



East Park Terrace
Southampton
SO14 0YN
UK
Tel: +44(0)23 8201 3000
www.solent.ac.uk

BA (HONS) ACTING AND PERFORMANCE

The Acting and Performance team at Southampton Solent University are delighted to take this opportunity to welcome you to the University and hope you have a rewarding and memorable time whilst studying with us. This letter will provide you with all the information on the requirements for your course in advance, so you arrive ready and fully prepared.

Your timetable will be set out in a detailed schedule to you before the start of your course.

ESSENTIAL CLOTHING FOR PRACTICAL CLASSES

As with all practical performance courses, you are expected to provide suitable clothing for movement/voice classes and rehearsals. You will need:

- Black performance and rehearsal wear for practical classes and performances. This could be in the form of black T shirt/leotard.
- Tights/leggings
- Tracksuit/dance trousers
- Dance/ballet shoe/jazz shoe and/or trainers suitable for dance/workout/high impact conditioning sessions.
- Supportive underwear garments

OTHER USEFUL UNIFORM, EQUIPMENT AND INFORMATION

For practical sessions you may also need:

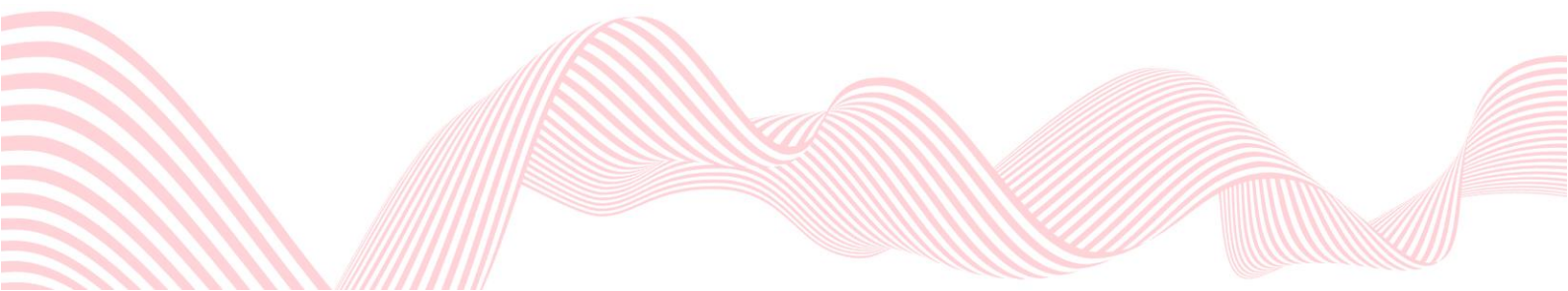
- Pens, pencils, erasers, notebook, files, water bottle, deodorant
- Smartphone or similar with recording app – connector – headphone/air Pod

For movement classes it is useful to bring to university with you any other practice dance/active wear clothing and dance footwear and trainers that you may own. Including ballet/practice/pointe shoes, jazz shoes, tap shoes, character shoes, toe thongs, kneepads etc.

You may need to change dance/movement clothing between classes to stay fresh and ready.

Those with long hair are expected to put hair up for dance classes.

For period pieces etc – it is useful to have more formal clothing e.g., black shoes and trousers/skirts/shirts.





East Park Terrace
Southampton
SO14 0YN
UK
Tel: +44(0)23 8201 3000
www.solent.ac.uk

READING LISTS

Because this is a degree course, there is both practical and academic work that you have to undertake. This happens in scheduled lesson times, rehearsal times and independently. You are expected to do a good deal of independent work, including independent reading, and will be provided with reading lists of books that are in our University Library for every unit that you take. However, there are two core texts which we consider to be essential reading, and which will serve you well throughout the course and beyond. These are:

- **Caldarone, M., *Actions: The Actor's Thesaurus* (2004, Nick Hern Books)**
- **Merlin, B., *The Complete Stanislavski Toolkit* (2014, Nick Hern Books)**

We would strongly advise you to acquire your own copies of these books, as you will want to refer to them during your studies.

At this stage in your education, you are expected to take control of your own learning. You get out of a degree course only as much as you put in. An exciting and challenging feature of studying acting at university is the need to acquire new skills and techniques and to develop those you already possess in order to achieve levels of professionalism. A degree course will not necessarily be the same as a BTEC or 'A' level but will give you an opportunity to extend your 'comfort zones', as you encounter new skills, new ideas and new ways of doing things.

Similarly, this is a privileged time when you meet and work with like-minded people who could prove important in your subsequent career. In order to get the most from your studies, you should involve yourself in as much stage and screen performance as possible outside of the course itself as allowed.

This may all seem a little daunting at present, but you will quickly settle into the routine. Our staff are very friendly and are committed to helping you as much as possible. In the meantime, if you have any questions, do not hesitate to drop me an email at annie.sanger-davies@solent.ac.uk.

I look forward to meeting you soon!

Best wishes

Sarah Mephram

Course Leader/Senior Lecturer – BA (Hons) Acting and Performance and Musical Theatre

