

Self-Assessment Assignment

This assignment is worth 50 points. Please write a four-five page paper in MLA format using a 12-inch font (double-spaced, one-inch margins). No cover page is needed-- just write your name and the class in the upper left-hand corner of each page (single-spaced).

Assess yourself as a mover. Include things such as what areas of dance that you have (or have not) been trained in, what you feel you most need to work and improve upon physically (i.e. flexibility, coordination, stamina, etc.), and anything else related to your past experiences as a “mover” (sports, yoga, etc.). Be sure to evaluate not only your weaknesses but also your strengths and be SPECIFIC!

Also, discuss your goals and expectations for this class and how you think it can help in your future as an actor or director. Obviously any injuries or problems warrant mentioning as well.

No one will read this except me so please be honest (and candid) in your assessment.

You will assess yourself again, using your paper from the beginning of the semester for reference and comparison, at the end of the semester so keep diligent notes about your progress (or lack thereof) throughout the semester.

Emailed papers are not accepted.

Your paper is due at the beginning of the class period as specified on your course schedule. UNDER NO CIRCUMSTANCES WILL I ACCEPT ANY LATE PAPERS.