Starting Out: Goals and Intentions

Take some time to prepare yourself for this semester of technique class by considering where you’re at with your dancing, how you want to grow this semester, and how you can best set yourself up to make the progress you desire.

Consider your technical and artistic goals at this point in your dancing, and think about how you need to be working in order to achieve these goals. What attitudes, ideas and practices will help you to get the most out of the time you invest in your dancing through this course?

What do you want help with this semester?

What are you going to do outside of class to take care of your body – addressing technical issues, maintaining the health of your body, dealing with the stresses of dance on your body, addressing injuries, etc.

Write 1-2 pages (or more as needed)
Due by class time on Monday February 3