



IMPORTANT PREPARATIONS FOR YOUR FIRST TERM ON BA ACTING & CONTEMPORARY THEATRE

Dear first years, we are looking forward to welcoming you to the East15 family and to the CT hub. You have a thrilling three years ahead of you.

In preparing for your first term, please do the following:

- Watch at least three stage productions that you have not seen before, ideally of different styles (i.e. a classic play, a contemporary play, a dance, installation etc).
- You will be asked to introduce yourself to peers and staff several times. Have a ponder – who are you? What do you wish people to know about you? Etc.
- A condensed reading list follows. Please read at least **three** of the texts below.

Condensed Reading List:

- Chekhov, Michael (ed. Simon Callow) | To The Actor: on the technique of acting | Routledge 2002
- Brook, Peter | The Empty Space | Penguin 2008
- Lecoq, Jacques The Moving Body Methuen 2000
- Mamet, David True & False: Heresy & Commonsense for Actors Faber & Faber 1998
- McKee Robert Story Methuen 1997
- Houseman, Barbara | Finding Your voice | Nick Hearn 2002
- Benedetti, Jean | Stanislavski: An Introduction | Methuen 2008, 4th ed
- Littlewood, Joan | Joan's Book | Methuen 1994
- Malague, Rosemary | An Actress Prepares: Women and the "Method" | Routledge 2012
- Mosley, Nick | Meisner in Practice: A Guide for Actors, Directors and Teachers | Nick Hearn 2012
- Hagen, Uta | Respect for Acting | Macmillan 1973

- Berger John About Looking Vintage 2002
- Macdonald, Ian Revolution in the Head (The Beatles) Vintage 2008
- Pinker Steven The Language Instinct Penguin Books 1995
- Fromm. Erich The Forgotten Language Holt 1976
- Wright, John Why is that so Funny? Nick Hern 2006

PREPARATION FOR PRACTICAL CLASSES

In classes such as **acting, movement, dance, stage combat, singing, and voice**, please wear:

- **Plain, comfortable clothing in neutral colours** (black, grey, or navy)
- Clothing that allows for **unrestricted movement**
- **Warm layers** for before and after class
- **Bare feet or flat, flexible shoes**

You will also need:

- A **yoga mat**
- A **book** to support your head during voice work (test different sizes for comfort – around 2-3cm high should work)
- Two pairs of **jazz/yoga pants or leggings** (cotton/lycra mix)
- Two **close-fitting t-shirts or leotards**
- Supportive **sports underwear**
- One pair of **character shoes**
- One **black rehearsal skirt or trousers**
- A **posture corrector stick** (used in voice classes)
- A **water bottle**

"I" Poem – Voice Class Assignment

To begin exploring your unique voice, please choose a **short poem written in the first-person ("I") perspective** that resonates with you. The poem should:

- Take about **one minute** to read aloud
- Be **memorised** (ideally) and brought **printed** to your first voice class
- Be spoken in **your natural accent**
- Be something you can personally relate to

You'll be asked to speak it aloud and share:

- What the poem means to you
- Why you chose it
- Who the poet is

If English is not your first language, you're welcome to choose a poem in your **native language**, but please provide an **English translation** for the class.

We're excited to meet you and support your growth as an artist. If you have any questions or need guidance on any of the preparation tasks, don't hesitate to reach out.

See you in October!
The East 15 staff.