THEA 220 BEGINNING VOICE AND MOVEMENT

(3 CREDITS | CRN: 62118 | MW 10.00am – 11:15am)

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WINDWARD COMMUNITY COLLEGE MISSION STATEMENT

'O keia ka wā kūpono e ho'onui ai ka 'ike me ka ho'omaopopo i kō Hawai'i mau ho'oilina waiwai. Aia nō ho'i ma ke Kulanui Kaiāulu o ke Ko'olau nā papahana hou o nā 'ike 'akeakamai a me nā hana no'eau. Me ke kuleana ko'iko'i e ho'ohiki ke Kulanui e kāko'o a e ho'okumu i ala e hiki kē kōkua i ka ho'onui 'ike a nā kānaka maoli. Na mākou nō e ho'olako, kāko'o a paipai i nā Ko'olau a kō O'ahu a'e me nā hana no'eau ākea, ka ho'ona'auao 'oihana a me ka ho'onui 'ike ma ke kaiāulu — hō'a'ano a e ho'oulu i nā haumāna i ka po'okela.

Windward Community College offers innovative programs in the arts and sciences and opportunities to gain knowledge and understanding of Hawai‘i and its unique heritage. With a special commitment to support the access and educational needs of Native Hawaiians, we provide O‘ahu’s Ko‘olau region and beyond with liberal arts, career and lifelong learning in a supportive and challenging environment — inspiring students to excellence.

CATALOG DESCRIPTION

Introduction to vocal and movement techniques to increase self-awareness and potential for self-expression. May be repeated up to 6 credits.

This course is designed to familiarize the student with their vocal instrument in order to improve breath management, articulation, projection, inflection, and quality; as well as develop a greater ability to reflect on their physicality in terms of flexibility, spatial awareness, expression and alignment.

By developing the skills and stamina necessary for effective communication through the use of relaxation and focus techniques, partnering work, group cooperation exercises, trust games, diction/articulation work, cold readings and solo performance, students should leave this course with a greater sense of confidence, freedom, and flexibility in their vocal and physical abilities.

STUDENT LEARNING OUTCOMES

Upon completion of the course, the student will be able to:

- Demonstrate awareness of personal habits, tensions and methods for releasing them, and physical and vocal preferences
- Execute a wide variety of warmup and performance tools
- Perform pieces with self-expression through vocal and physical choices

COURSE CONTENT

Classes will be active in nature and as such students should come prepared to engage with a variety of physical activities. The activities will require an open and exploratory attitude from the learners in order to achieve their full potential. Whilst many activities will be teacher led, there will also be certain elements that call for self-discovery and development for the students in an independent manner.

Course Timeline/Content

Week 1&2 - Introductions, Syllabus, Learning Styles, Safety, Understanding our physical and vocal nature, observation and replication
Self-evaluation, Finding true neutral, Tension and Relaxation, Vocal and Physical Preparation. Ridding our self of bad habits
Week 3&4 – **Understanding the Warm Up** Projection, Articulation, Flexibility, Stamina, Strength, posture – how does that change confidence and status. Working as a group, mirroring, radiate/receive
Week 5&6 – Expression and qualities – physical and vocal. Articulation and projection work. Neutral mask work.
Efforts and Time- weight, time, flow, space
Week 7&8 **Warm up development.** Continued practice of technique. Emotional engagement vocally and physically. Applying technique to text
Week 9&10 – Student led warm ups, Practice with text, continued development of technique.
Week 11&12 - Refining technique & sharing

COURSE TASKS

A. **Reflection:** Students will be required to complete a short personal reflection on their own physical and vocal habits, tensions and preferences. This will be used to guide the students when considering the creation of their personal warm up routine. The reflection will also be used as a reference in evaluative activities throughout the course to chart distance traveled. Evaluative activities will be guided by the teacher at intervals throughout the course.
B. **Complete a variety of in-class activities** Students will be assessed on their participation in practical class activities. These activities will be designed with a view to exploring and developing physical and vocal skills. All students will be required to participate fully and openly in order to get the most out of the work.
C. **Design a Personal Warm Up Routine** Students will create their own physical and vocal warm up routine. It must be constructed with their personal needs in mind based on the reflective work and teacher led exercises carried out in class. Students are encouraged to add exercises of their own creation or found through research of other sources. The students will then lead the class in their own warm up with an explanation of why they developed it in the manner they have done.
D. **Performance/Demonstration of skills** Students will build up to a demonstration of learned skills through the performance of text. They will be expected to use practiced skills such as diction, projection, expression, clarity, tone, quality and intention. The text can be of your choosing but you will need to be able to demonstrate the above skills and should be appropriate for this purpose. All texts must be approved by me before you may use them.

E. **Class Observation Log:** If you must observe class due to injury or illness, please use a "Class Observation Form" to guide your written observations in your journal (collected at the regular times).

Points Available

Grading

Each student will be evaluated at the level in which they have enrolled. Grades will be based upon attendance, **enthusiastic** class participation, technical and performance improvement, written and oral assignments, and a growing sense of professional behavior appropriate to studio work and the level of the student. No incomplete grades will be given in technique class.

Grading Criteria:

A.	Progress in technique	40%
	technical skills	(20%)
	performance skills	(20%)
B.	Attitude and concentration	50%
C.	Reflection	10%

The attendance policy will be adhered to, and will affect the result of the above grading procedure. If a student is injured and unable to participate, they may attentively watch class and submit notes taken on class materials to the instructor (using the "*Class Observation Form*" provided). You may only observe 3 classes before your non-participation counts as an absence. If a student is unable to take more than 6 classes due to injury, they will be advised to drop the course.

Grades Available

A = 90 or above | B = 80-89 | C = 70-79 | D = 60-69 | F = 59 or below

LEARNING RESOURCES

No Required Text: Handouts made available by Instructor
Course Web: laulima.hawaii.edu (log in using your UH username and password)

COURSE POLICIES

In General:

Your work will be very "hands on," with few take home assignments. The focus of this class is on work in the classroom, and active participation in exercises and performances will be the largest basis of evaluation of each student's grade.

There is only one way you can do badly in this class – fail to show up. If you don't come to class you aren't just letting yourself down you are letting your classmates down too. You may have **three absences**. Every further absence after your "free" absences will deduct 10 points from your final grade (effectively dropping you an entire letter grade from A to B, or B to C).

You get one free tardy as long as you arrive in the first ten minutes of class – if you are later than 10 minutes you are officially absent. **The next time you are late (even if it is just 1 minute late) you will be marked absent.** Plan to be at class a few minutes early so you can warm up and get your mind ready to think and create.

The Show Must Go On – PERFORMANCE DISCIPLINE:

In the professional theatre world there is only one excuse for missing a performance – death, and even then you must give two weeks notice. **IF YOU MISS A PERFORMANCE/TEST DAY YOU WILL NOT BE GIVEN AN OPPORTUNITY TO MAKE IT UP.** Learning to show up for things in life is one of the most important life skills you shall acquire at college.

Helpful Resources:

I encourage you to ask me questions about the class and to ask for clarification at any time. Please ask for help even though you are not sure you need it.

Studio Etiquette:

Our studio space is sacred. To that end, you must leave your other worries and life preoccupations at the door.

- Smartphones and the constant invasion of the virtual world upon all aspects of our life are my nemesis and most hated foe. Our class will be a cellphone-free zone. Fear not. I promise your texts and facebook notifications will be waiting for you one hour and fifteen minutes later.
- Respect one another at all times. Any disrespect of your classmates will not be tolerated and result in your ejection from class for the day (which will then count as an absence, effecting your grade). The work we do is collaborative, if any of us feel uncomfortable; none of us can achieve excellence.
- Wear comfortable clothing allowing you to run, jump and lie down without restricting or embarrassing yourself. Failure to wear appropriate clothing results in an absence. Please also make sure to remove all dangling jewelry and accessories for the safety of you and your prized possessions.
- Be aware of your body's limitations. Sometimes I will ask you to do strenuous physical activity, if you suffer from palpitations, consumption, or tennis elbow, I need to know.

Emails:

Communicating with students is my top priority. If I have not responded to your message in twenty-four hours, please email me again.

Please email me from one address only. This will help me to sort and manage my emails effectively.

Please check your hawaii.edu account on a regular basis. I will send email announcements to that account only. Instructions on forwarding your hawaii.edu account are here: http://windward.hawaii.edu/technology/Forwarding_UH_GMail.pdf.

Please write grammatically correct emails, using complete words and full sentences (no shorthand, such as "where r u now"). Start with a greeting (Aloha Bob, Dear Mr. Smith, or Hi Lance), and end with a signature (Thank you, Sincerely, or just your name). Get in the habit of writing professionally. This will benefit you greatly in life.

If you have any problems or last minute emergencies, email me or leave a voice mail on my \ phone.

How to Seek Academic or Technical Support

Academic Support

- Windward Community College Library
- Library eResources
- Ka Piko Writing Lab
- Ka Piko Speech Lab
- Ka Piko Math Lab
- Evening and Online Learning at Windward Community College
- STAR Balance

Technical Support

- UH ITS Help Desk – email help@hawaii.edu or call 956-8883 (or 1-800-558-2669) for Laulima and most technology support. Available 24 hours a day, 7 days a week, including holidays.
- Student Tech Support - email winhelp@hawaii.edu, call 808-235-7437, or stop by in person at Hale La‘akea 228. Available Monday–Friday from 8:00 am–4:00 pm.
- Laulima – Click on the Request Assistance link at the bottom of any Laulima Page to fill out and submit a question and get your answer via email.
- Information Security for Students

College Policies & Support Services

Disabilities Accommodations Statement

The Windward Community College’s Disability Student Services Office (WCC-DSSO) is committed to providing equal access to qualified students with disabilities.

If you have a physical, sensory, health, cognitive, or mental health disability that could limit your ability to participate fully in this class, you are encouraged to contact the Disability Specialist Counselor, Roy Inouye, to discuss reasonable accommodations that will help you succeed in this class. The Disabilities Counselor can be reached at 808-235-7448, wccdsso@hawaii.edu, or stop by the office (Hale Kako‘o 105) for more information.

Basic Needs

Basic needs include food and housing, childcare, mental health, financial resources, and transportation. Student basic needs security is critical for ensuring strong academic performance, persistence and graduation, and overall student well-being. If you or someone you know is experiencing basic needs insecurity, please see the UH System Basic Needs website.

Mental Health Counseling

Mental Health and Wellness at Windward Community College counseling services and activities on campus to support students' life goals as well as their academic goals. Information about services can be found at the WCC Mental Health & Wellness website.

UH Alerts

The UH Alert emergency notification system alerts the university community in the event of a natural, health or civil emergency. The information you provide will only be used in the event of an emergency that impacts the health and safety of the UH community or the closure of whole campuses. It will not be shared with others or used for routine UH communications or announcements. To sign up, visit UH Alerts website for more information.

Financial Aid

If you are receiving financial aid and are contemplating not completing the course, BEFORE you withdraw, it is highly recommended that you contact the Financial Aid Office at 808-934-2712 or email them at wccfao@hawaii.edu to discuss the impact this decision may have on your financial aid eligibility.

Student Conduct Code

Windward Community College follows the University of Hawai'i Code of Student Conduct which defines expected conduct for students and specifies those acts subject to University sanctions. Students should familiarize themselves with the Code of Student Conduct since, upon enrollment at Windward Community College, the student has placed herself/himself under the policies and regulations of the University and its duly constituted bodies. The disciplinary authority is exercised through the Office of the Vice Chancellor for Student Affairs. Copies of the Student Conduct Code are available at the Office of the Vice Chancellor for Student Affairs or online.

Title IX - Sex Discrimination And Gender-Based Violence Resources

Windward Community College is committed to providing a learning, working, and living environment that promotes personal integrity, civility, and mutual respect and is free of all forms of sex discrimination and gender-based violence, including sexual assault, sexual harassment, gender-based harassment, domestic violence, dating violence, and stalking.

If you or someone you know is experiencing any of these, WCC has staff and resources to support and assist you. To report an incident of sex discrimination or gender-based violence, as well as receive information and support, please contact one of the following:

Leslie Cabingabang, UH System Confidential Advocate
Phone/Text: (808) 348-0432 or (808) 341-4952
Email: advocate@hawaii.edu
Office: Hale Kākoʻo 107 (Wednesdays)

Mykie E. Menor Ozoa-Aglugub, J.D., Title IX Coordinator
Phone: (808) 235-7468
Email: mozoa@hawaii.edu
Office: Hale Kākoʻo 109

Desrae Kahale, Mental Health Counselor & Confidential Resource

Phone: (808) 235-7393
Email: dkahale3@hawaii.edu
Office: Hale Kākoʻo 101

Karen Cho, Deputy Title IX Coordinator
Phone: (808) 235-7404
Email: kcho@hawaii.edu
Office: Hale ʻAlakaʻi 120

As a member of the University faculty, I am required to immediately report any incident of sex discrimination or gender-based violence to the campus Title IX Coordinator. Although the Title IX Coordinator and I cannot guarantee confidentiality, you will still have options about how your case will be handled. My goal is to make sure you are aware of the range of options available to you and have access to the resources and support you need.

For more information regarding sex discrimination and gender-based violence, the University's Title IX resources, and the University's Policy, Interim EP 1.204, go to https://www.hawaii.edu/titleix/

COURSE POLICIES CONTRACT

I have read through and reviewed the above Course Policies and the entire THEA 221 syllabus. By signing this document, I acknowledge not only that I understand the policies and requirements of this course, but also that I understand the consequences of not following these policies.

Signed: _____ _____
(date)

QUESTIONNAIRE

Preferred Name _____

Preferred Phone _____

1. What do you hope this course will teach you? What are your goals in this class?

2. How can we help you meet these goals?

3. What do you intend to do to meet them?

4. What grade would you be satisfied with in this course? Why?

5. What else would you like me to know about you?

PLEASE WRITE SOMETHING YOU LEARNED TODAY BELOW.