Mid-semester Self-Assessment

Now that you have had five weeks to arrive into the semester, take some time to assess how you are working in technique class and what you are working on.

In your writing, please address:

- How you take class (preparation, engagement, participation, effort)
- What you’re working on in your technique (both what you feel the class asks you to work on and what you ask yourself to work on)
- How your goals and intentions have grown and changed since the start of the semester
- What you want to put energy into in the second half of the semester
- How the class itself is working for you (what structures have been particularly helpful, what other help you would like in class)
- How you are taking care of your body outside of class

Please also give particular focus to practice of setting intentions within your dancing. Setting intentions is one of your most powerful tools for driving your technical progress. Take this midterm check in as a time to fine tune how you use intention in driving your personal progress. As a reminder, an intention is an idea that you can hold in your mind throughout class to guide how you practice. It could be an image that informs how you use your body, an attitude that you take towards your dancing, a way you approach your learning process, a quality that you want to bring to your movement, a feature of your dancing that you want to play with, etc. Think about how this is different from deciding to spend more time on a particular technical skill (i.e. what you list in question 2 on your daily notecard) or setting a goal for something you want to achieve (e.g. learning a particular sequence of choreography). Make a list of the intentions you’ve set thus far (from question #3 on your daily notecards). Reflecting on what your goals and challenges are in your technique right now, brainstorm a list of future intentions that you could use to drive your personal progress.

Length: 2 pages (or more as needed)
Due: Monday March 3