

**THED 561-700 Voice and Movement
Voice & Speech Section
University of Northern Colorado
Summer 2019**

Monday – Saturday, July 15 – 20, 2019
9:00am – 12:30pm in Gray Gym
Instructor: Rebecca Rich Joy, MFA
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Course Description

This course is designed to instruct the actor in voice (vocal sound production) and speech (verbal communication) for the Stage. Students will engage in physical exercises and explorations, much of which will be rooted in the work of Kristen Linklater, that will aid in the re-discovery of natural breathing, and in time, a use of their instruments (the organs of voice and speech specifically, and the overall body in general) that is free of physical tension and other unhealthy habits that inhibit an actor's ability to not only be heard and understood, but to be fully available and engaged – physically, mentally, and emotionally.

In addition to physical work, students will also learn about the anatomy related to voice and speech, as well as the proper ways to care for and maintain a healthy voice.

This approach offers the possibility of liberating your natural speaking voice rather than adopting a vocal technique. The natural voice is transparent, and revealing, connected to thought, emotion, sound and language.

Throughout this one-week intensive, special attention and time will be dedicated to ways in which participants can incorporate voice and speech work into their own classrooms. Specifically, we will explore theatre games and exercises that aim to increase a young actor's confidence in, and proficiency with voice work.

Course Objectives

- To learn the basic progression of Kristen Linklater's work, "Freeing the Natural Voice".
- To develop awareness and the ability to connect to the voice on an intellectual, physical and emotional level.
- To increase awareness, freedom, and depth of breath, and to increase resonance, power, range and flexibility of the voice.
- To increase articulatory energy and vigor
- To replace habitual tension in the body with "relaxed readiness"
- To explore ways of incorporating voice and speech work in the theatre classroom, and to begin the implementation of a specific vocal warm-up to be used before rehearsal and performance.

Text Books

There are no required text books for this course. Supplemental materials will be provided by the instructor. The following books are highly recommended, although not required:

Freeing the Natural Voice, by Kristin Linklater
The Right to Speak, by Patsy Rodenburg

Grading

1. Attendance, Promptness, and Participation (300 points / 60%)

Attendance and promptness are required for all classes. Please plan on entering the space ten minutes prior to the beginning of class. This will allow time for removing shoes, turning off cell phones, filling water bottles, etc. Due to the intensity of this brief session, **attendance, promptness, and participation in classroom activities are absolutely required for all six days of the course.** Please note: Your ability to come prepared on the first day with memorized *Spoon River Anthology* monologue is rolled into this grade component.

2. Performance - Devised Piece Performance (100 points / 20%)

Students will need to memorize a 45second up to 1minute character monologue from Edgar Lee Masters' *Spoon River Anthology* prior to the start of class. This character monologue will serve as practice text for exercises and warm-ups, and will also be presented in a devised group performance for a grade, on the last day of class. Students are free to choose any *Spoon River* character monologue that appeals to them, regardless of gender or content; recommended to select one that is 45seconds to 1minute in length (as opposed to one of the shorter 30 second ones, or one of the longer 2min ones...). The complete text of *Spoon River Anthology* is available on a number of websites for free, or in most public and school libraries. The full text has been uploaded onto our Canvas Course, and is also available online here: <http://www.fullbooks.com/Spoon-River-Anthology.html>

3. Assignments – Sunray, Discussion question(s), Final Response paper (100 points / 20%)

Students will keep a notebook or journal throughout the week and submit entries, to include the following:

1. Linklater Sunray exercise – based on an in-class exercise, your creative exploration/presentation of that exercise (details provided during class).
2. *Right to Speak* excerpt – reading and discussion – a question will be prompted in class.
3. Final response paper – a review of your work in class, allowing for self-reflection; answering specific questions prompted by instructor. To be typed and uploaded (as word.doc, word.docx or pdf) via the assignment as indicated on Canvas. Please do NOT send a link! Due by Sunday, July 21, at 9am (the morning following the final day of class.).

Grade Breakdown:

480 – 500 pts = A
450 – 480 pts = A-
440– 449 pts = B+
410 – 439 pts = B
400 – 409 pts = B-
390 – 399 pts = C+
360 – 389 pts = C
350 – 359 pts = C-
300 – 349 pts = D
under 300 pts = F

Movement Clothing

We will be engaging in vocal warm-ups and exercises that will involve a great deal of physical movement and stretching. Therefore, students are expected to wear clothing to all classes that can comfortably accommodate this type of movement. (Please do not wear tight jeans or short skirts, for example.) Our classroom – Gray Gym – is not to have street shoes. Bare feet are preferred; non-slip socks for colder feet are fine. If you have a soft ballet or jazz shoe you prefer instead of bare feet, you're welcome to wear those.

Cell Phones/Computers/Tablets

All cell phones must be turned off and put away prior to the start of each class period. Also, it is my preference that you take notes with pen/pencil and paper, and not electronically. However, if you need to use your laptop or tablet to take class notes, please discuss this with me prior to doing so. At no time, however, should students text, check email, or surf the web during class time.

OTHER CLASS RULES (excerpt from Don Miguel Ruiz' *The Four Agreements*)

1. *Be impeccable with your word.* What you say affects others. Mean what you say. Say what you mean. Treat all individuals in this class with respect in word and action.
2. *Don't make assumptions.* Don't assume anything about anybody. You don't know what they're thinking. Be kind with everyone.
3. *Don't take anything personally.* Constructive criticism is a good thing. It doesn't mean you suck. We are discussing a very personal process as objectively as possible. If people are not following rules #1 and #2, rule #3 is a very helpful one. It's not about you. It's probably about them.
4. *Always do your best.* Try hard. Try to learn about yourself and the world around you. If you stick to #4 the other three will take care of themselves.

A Note on Touching

As part of ensuring correct alignment and teaching form I may use my hands to adjust your physical stance or interrupt your physical habits. Additionally, I may ask you to partner with another peer in the room, and to physically observe, massage, and/or adjust each other. This is a vital aspect of learning a physical discipline – and, yes, the voice is a physical as well as emotional; however if it makes you uncomfortable please let me know as soon as possible and we can discuss ways to minimize the amount that I touch you or that you touch a peer while still keeping you active and safe in learning.

A Note on Pain

A certain amount of bodily discomfort, minor pain and aches can be expected in learning any new physical discipline – and, yes, the voice is physical as well as emotional. Sharp, stabbing pains and aches that refuse to dissipate over time or with attention are NOT NORMAL and if you experience any of these bring them to my attention immediately. It is your responsibility to monitor your own body. If you experience sharp or stabbing pains retreat from the exercise and discuss the pain with me as soon as possible.

In Closing

I am very excited about meeting and working with you for this intense and exciting week! If you have any questions prior to the first day of class, please don't hesitate to email me.

Here are a few inspiring voice-related quotes:

"Words mean more than what is set down on paper. It takes the human voice to infuse them with deeper meaning."
Maya Angelou

"Know your voice—it's strong, it's sensitive, it's resilient, and it's you." Kristin Linklater

"The human voice is the organ of the soul." Henry Wadsworth Longfellow

Disability Resources

It is the policy and practice of the University of Northern Colorado to create inclusive learning environments. If there are aspects of the instruction or design of this course that present barriers to your inclusion or to an accurate assessment of your achievement (e.g. time-limited exams, inaccessible web content, use of videos without captions), please communicate this with your professor and contact Disability Support Services (DSS) to request accommodations. Office: (970) 351-2289, Michener Library L-80. Students can learn about accommodations here: <http://www.unco.edu/disability-support-services/>

Academic Integrity: Plagiarism / Consequences

You are expected to practice academic honesty in every aspect of this course. Please review the Student Code of Conduct, especially the section on Academic Integrity: <http://www.unco.edu/dean-of-students/pdf/Student-Code-of-Conduct.pdf>. Students who engage in academic misconduct are subject to grading consequences with regard to this course and/or university disciplinary procedures through the office of Student Rights and Responsibilities.

The Dean of Students Office / Student Resources

The Dean of Students (DOS) Office is located in the lower level of Michener Library, L15 to share concerns and navigate difficult situations. Student Outreach and Support, Student Rights and Responsibilities, Student Legal, Bear Pantry, and Student Judiciary are located here to assist you.

Sexual Misconduct / Title IX Statement

The University of Northern Colorado prohibits and will not tolerate sexual misconduct or gender-based discrimination of any kind. UNC is legally obligated to investigate sexual misconduct (including, but not limited to sexual assault, sexual harassment, stalking, and intimate partner violence). If you disclose an incident of sexual misconduct to a faculty member, they have an obligation to report it to UNC’s Title IX Coordinator. “Disclosure” may include communication in-person, via email/phone/text message, or through in/out of class assignments. If you wish to speak confidentially about an incident of sexual misconduct, please contact the UNC Counseling Center (970-351-2496) or the Assault Survivors Advocacy Program (970-351-4040). If you would like to learn more about sexual misconduct or report an incident, please visit <http://www.unco.edu/sexualmisconduct/> or contact the Office of Institutional Equity and Compliance (970-351-4899).

Equity and Inclusion Statement

The University of Northern Colorado embraces the diversity of students, faculty, and staff, honors the inherent dignity of each individual, and welcomes their unique perspectives, behaviors, and worldviews. In this course, people of all races, religions, national origins, sexual orientations, ethnicities, genders and gender identities, cognitive, physical, and behavioral abilities, socioeconomic backgrounds, regions, immigrant statuses, military or veteran statuses, size and/or shapes are strongly encouraged to share their rich array of perspectives and experiences. Course content and campus discussions will heighten your awareness to each other’s individual and intersecting identities.

If you would like to learn more about discrimination and harassment at UNC, or report an incident, please visit <http://www.unco.edu/dean-of-students/information/discrimination.aspx> or contact the Office of Institutional Equity and Compliance (970-351-4899).

