

## MCA Proficient Initial

## Self-Reflection

Please use appropriate theatre vocabulary while completing this self-reflection.

What was your character's name Rapunzel

What was your character's objective? I want my character to stay.

Give an example of how you pursued that objective in your scene.

By telling eugene I was pregnant when he tried to leave me.

How did you use gesture, movement (physicality) and vocal tone (vocal signature) to express the character's personality?

I used my hands to beg the prince.  
I used a pleading voice to establish my objective

What elements from your character analysis sheet did you incorporate into your character's personality?

I brought up my abandonment issues.  
I brought up my confusion

Give examples of how you created a relationship with the other characters in your scene.

"I thought you loved me" - establishes I thought he did love me

What were your strengths in the scene?

My physical movement.

What improvements could you make when you perform this scene again?

The placement of turning my back to the audience needed work

## MCA Proficient

## Final Performance Self Reflection

Please use as much detail as possible to answer these questions:

Character: Rapunzel

Please describe, in detail, the process you used to improvise the personality of your chosen character:

My character is really sheltered so she's very shy and gentle. So I made her movements light and her speaking voice different.

Please describe the things you were trying to improve after your initial performance:

Blocking and rather than dialogue that just runs on, dialogue that has a body.

Explain the ways you improved your scene:

Establishing that the airport closes soon also the we tried to always face the audience

Give examples of how your performance improved:

The first time the body language needed work so I fixed it up.