



IMPORTANT PREPARATIONS FOR YOUR FIRST TERM ON BA ACTING

Dear First Years,

We're thrilled to welcome you to the East 15 family! An exciting, challenging, and transformative journey lies ahead, and we can't wait to begin it with you.

To help you get ready for your first term, please complete the following tasks:

1. Watch Stage Productions

Please watch **at least three stage productions** you haven't seen before. These may be **live or recorded**, and you'll be expected to **discuss them in class**, so take time to reflect on what you observe.

2. Prepare to Introduce Yourself

During your first few weeks, you'll be asked to **introduce yourself** multiple times—to both your peers and tutors. Take a moment to consider:

- Who are you?
- What would you like us to know about you?
- What interests or passions do you have (aside from acting)?

3. Purchase This Book

Please buy the following book, which you'll use regularly throughout the course:

Calderone, Marina & Lloyd-Williams, M
Actions: The Actor's Thesaurus
Nick Hern Books, 2004

4. Read at Least Three Texts from the Condensed Reading List

You are expected to read **a minimum of three** of the following texts before term starts:

- *Experiencing Speech: A Skills-Based, Panlingual Approach to Actor Training* – Caban, Foh, Parker (Routledge, 2021)
- *Voice into Acting* – Christina Gutekunst (Bloomsbury, 2014)
- *To the Actor* – Michael Chekhov, ed. Simon Callow (Routledge, 2002)
- *Laban for All* – Jean Newlove (Nick Hern, 2003)
- *Finding Your Voice* – Barbara Houseman (Nick Hern, 2002)
- *Stanislavski: An Introduction* – Jean Benedetti (Methuen, 2008, 4th ed)
- *Joan's Book* – Joan Littlewood (Methuen, 1994)
- *Stanislavski and the Actor* – Jean Benedetti (Methuen, 2008)
- *Stanislavski in Rehearsal* – Vasili Toporkov (Methuen, 2008, 2nd ed)
- *Respect for Acting* – Uta Hagen (Macmillan, 1973)

A full reading list will be provided upon enrolment, and all texts will be available through the library or online once you're registered.

5. 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.

Warm wishes,
The East 15 Team