to your friend!

This is how things roll on Broadway, but also in any other industry. People tend to hire their friends, whenever possible. People want to work with people that they already know, love, and trust.

This is why it's important to build friendships with people in your field.

**SOME PEOPLE CALL THIS "NETWORKING." I CALL
IT "FINDING YOUR TRIBE."**

This doesn't have to be scary. It can look like different things for different people. Find a way to create a team of peers who have similar passions as you, but who can also challenge you. Stay in touch with your friends from McCallum or summer theatre intensives. Make sure you build meaningful friendships with people you are in shows with.

The people that you meet now...these are the people you are going to



START FINDING YOUR TRIBE

STUDENTS

5. START FINDING YOUR TRIBE

be working with in the future. Ten years from now that shy kid from tech class might be a Grammy Award winning music producer. That girl sitting next to you in music rehearsals might become your cast mate in a national tour. Or she might become a journalist for The Chicago Tribune covering arts and culture. Or a casting director. You never know where your peers are going to end up.

If you start building and maintaining these relationships at a young age, you will have a strong support system for the rest of your life.

And you never know who might be able to help you get a job later down the line - or who might be standing next to you at an audition in five years, or next week!

BE GOOD TO PEOPLE, MAKE CONNECTIONS, AND WORK HARD TO KEEP THOSE RELATIONSHIPS ACTIVE.



STOP DOING YOUR CHILD'S WORK

PARENTS

1. STOP DOING YOUR CHILD'S WORK

You are not doing your child any favors by doing their work or over-helping them with their assignments.

This is especially true in the creative arts. So much of performance comes from a very personal place. When you insert yourself into your child's work, you are robbing them of the opportunity to shine and express their own point of view.

It is vital that you help them with time management and organizational skills, but you must also encourage them to dig deep and apply their own feelings and life experiences to their work.

Performance will only have meaning to an audience if it is truly expressed from the artist's understanding of the world and their experience in it.



STOP ENABLING THEIR EXCUSES

PARENTS

2. STOP ENABLING THEIR EXCUSES

Gifted artists get used to attention from a young age - and will often find ways to ensure that they get it offstage as well.

One of the ways they typically seek attention is through making excuses. It's a pretty harmless way of saying, *"I need you to validate me and tell me that I can do this!"* or *"Please notice that I'm hurting and tell me it will be ok!"*

As a parent when you hear your child make excuses (*"I'm too tired!"* *"I can't do this!"* *"I don't have the right color leotard!"*) your first instinct might be to over-protect them. You might say, *"OK, you can quit the dance squad,"* or *"Here, let me help finish that assignment for you."*

However, by enabling their excuses, you're not setting them up for success.

Broadway is NO EXCUSES territory. If you can't do it for some reason, there are thousands of other people who will show up, with the same skills, and do the thing that you are being asked to do. People who don't show up...don't ever get the job.

So, the next time your child gives you an excuse (*"I'm too busy!"* *"It will never work!"* *"I have too much homework!"* *"I won't be ready in time!"*) encourage them to become a PROBLEM-SOLVER. Say, *"I know you can find a solution."* Encourage them to be resourceful and find a way through it. This will set them up for success in any creative field.



STOP OVER-SCHEDULING

PARENTS

3. STOP OVER-SCHEDULING

Kids thrive on structure. However, when they are over-scheduled, and doing too many things, they can lose focus and burn out.

I encourage you to schedule smarter, not harder. MacTheatre is an all-inclusive program that focuses on technique rather than style. Please, fall in love with where you are! The education your child gets is so much more dependent on how they personally engage it than with the reputation, price, or flashiness of the program. Focused training built on a foundation of trust will lead to more growth than fear-based over-scheduling based on insecurity. TRUST don't adjust.

Set a solid foundation and allow finesse over time. Look for gaps in your child's education and fill the holes strategically, while encouraging strong time management skills - a must for any creative professional.



STOP COMPARING THEM TO OTHER CHILDREN

PARENTS

4. STOP COMPARING THEM TO OTHER CHILDREN

Every child is truly on their own journey when it comes to their performance or leadership ability and growth.

People have varying skills at varying degrees throughout their lives. Couple that knowledge with the fact that most artists are hyper-intelligent and instinctively compare themselves to their peers. All this is to say, your child is already comparing themselves to everyone else - so, you don't need to as well!

It's important for you to be observant and find the places where your child can improve, but there is no need to verbally reaffirm what your child already instinctively knows.

If your child is having a comparison meltdown ("*Everyone else is better than me!*") remind them that **EVERYONE** feels the pain of comparison and rejection, sometimes. It's part of being an artist and it doesn't mean you should quit!

Mark Ruffalo stated in an interview that he went on nearly 600 auditions (really, 600, that is not a typo!) before booking his first paying acting role. He didn't give up. He went on to perform in dozens of films and he's been nominated for dozens of awards, from Tony's to Grammys to Oscars.

Everyone's career unfolds at its own pace. Comparing yourself to other artists is pointless and only causes pain. Remind your child that the only true failure is giving up on yourself.



STOP EXPECTING PERFECTION

PARENTS

5. STOP EXPECTING PERFECTION

Your child is not going to get it right all of the time - and it's your job to allow them to fail forward.

You have to trust that the work you are doing at home with your kid is setting them up for success in whatever career path they choose, whether it molecular engineering or Broadway.

If you look back over your life's story, you will see how your lack of perfection and falls taught you more about yourself than any class or teacher ever could. Your kid is going to mess up. They are going to fail - and sometimes, it's going to be ugly. But we all know its not how many times you fall that defines who you are. It's how many times you get back *up*.



START TEACHING MINDFUL HEALTHY LIVING

PARENTS

1. START TEACHING MINDFUL HEALTHY LIVING

Working in the theatre is like constantly running a marathon. It is a non-stop experience that takes both a physical and mental toll on those who do it.

If you can begin to introduce healthy eating habits, daily stretching, meditation, thoughtful reflection, routine exercise, robust sleep patterns, and large amounts of water intake, you will ensure that your child has all the tools to keep their body and mind in good enough shape to keep running the marathon of a life that they are seeking.

By doing this, you are also setting them up for a healthy career/life balance later in life.



START ENCOURAGING YOUR CHILD TO BE A WELL-ROUNDED ARTIST

PARENTS

2. START ENCOURAGING YOUR CHILD TO BE A WELL-ROUNDED ARTIST

In this day and age, it is not enough to be just a brilliant singer or just an amazing dancer.

You need to be a triple-threat and be able to tell stories through singing, dancing, and acting. You need to be competent in a wide range of styles - from hip hop to contemporary to jazz to Broadway to classics. And you need to bring emotional depth into performances.

Being able to fling your leg way over your head is an impressive trick - but performers need more than a handful of tricks in order to build a multi-decade career.

So, take the time to encourage your child to break out of their comfort zone and study all aspects of their passion - especially the ones that scare them or they don't feel the strongest at. Encourage your child to become a well-rounded artist.



START TAKING AN INTEREST IN YOUR CHILD'S PASSION

PARENTS

3. START TAKING AN INTEREST IN YOUR CHILD'S PASSION

You don't need to become a hovering, overbearing "stage mom" or "dad." But, you should take an interest in your child's passion.

If you don't know anything about Broadway, start educating yourself. Get on the Broadway blogs. Visit playbill.com and read reviews and audition notices. Get involved.

Around the dinner table - or while you're sitting in the car stuck in traffic - ask your kid, *"Who do you think is going to win the Tony for Best Musical this year?"* or... *"Which college BFA program would you love to attend, if you could pick any school that you wanted?"* or... *"What's your favorite play right now and why?"*

By taking an interest and asking questions like these, you're showing your child, *"I love you. I take your dream seriously."* When you speak their language, you can help your child move forward by being an insider, being on their team rather than being on the outside looking in.



START HELPING THEM DISCOVER THEIR POINT OF VIEW

PARENTS

4. START HELPING THEM DISCOVER THEIR POINT OF VIEW

To give a heart-pounding, jaw-dropping performance that leaves the audience in awe, you need to have a strong Point of View.

In order for young artists to develop their Point of Views, they need *life experiences*. They need to experience different types of things. They can't be sheltered, over-protected, and coddled. They need to get out in the world. They need to *live*.

After all, how can you portray a convincing street urchin in *Little Shop of Horrors* if you've never seen poverty first hand? How can you design lighting for the wide-open fields in *Oklahoma* if you're an indoor kid that never goes outside? How can you have a Point of View about something you've never felt, or never seen?

Encourage your child to expand their horizons. Suggest that they take one class outside of the theatre world. Try a new type of foreign cuisine. Better yet, learn how to cook it together. Travel- even if it's just to a different part of your hometown. Your kid needs to experience the world and perceive things with their own eyes. Then, they will bring their rich life experiences into their performances.



START ALLOWING YOUR CHILD TO TAKE AGENCY

PARENTS

5. START ALLOWING YOUR CHILD TO TAKE AGENCY

It's time to start letting your child dictate the road they want to take to get to their future.

Allow your children to seek out their own opportunities. Teach them how to look for auditions, internships, summer programs, and master classes, then let them come to you with the things they want to do. Teach them how to budget for themselves. Encourage them to work and save money to invest in their own arts education.

Encourage discussions on working towards your goals and being a self-starter. Every creative artist is their own "business owner" and they need to have that entrepreneurial spirit ingrained in them from a young age.

When you encourage agency and self-reliance from a young age, it's a huge blessing for your child - no matter what kind of career they ultimately choose. Whether it's medicine or banking or costume design or music production, **a self-reliant attitude will lead to success.**



ARE YOU COACHABLE?

WORKSHEET 1

INSTRUCTIONS: Read through the following questionnaire to find out if you are currently coachable. Answer each statement with a 1,2,3,4 or 5 and then refer to the chart at the end. **Write in the number that most resembles your feelings, given that 1 represents low probability while a 5 represents a high probability.**



I will always be on time for class, lessons, and rehearsal, no matter what.



I will try new ways of thinking, provided by my director.



I am willing to do the work, despite the level of difficulty.



I feel comfortable sharing the credit with a mentor.



I will always and only be honest with my director.



I can pay for training and educational experiences without regret and see such as an investment.



I am able to modify or eliminate negative behaviors.



If I am not getting results, I will speak-to my director to reevaluate our work together.



Without any level of personal sabotage, I can keep my word.



At this point in my life, I can accept the responsibility of being coached.

Add up the numbers above and then refer to the reference chart below:

- 10-20 Unable to be coached at present moment
- 21-30 Coachable, but requires immediate foundation
- 31-40 Coachable
- 41-50 Most coachable, you can expect a lot from your time here

DIGITAL DETOX

WORKSHEET 2

Technology provides experiences that are interesting, easy to acquire, and feel good. Because of these reasons, it's easy to get addicted to our digital devices. In fact, these devices are designed to be addicting!

Studies show that when we spend too much time on our tech, our health declines and our lives actually become less satisfactory to us.

Most of us don't realize, though, how much time we spend on our smartphones, tablets, computers, video games, or social media.

Could you use a digital detox? This self-reflection worksheet will help you to determine if your tech use is negatively affecting you.

Do you have these signs? Check the ones that apply to you:

- Your attention wanders during conversations as you feel the urge to check your smartphone - or actually look at it while someone else is talking.
- You find that social media makes you feel depressed, anxious, or jealous - that your life pales by comparison to everyone else's.
- Your sleep is inadequate - you have trouble falling asleep or getting good quality sleep once you do fall asleep.
- You lack mental clarity, alertness, or have a hard time making decisions because of brain fog.
- Spending so much time on your devices is contributing to an inactive lifestyle.

How many of these items did you recognize as being present in your life? Even if you only have a couple, a digital detox can be beneficial.



FINDING YOUR TRIBE

WORKSHEET 3

INSTRUCTIONS: It helps to have a clear picture of the supports that are available to you. Name the people in your personal life who provide you with support and encouragement. List the formal support in your life, (church, counselor/coach, service organizations, etc.). List the resources you have access to for use as needed (people, assets, institutions, fellow artists you have a positive relationship with, etc.). Create a team of peers who have similar passions as you, but who can also challenge you:



MY TRIBE

SECTION *Authentic* TWO



MacTheatre

HOW NOT TO BE A TOXIC THEATRE MAJOR

STUDENTS & PARENTS

THERE IS ALWAYS DRAMA IN THE DRAMA DEPT.

But it doesn't have to be that way. There are a lot of books and articles about how to avoid toxic people. Today I want to share some thoughts on how to make sure you are not the toxic person people want to avoid. Each point is linked to the original article so you can expand your reading beyond just this post. It is important to remember that talent is not enough to succeed in this business. In order to thrive, you need to be someone others want to work with. Check-out the points below, reflect on how they do or do not relate to you, and have the courage to change if needed. Life is a journey, it is ok if you have made mistakes in the past, what matters most is if you make changes so that those mistakes never happen again.

- A Conscious Rethink says that **toxic people are always comparing themselves to others**. It is hard to not do that as a performer. What you need to remember is that in today's marketplace, producers, record executives, casting directors, and agents are always looking for the next best thing. If you spend all of your time comparing yourself to others, you will not only become toxic in your relationships, you may be stifling your own creative growth. Instead, focus on yourself, your skills, strengthening your weaknesses, and maximizing your strengths.
- <https://www.aconsciousrethink.com/3865/30-toxic-behaviors-no-place-life/>
- Life Buzz says that **toxic people lack emotional self-control**. What motivates many young people to become a performer is a desire to share intense emotional experiences with others. But it is



HOW NOT TO BE A TOXIC THEATRE MAJOR

STUDENTS & PARENTS

- important to try to save those intense emotions for the stage. If you are constantly turning the little things in your life into big dramatic moments full of intense emotions, you are going to quickly become someone people avoid. If you are feeling overly emotional, go create something. Write a poem, song, short story, novel, or a play. You could also start a journal and write about what you are feeling as a way to process your emotions and reflect on what is happening in your everyday life. Whatever you do, please do not use social media as your outlet. Deeply emotional posts may be appealing to others who are feeling deeply emotional, but for others, overly emotional posts may cause them to take a step back from you and create distance in your relationship.
- <http://www.lifebuzz.com/toxic-behavior/>
- David Wolfe says to avoid “Fault-finders” – people who are constantly criticizing everyone and everything. It is normal for humans to think critically about situations and people, but it is often best to keep the majority of those thoughts to yourself unless you are trying to constructively seek change. **Don’t be the person who never has a positive thing to say.** Don’t be the person who is always looking for faults in others and pointing them out. If you are always criticizing others to your friends, your friends are going to start wondering what you actually think about them and what you are saying to others about them when they are not around. People do not want to be around others that constantly make them question whether or not they are going to be criticized.
- <https://www.davidwolfe.com/6-behaviors-toxic-never-tolerated/>



HOW NOT TO BE A TOXIC THEATRE MAJOR

STUDENTS & PARENTS

- Psychology Today says that **toxic people almost never apologize because they always think that when bad things happen it is someone else's fault.** In his book "How to win friends and influence people" Dale Carnegie says to "If you are wrong, admit it quickly and emphatically." We all make mistakes, when you do, be the better person and apologize.
- <https://www.psychologytoday.com/blog/in-flux/201608/8-things-the-most-toxic-people-in-your-life-have-in-common>
- Kathy Caprino says that **toxic people need constant validation.** It makes sense that actors would feel this way. After all, you can't get a job unless others like what you are doing. But there is a difference between seeking validation to make yourself feel good and seeking feedback to know if what you are doing is working for the scene or song you are working on. Instead of seeking comments that make you feel good, seek comments that help you grow.
- <https://www.linkedin.com/pulse/20140620200646-17850276-6-toxic-behaviors-that-push-people-away-how-to-recognize-them-in-yourself-and-change-them/>
- Higher Perspectives says that **toxic people lack compassion.** Dale Carnegie says that you should always "Try honestly to see things from the other person's point of view." This is a good rule to follow. If a fellow performer is acting out, try to think what it would be like if you were in their shoes.



HOW NOT TO BE A TOXIC THEATRE MAJOR

STUDENTS & PARENTS

- You do not have to give into them or their needs, but by thinking about what they may be feeling or why they are acting the way they are, you are more likely to handle the situation with skill.
- <http://www.higherperspectives.com/toxic-behaviors-1406179117.html?page=2>
- Peg Streep says that **toxic people treat others with contempt**. In our field, these are the people who watch their fellow cast members on stage and make faces or roll their eyes when they do not like what they are seeing or hearing. First of all, remember that different people have different tastes. You are not going to always like everything you see, but it is very likely that others will like it. Instead of physically or verbally communicating your distaste for another's work, focus on yourself. Think how you might do things differently and then think about how your observations can apply to what you are currently working on or future projects.
- <https://blogs.psychcentral.com/knotted/2018/02/7-toxic-behaviors-you-should-never-tolerate/>
- John Boitnott says that **toxic people are jealous of others' success**. It is really hard to not be jealous of others when you are a performer. We are all chasing big dreams and if someone else is getting there before you, it can be really hard to let that go. However, you have to remember that everyone's path is different. If someone gets an opportunity that you were really hoping for, it is ok to be disappointed or feel down and out for a while. But take the high road and congratulate them knowing that this is their time to shine and yours is coming.



HOW NOT TO BE A TOXIC THEATRE MAJOR

STUDENTS & PARENTS

- <http://www.baltimoresun.com/business/success/inc/tca-3-signs-that-you-re-the-toxic-one-at-the-office-20180216-story.html>
- Awareness Act says that **toxic people often turn everything into a competition.** There are many times in life when you will be competing against your friends for a gig. If you want to keep your friendships healthy, focus on yourself and remember that it is hard to change a director's or producer's vision. You may give the best audition on a given day, but if you do not fit the vision of those on the other side of the table, you are not getting the gig no matter what you do. It is ok to look at others and see if you could be doing something different, but do not be competitive with others in your day-to-day interactions.
- <http://awarenessact.com/32-toxic-behaviors-to-eliminate-from-your-life-immediately/>
- **Do not be the hothead in the room, the people who act that way are toxic.** Dr. Sari Cooper says if you have cycles of anger, remorse, shame, and provoked anger without understanding, you need to do some self-examination and figure out what is going on. Tensions often run high in performance situations, but blowing up is not going to help anything. In fact, it usually makes things worse. If you frequently notice your temperature rising, you may want to seek out help to find better ways to deal with frustrating situations.
- <https://www.rd.com/advice/relationships/signs-toxic-one-relationship/>



HOW NOT TO BE A TOXIC THEATRE MAJOR

STUDENTS & PARENTS

- **Finally, do not be an internet troll.** It is a form of bullying and it is a sure way to lose the respect of the community and stifle your career. Wikipedia says “In Internet slang, a troll (/troʊl, trɒl/) is a person who starts quarrels or upsets people on the Internet to distract and sow discord by posting inflammatory and digressive,[extraneous, or off-topic messages in an online community (such as a newsgroup, forum, chat room, or blog) with the intent of provoking readers into displaying emotional responses and normalizing tangential discussion, whether for the troll’s amusement or a specific gain.” There are a lot of theatre discussion rooms, blogs, and other forms of Internet content that take pride in attacking, insulting, and/or trying to anger others in our community. They sew discord solely for the purpose of building an audience for themselves and to make themselves feel better about their own shortcomings. Do not join them in their quest. **They are toxic and most of the time bitter that they themselves have not achieved the type of success they envisioned** when they were young. Instead, get yourself to a practice room, do the work, and go audition. When you read and listen to negativity you will begin to see the world through a negative lens. When you intently focus on the work and yourself, you will have a much better quality of life and will be more likely to reach your goals. To be sure, it is ok and healthy to disagree with things you see posted online. Intelligent and well thought out conversations are the way we grow as individuals and as a profession. Just make sure you are being a professional in your reactions and interactions when you post. If you are not sure how to do that, read Dale Carnegie’s *How to Win Friends and Influence People*. It is an old book, but it is full of advice that is as relevant today as it was when the book was written.

No one is perfect and it is unreasonable to think that you will ever be. However, by avoiding these behaviors, you are more likely to be a valued colleague. Be the person that everyone likes to be around and you will soon find yourself with plenty of options available to you



WORKSHEET 4: IS YOUR EGO GETTING IN YOUR WAY?

INSTRUCTIONS: These questions will help you determine if your ego is supporting your artistic goals or working as a detriment to the growth that you desire.

QUESTION #1: WHAT ARE THE PURCHASING DECISIONS I'VE MADE THAT CONSIDERED THE OPINIONS OF OTHERS? FOR EXAMPLE, PURCHASING A CERTAIN ELECTRONIC OR CLOTHING WITH AT LEAST SOME INTENTION OF IMPRESSING OTHERS.

QUESTION #2: WHAT ARE MY MOST IMPRESSIVE ACCOMPLISHMENTS?

QUESTION #3: WHAT ARE A FEW THINGS I ENJOY DOING THAT I'M ALSO GOOD AT?

QUESTION #4: WHAT DO I DO TO IMPRESS MYSELF? WHY? HOW WOULD I FEEL IF I DIDN'T DO THESE THINGS?

QUESTION #5: WHOM DO I NEED TO FORGIVE IF I WANT TO EXPERIENCE GREATER PEACE?



WORKSHEET 4: IS YOUR EGO GETTING IN YOUR WAY?

QUESTION #6: DO I HAVE ENOUGH SELF-ESTEEM TO HANDLE LIFE AND ACHIEVE MY GOALS? HOW CAN I BUILD MORE SELF-ESTEEM IN A HEALTHY MANNER?

QUESTION #7: HOW HAS MY EGO CAUSED CHALLENGES FOR ME IN THE PAST?



STOP LIVING LIFE AS A VICTIM

WORKSHEET 5

INSTRUCTIONS: This worksheet is designed to help you identify if you're living as a victim, and to learn new ways to live with consciousness and purpose. What Does it Mean to Live Like a Victim?

Circle the signs and symptoms below that could indicate you're taking the victim role in life:

VICTIM

Consistent negative thinking
Ask yourself many "why" questions
Lack feelings of self-importance
Feel like you're damaged goods
Often feel jealousy and
envy towards others
Blame others for your
life challenges
Often feel
helpless

Finish
tasks and
projects I've started
Take responsibility for
my own life
Stop blaming others for my
life events
Remember what I can and can't control
Share my real feelings when appropriate
Ask for feedback
Be okay with some discomfort at first
Focus on myself

SELF-STARTER

Changing Your Script from Victim to SELF-STARTER: You can choose to be a SELF-STARTER, starting now. Circle the strategies above that you will put into place in an effort to become a self-starter by finishing the sentence, "I will..."

WHAT IS YOUR COMMUNICATION STYLE?



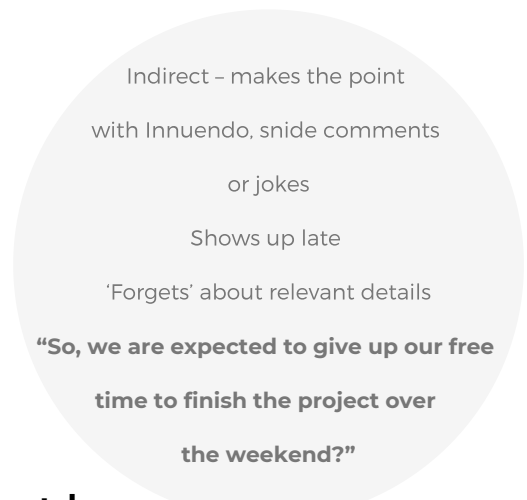
WORKSHEET 6

INSTRUCTIONS: *Communicate, Communicate, Communicate.* People have different ways of communicating. **Assertive communication is more effective than other styles.** Answer the following to learn more about your style of communicating.

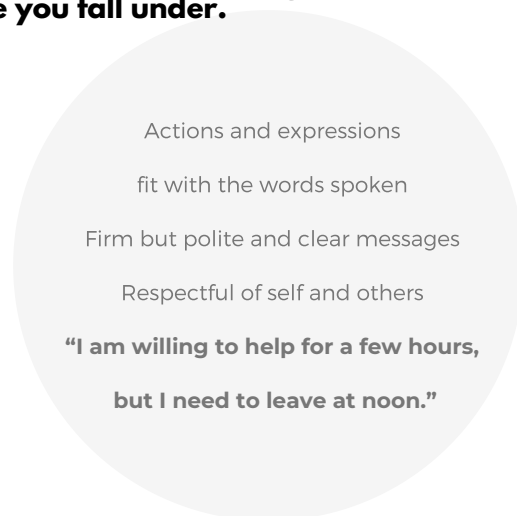
PASSIVE



PASSIVE AGGRESSIVE



Which communication style do you typically use? Circle the category name you fall under.



AGGRESSIVE

ASSERTIVE

- Communication is key - in the classroom, in rehearsal, and in the real world.
- Don't keep your concerns and questions to yourself. Communication is a large part of accountability.
- Be responsible with your communication; do not be confrontational with your concerns.

SECTION *Well-being* THREE



MacTheatre

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MINDFULNESS & WELLNESS

STUDENTS

INTRODUCTION TO WELL-BEING

Mindfulness has become a buzzword in education, and Wellness is a word that became popular in the 1950's.

But, what is Mindfulness and Wellness?

A basic definition is that Mindfulness is being focused in the present moment. This includes the ability to observe your thoughts, feelings and physicality. It is not to be devoid of thoughts, but to be in the moment - not thinking about the past or future.

Wellness can be defined as a deliberate effort to support a state of complete physical, mental and social well-being. This can mean a variety of things; but for me, I have defined wellness into these categories:

- **Mind:** including mindfulness and meditation
- **Body:** including nutrition, sleep, exercise
- **Home:** your connections with family and friends, scheduling routines and personal development
- **Work:** your connection with your fellow students and personal growth as an artist

More and more studies have shown the benefits of Mindfulness and Mindfulness meditation. Although there is some debate as to how effective Mindfulness training can be, there have been reports of significant improvements in cognitive skills and social and emotional behaviors. These changes support both learning and mental health.



MINDFULNESS & WELLNESS

STUDENTS

THE DATA

According to the National Institute of Mental Health, twenty-five percent of thirteen year olds to eighteen year olds will experience an anxiety disorder. The American Academy of Pediatrics has noted that stress can negatively impact learning, memory and behavior, and both physical and mental health. The Yale Center for Emotional Intelligence shared a survey in which, on average, **students reported feelings of negative emotions including stress, fatigue and boredom, seventy percent of the time.**

Regardless of the career path you will be going into you need to be present and healthy to be successful. For actors, they need to be able to focus and hear the other actors in a scene to be able to appropriately respond; theatre technicians need to be present to listen for their cues; directors and other creatives need to be able to be present for rehearsals to provide effective feedback.

Now, we haven't talked about Meditation. There are many types of mediation, but this course will focus on Mindfulness Meditation. There is more to Mindfulness than just meditation, but meditation can be a very useful tool to bring and keep the mind in the present moment.

Satipatthana (sati-pat-thana) comes from Buddhist tradition to create mindfulness. To break down the word, Sati means attention, pat means inside, and thana means to keep. Or "to keep your attention inside". The idea is to be able to observe reactions to situations and thoughts. To know that these observations are moments of time, they pass. Our minds tend to wander, either ruminating about the past, or thinking about the future. Mindfulness meditation helps you to train your brain to stay present in the moment.

So, now that we have defined Mindfulness and Wellness, here some activities and tips for you;



MEDITATION 1

FOCUS ON YOUR BREATH

Please find a place you are comfortable. This could be sitting on the floor, or a chair, or lying down. Again, your goal is to feel comfortable. You can choose to close your eyes now, or you can focus softly on a spot on the floor. You can close your eyes at any time.

To begin with, do a full body scan. Starting from the top of your head, and slowly move through your body. See how you are feeling, mentally, emotionally and physically. This is not to change anything, but just to be aware of how you are feeling. Begin your scan now.

Now bring your attention to your body. Where does your body connect to the floor or chair. Note how your body makes connection to the floor or chair. Allow the floor or the chair to support you.

Now bring your attention to your breathing. Count how long your inhale is, and how long your exhale is. Notice how your chest expands as you inhale, and contracts as you exhale. Just notice the movement in your chest as you breathe. Now notice what the air feels like as it enters your body. Notice how the air changes as it leaves your body. Try to slow your breathing down. How does that change the feeling of your inhale and exhale? Continue to breathe, and focus on your inhale and exhale. If your mind starts to wonder, that is okay, just bring your attention back to your breath.

Now bring your awareness back to space. Hear sounds around you. Feel your body's connection to the chair or the floor. Take a moment to wiggle your toes. Now wiggle your fingers. Gently roll your head to the left and the right.

Without making eye contact with anyone, just open your eyes. Allow them to become used to being open.



MEDITATION 2

COUNTING YOUR BREATH

Please find a place you are comfortable. This could be sitting on the floor, or a chair, or lying down. Again, your goal is to feel comfortable. You can choose to close your eyes now, or you can focus softly on a spot on the floor. You can close your eyes at any time.

To begin with, do a full body scan. Starting from the top of your head, and slowly move through your body. See how you are feeling, mentally, emotionally and physically. This is not to change anything, but just to be aware of how you are feeling. Begin your scan now.

Let's begin by slowing down our breath. Letting go of any oxygen you have, take a slow deep breath in, and slowly release. Breathe in and slow release. Breathe in , and out. Please continue to breathe slowly. For today's meditation, we are going to focus on the breath. You will count a breath as an inhale and an exhale as one. For example, breathe in one and out one. Breathe in two, and out two.

You will continue to count your breath until you have counted 10 breaths. Make sure to focus on breathing and counting. If you get distracted, start counting at one again.

Begin. Remember to breathe slowly and count your breath. If you lost your count, that is okay, just start over. If you have already counted your breath to 10, that is great, start again. If you need to start over with your count, please do so.

Now do a full body scan again. See if you observe any changes within your mental space, your energy or your body. Again, this isn't to change anything, just take note of any changes. Without making eye contact with anyone, just open your eyes. Allow them to become used to being open.



MEDITATION 3

4 COUNT BREATHING

For today's meditation, we will follow a breathing pattern. We will inhale for a count of 4, hold your breath for a count of four, and release your breath for a count of four, and then pause before the next inhale.

Letting go of any oxygen you might have, take a slow deep breath in, two, three, four. Hold, two, three, four. Release two, three four, and pause before your next breath.

Breathe in, two, three, four. Hold, two, three, four.
Release, two, three, four, and pause before the next breath.
Breathe in, two, three, four. Hold, two, three, four.
Release, two, three, four, and pause before the next breath.
Breathe in, two, three, four. Hold, two, three, four.
Release, two, three, four, and pause before the next breath.
Breathe in, two, three, four. Hold, two, three, four.
Release, two, three, four, and pause before the next breath.

Breathe in. Hold. Release, Pause.
Breathe in. Hold. Release, Pause.
Breathe in. Hold. Release, Pause.
Breathe in. Hold. Release, Pause.

Now bring your awareness to your breathing, and go back to your own breathing cycle. Notice how long your inhale is, if there is a pause before inhale and exhale, and pause before the next inhale. Just focus on your breath.

Take a moment to wiggle your toes. Now wiggle your fingers. Gently roll your head to the left and the right. See if you observe any changes within your mental space, your energy or your body. Again, this isn't to change anything, just take note of any changes. Just open your eyes. Allow them to become used to being open.

ARE YOU PERFORMING THESE IMPORTANT SELF- CARE PRACTICES?



HOW LONG WILL IT TAKE:

- 5 minutes
- 15 minutes
- 45 minutes

HOW OFTEN WILL I DO IT:

- Daily
- Weekly
- Monthly

HOW I WANT TO FEEL:

- Joyful
- Grateful
- Balanced
- Relaxed
- Loved
- Happy
- Other:

GROOMING

This can be a good gauge of your mental health. Those with significant mental health issues often neglect their grooming. It's important to look and feel your best each day. **It's amazing how much a good shower, shave, and flossing can do for your mood and attitude.**

ARE YOU PERFORMING THESE IMPORTANT SELF- CARE PRACTICES?



HOW LONG WILL IT TAKE:

- 5 minutes
- 15 minutes
- 45 minutes

HOW OFTEN WILL I DO IT:

- Daily
- Weekly
- Monthly

HOW I WANT TO FEEL:

- Joyful
- Grateful
- Balanced
- Relaxed
- Loved
- Happy
- Other:

HEALTHY DIET

It's hard to rise above the quality of food you put into your body. Even with conflicting diets and advice out there, you have a good idea of what foods are healthy and which aren't. Experiment with different diets and take note of their effects on your mood, sleep, energy, and focus.

ARE YOU PERFORMING THESE IMPORTANT SELF- CARE PRACTICES?



HOW LONG WILL IT TAKE:

- 5 minutes
- 15 minutes
- 45 minutes

HOW OFTEN WILL I DO IT:

- Daily
- Weekly
- Monthly

HOW I WANT TO FEEL:

- Joyful
- Grateful
- Balanced
- Relaxed
- Loved
- Happy
- Other:

EXERCISE

Exercise has a positive effect on your mind and body. Exercise enhances your ability to sleep, uplifts your mood, and can increase your longevity. The current recommendation from the medical community is to engage in at least 2.5 hours of exercise per week.

ARE YOU PERFORMING THESE IMPORTANT SELF- CARE PRACTICES?



HOW LONG WILL IT TAKE:

- 5 minutes
- 15 minutes
- 45 minutes

HOW OFTEN WILL I DO IT:

- Daily
- Weekly
- Monthly

HOW I WANT TO FEEL:

- Joyful
- Grateful
- Balanced
- Relaxed
- Loved
- Happy
- Other:

GRATITUDE

Gratitude is good for your soul. It creates hope and contentment even in trying circumstances. It's easy to forget how much you already have if you're not practicing gratitude each day.

ARE YOU PERFORMING THESE IMPORTANT SELF- CARE PRACTICES?



HOW LONG WILL IT TAKE:

- 5 minutes
- 15 minutes
- 45 minutes

HOW OFTEN WILL I DO IT:

- Daily
- Weekly
- Monthly

HOW I WANT TO FEEL:

- Joyful
- Grateful
- Balanced
- Relaxed
- Loved
- Happy
- Other:

FORGIVENESS

Forgiving others has a powerful effect on your physical and emotional health. It also frees your mind from negative recurring thoughts and allows you to make more progress in your life. You're only stealing time from yourself when you hold on to negative feelings toward others.

ARE YOU PERFORMING THESE IMPORTANT SELF-CARE PRACTICES?



HOW LONG WILL IT TAKE:

- 8 hours
- 9 hours
- 10 hours

HOW OFTEN WILL I DO IT:

- Daily
- Weekly
- Monthly

HOW I WANT TO FEEL:

- Joyful
- Grateful
- Balanced
- Relaxed
- Loved
- Happy
- Other:

SLEEP

Set up a regular schedule for sleeping and stick to it. It's not too hard to convince yourself of the importance of sleep. All you have to do is skip one night to experience the powerful impact of sleep on your well-being.

Life is demanding, but remember that one can only do so much, and if pushed beyond capacity- may snap. Don't be too hard on yourself.

ARE YOU PERFORMING THESE IMPORTANT SELF- CARE PRACTICES?



HOW LONG WILL IT TAKE:

- 5 minutes
- 15 minutes
- 45 minutes

HOW OFTEN WILL I DO IT:

- Daily
- Weekly
- Monthly

HOW I WANT TO FEEL:

- Joyful
- Grateful
- Balanced
- Relaxed
- Loved
- Happy
- Other:

HUMAN CONTACT

Spend time with others. **You can't spend all of your time alone and remain emotionally healthy.** It's necessary to interact with others. How much human contact is needed varies greatly from one person to another. No matter how much of a loner you might be, though, spending time with others matters.

ARE YOU PERFORMING THESE IMPORTANT SELF- CARE PRACTICES?



HOW LONG WILL IT TAKE:

- 5 minutes
- 15 minutes
- 45 minutes

HOW OFTEN WILL I DO IT:

- Daily
- Weekly
- Monthly

HOW I WANT TO FEEL:

- Joyful
- Grateful
- Balanced
- Relaxed
- Loved
- Happy
- Other:

SOLITUDE

Spend quality time alone.

Spending time with others is important, but it's important to spend sometime alone, too. Everyone needs to get away and be alone once in a while.

Sometimes we may be feeling lonely when we are on our own, but instead of loneliness I'd rather call it solitude.

Usually, when we decide to be alone voluntarily, we do things we enjoy, like going for a walk or chill at home, but when we feel rejected- we crave company and focus on the loss.

If we're able to connect to ourselves on a deeper level on any occasion see it as a personal gain rather than a loss.



MORNING GRATITUDE

EASY PRACTICE

So, I want to show you a very simple morning ritual. Most of us drink tea, coffee, water, or juice when waking-up or having breakfast. And usually we don't think about it, we just do it. However I want to suggest being a little bit more mindful about it. So, with every sip, try remembering what you're grateful for. Start with simple things, like "I'm grateful for waking up to another day," and follow on.

This is a very basic gratitude practice, but its more convenient than writing a gratitude journal since you're piggybacking on the existing habit - drinking something in the morning.

Research says that people who regularly practice gratitude by taking time to notice the things they're thankful for experience more positive emotion, sleep better, express more compassion, and have stronger immune systems.

As you can see, it doesn't take much to improve mood and influence our perception of life, all we need is a little commitment and a simple ritual. So, try doing it tomorrow morning and see the change yourself.

Active
SECTION
FOUR
Citizenships



MacTheatre



INTRODUCTION

STUDENTS

ACTIVE CITIZENSHIP

The definition of citizenship is to be a citizen of a country, and being a citizen comes with rights (eg: the right to vote) and responsibilities (eg: paying taxes). Active citizenship refers to the idea that citizens should play an active role in being a member of a country and making it a better place.

Active citizenship can be explored in a variety of ways that expand to the next realm while incorporating the previous realm:

- Accountability in our theatre program and our school.
- From local community activities, like volunteering, to national activities.
- Global citizenship is about being a citizen of the world and being aware of what's happening in other areas of the world.
- Digital citizenship refers to being an Internet citizen and the rights and responsibilities involved in using the Internet.

To be an active citizen requires skills that are practiced daily in the theatre classroom: critical thinking, communication, collaboration, and empathy, to name a few. Let's start thinking about your place in your community, your country, your world and beyond.

ROYALE COURT PLAYERS COMMUNITY SERVICE

STUDENTS

GIVING BACK

Dramatic events are fantastic for reaching out to the community, fundraising, raising awareness for various causes, and having a great time while you're at it. Our Thespian troupe, the Royale Court players, is the student honor society for theatre and each year creates opportunities for theatre majors to meet McCallum's requirement of community service hours for students to graduate. Community service with RCP and the International Thespian Society is a great way for students to obtain those hours - or to add some volunteering experience to their resumes.

Here are some ideas for MacTheatre-related community service. Get excited to give back!

- Visit a local retirement home or hospital and provide entertainment for the residents/ patients.
- Lead a drama class or activity for a primary school, Brownies/Scouts group, Boys & Girls club, or other local youth group.
- Select a favorite charity to donate a portion of ticket sales to from an upcoming performance of your show.
- Create and perform a piece of work (such as a group scene or a series of monologues) that addresses an issue that is important to your students (bullying, students' rights, body issues, etc.).
- Host a showcase evening for students to sign up for and perform a piece of their choice, such as a song, monologue, or poem, and donate admission fees to charity. If you wish, all the pieces can relate to a theme. This gives you the chance to volunteer in various capacities, including sound and lighting, publicity, box office, and hosting.



ROYALE COURT PLAYERS COMMUNITY SERVICE

STUDENTS

GIVING BACK

- For environmentally-focused students, figure out a way to create a low-impact performance – perhaps performed outside in natural light, with costumes and props made from repurposed items, music performed on acoustic instruments, and programs printed on recycled paper.
- Research plays and musicals that relate to current events or social issues. How could one of those plays be used as a jumping-off point for devising a new piece of theatre on the same topic, an outreach opportunity, or a fundraising venture?
- Volunteer to help with various technical or backstage roles for an elementary school production, such as costumes, props, backstage supervision, or operating sound and lights.
- Look into local opportunities where your performance or technical skills can be used to give back, such as children’s fun fairs, library reading programs, fringe festivals, or seasonal community events (such as a Halloween haunted house).
- Research local historical events, create a theatrical piece from them, and present it as part of a heritage event or celebration.

These are only a few of the interesting outreach ideas that you can employ for your community service projects. Use the worksheet and reflection on the next page to brainstorm and organize your ideas for a theatrical community service project.



COMMUNITY SERVICE IDEAS

WORKSHEET 7

INSTRUCTIONS: Get excited to give back!

THREE CAUSES OR ISSUES THAT ARE IMPORTANT TO ME:

THREE CHARITIES THAT HELP WITH THESE CAUSES/ISSUES:

THREE EVENTS WE COULD ORGANIZE TO COLLABORATE WITH THIS CAUSE:

WHICH EVENT WOULD BE MOST APPROPRIATE/INTERESTING/FUN/USEFUL TO PURSUE? WHY?

WHAT IS THE PURPOSE OF THE EVENT?

WHAT TYPE OF PERFORMANCE MATERIAL/CONTENT WOULD NEED TO BE PREPARED?

WHAT PHYSICAL MATERIALS/RESOURCES WOULD BE NEEDED?

HOW MUCH TIME WOULD BE NEEDED TO PLAN AND EXECUTE THIS EVENT?



REFLECTION ON SERVICE

WORKSHEET 8

QUESTION #1: Why is community service important?

QUESTION #2: List three ways that local services/charities/causes could benefit from assistance from MacTheatre students.

QUESTION #3: List three ways that students benefit from volunteering or performing community service.



GLOBAL CITIZENSHIP

STUDENTS

THINK ABOUT IT

Global citizenship refers to the idea that all people have rights and responsibilities that exceed their identities as citizens of a particular country or place; rather, the focus is on the world as a whole and our place within it.

- Global citizens are active in their community (the phrase “think globally, act locally” applies here) and work towards making the world more equal, fair, and sustainable.
- Global citizenship celebrates our diverse cultures and encourages us to take ownership of our voices and use them to make positive changes for the future.
- MacTheatre is a wonderful place to investigate global citizenship, as the theatre is already a place to unite people from different backgrounds to learn about and celebrate various styles of theatre from different nations and cultures.

What are your opinions on world issues? What ideas do you want to advocate for? What do you believe in? What are your thoughts on the following:

- Environmental and climate change concerns
- Gender inequality, homophobia (and other LGBTQ+ issues)
- Racism
- The political climate
- Indigenous issues
- Mental health

If this all seems overwhelming, don't stress. Just start small and explore your thoughts and feelings about issues that affect you.



GLOBAL THEATRE

WORKSHEET 9

INSTRUCTIONS: The goal of global citizenship in theatre is to celebrate our diverse cultures while encouraging each other to take ownership of our voices and use them to make positive changes for the future. Using dramatic techniques and resources taught in the theatre classroom helps you make these big topics and issues more manageable and accessible. Answer the questions below in their corresponding globes.

WHAT ISSUES
HAVE YOU HEARD
ABOUT OR ARE
IMPORTANT TO
YOU?

NEWS ARTICLES,
MOVIES,
TELEVISION
SHOWS, BOOKS,
SONGS, PLAYS/
MUSICALS, AND
OTHER FORMS OF
MEDIA THAT HAVE
DEPICTED THESE
ISSUES IN SOME
WAY.

WHAT
THEATRICAL
METHODS CAN
YOU USE TO
EXPRESS YOUR
THOUGHTS ON
ONE OF
THESE ISSUES?



DIGITAL CITIZENSHIP

STUDENTS

WHAT IS DIGITAL CITIZENSHIP IN THEATRE?

Digital citizenship is all about the confident, positive, and safe use of digital technology both inside and outside the classroom for communication, collaboration, education, and entertainment. This encompasses many topics, including (but not limited to):

- Internet safety
- Privacy and security
- Safe and positive communication and etiquette
- Online relationships and cyberbullying
- Different methods of creating and consuming information
- Authenticity of information
- Credit and copyright issues

In the theatre classroom, we can use digital resources for a wide variety of tasks, such as:

- Sharing what you're doing at MFAA (updates, photos, videos, etc.)
- Promoting upcoming productions
- Communicating with group members
- Sharing information such as schedules, notes, and rehearsal videos
- Doing research on theatrical topics
- Finding classroom resources
- Reading scripts online
- Watching theatrical videos
- Listening to musical soundtracks



POSITIVE DIGITAL FOOTPRINT

We want to ensure that the theatre community at McCallum is a positive, uplifting, and safe place for young artists, right? But how do we go about doing that digitally? By maintaining a positive digital footprint. A “digital footprint” is the information about a person or company that exists on the Internet as a result of their online activity. In short, whatever you post on the Internet is there for good, in some format or another. This means that you must always be aware of what you are posting, sharing, uploading, and consuming online. **Have you ever engaged in any of the following behaviors online? (Circle all that apply.)**

	NOT PROOF READING		SHARING TOO MUCH- TOO MANY POSTS
BULLYING SOMEONE		ARGUING WITH PEOPLE	
	POSTING SOMETHING NEGATIVE OR HURTFUL		NOT ALLOWING OTHERS TO EXPRESS THEMSELVES
INAPPROPRIATE COMMENTS (RACIALLY OR SEXUALLY ORIENTATED)		UPLOADING ADULT, ILLEGAL, OR ANTI-SOCIAL MATERIAL	



OUR MISSION

PREPARING GIFTED AND TALENTED STUDENTS FOR POST-SECONDARY COLLEGES AND CAREERS IN THE ARTS

With McCallum's Theatre focus, students participate in pre-professional training and exceptional performance opportunities from the very start. Throughout their four years, students are cast and crew in a range of musicals and plays, as understudies, ensemble members, supporting parts, designers, leading roles, and collaborate on films produced by our award-winning Cinematic Arts program. At McCallum we are known for our integration of craft training, the care and attention we give to individual student development and the strong ensemble ethic shared by our company.

"Young artists thrive at McCallum Fine Arts Academy."

HAVE QUESTIONS?

Head Director: joshua.denning@austinisd.org
Tech Director: kristen.vandenber@austinisd.org
Choreographer: natalie.uehara@austinisd.org
Musical Director: tyler.mabry@austinisd.org
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ACKNOWLEDGEMENTS

WORKS CITED

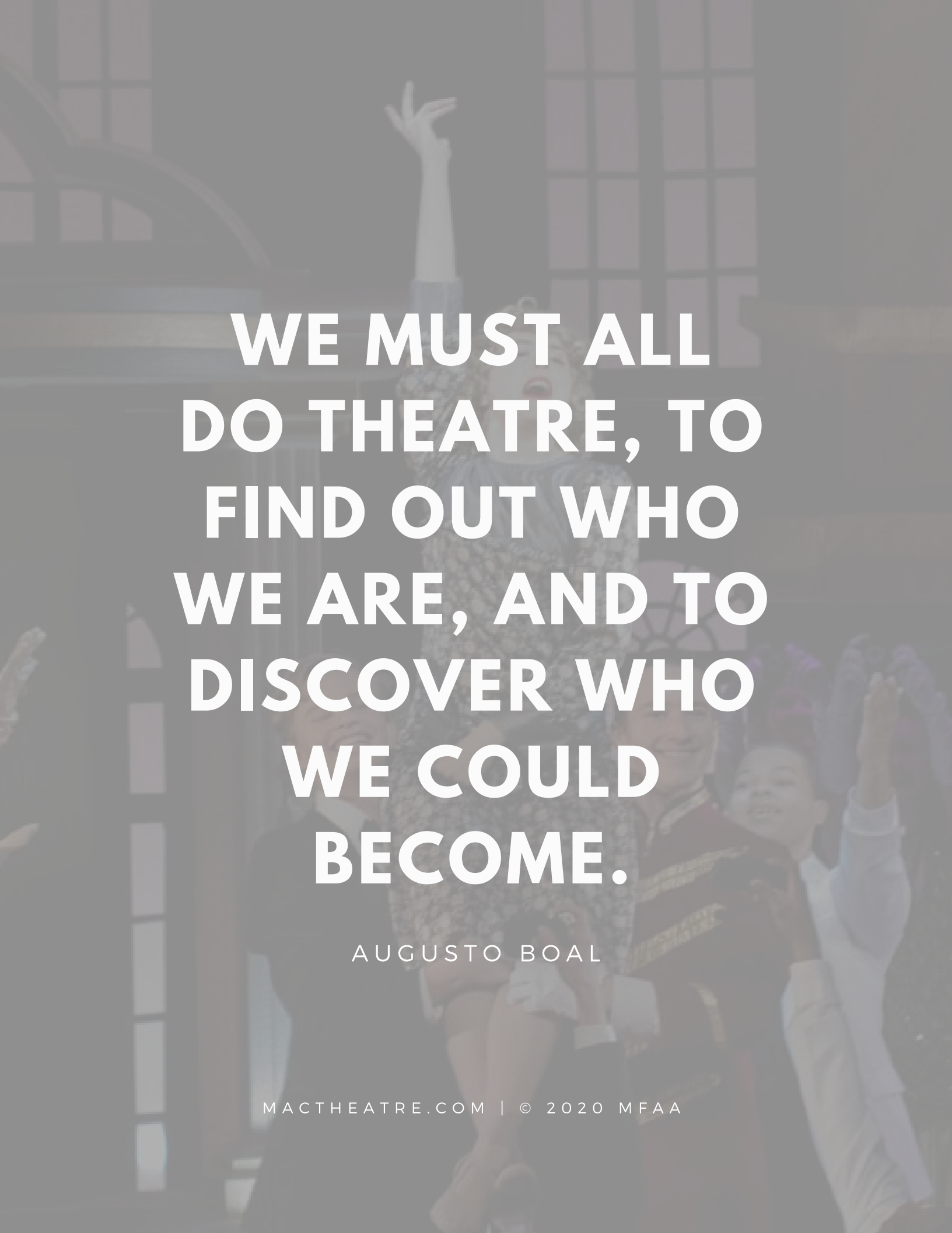
Empower adapted from *10 Things To Stop Doing and 10 Things To Start Doing* by Robert Hartwell for The Broadway Collective

Authentic adapted from *How Not To Be A Toxic Performer* by Matt Edwards of Shenandoah Conservatory and CCM Vocal Pedagogy Institute

Well-being adapted from *Wellness in the Drama Classroom* by Claire Broome for Drama Teacher Academy

Active Citizenship adapted from *Active Citizenship in the Drama Classroom* by Kerry Hishon for Theatrefolk

Empower Authentic Well-being & Active Citizenship

A group of people, including children and adults, are cheering with their arms raised in a theater setting. The background is a large window with a grid pattern. The text is overlaid on the image in a bold, white, sans-serif font.

**WE MUST ALL
DO THEATRE, TO
FIND OUT WHO
WE ARE, AND TO
DISCOVER WHO
WE COULD
BECOME.**

AUGUSTO BOAL