



IMPORTANT PREPARATIONS FOR YOUR FIRST TERM ON BA ACTING - INTERNATIONAL

Dear first years, we are looking forward to welcoming you to the East 15 family, you have a thrilling journey ahead of you. In preparation for your first term please do the following:

- Identify and watch at least **three** stage productions that you have not seen before, these can be live or recorded. You will need to be able to discuss these productions in class.
- You will be asked to introduce yourself to peers and tutors several times during your first few weeks, please think about how you are going to present yourself. Who are you? What do you want us to know about you? What are you interested in (apart from acting, of course)?
- Create a visual representation of yourself that we can stick on the wall. You can draw, paint, collage, cartoon, bits of material, photographs, anything you like if you feel it represents you and includes the name you want us to call you.
- Please purchase this book, you will need it over the course of the three years.
 - Calderone, Marina & Lloyd-Williams, M | Actions: The Actor's Thesaurus | Nick Hern 2004
- A condensed reading list follows. Please read at least **three** of the texts below.
- A more comprehensive reading list will be available when you enroll. You will have access to the texts online/ in the library once you have enrolled.

Condensed Reading List:

- Caban, Andrea; Foh, Julie; Parker, Jeffrey | Experiencing Speech: A Skills-Based, Panlingual Approach to Actor Training | Routledge 2021
- Gutekunst, Christina | Voice into Acting | Bloomsbury 2014
- Chekhov, Michael (ed. Simon Callow) | To The Actor: on the technique of acting | Routledge 2002

- Newlove, Jean | Laban for All | Nick Hearn 2003
- Brook, Peter | The Empty Space | Penguin 2008
- 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
- Benedetti, Jean | Stanislavski and the Actor | Methuen 2008
- Mosley, Nick | Meisner in Practice: A Guide for Actors, Directors and Teachers | Nick Hearn 2012
- Toporkov, Vasili | Stanislavski in Rehearsal | Methuen 2008, 2nd ed
- Hagen, Uta | Respect for Acting | Macmillan 1973
- Merlin, Bella | The Complete Stanislavski Toolkit | Nick Hearn 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.

Warm wishes,
The East 15 Team