

Curriculum Details

Session	Objectives
15-minute Initial Consultation	I will ask enough high-level questions to evaluate approximately what Level you are at in each Category (see Categories and Levels below). I will share my evaluation with you. You will ask me questions to find out if you would like to move forward with coaching. 😊
30-minute or 60-minute Sessions	In each session, we will work on your skills to help move you closer to Level 3 in every Category (see Categories and Levels below). Gaining Level 3 in all Categories is the objective of our work together. How many sessions are needed? How many sessions you need depends on- <ol style="list-style-type: none"> 1. Where you are today (Level 1-3 in each Category) 2. How long it will take to get to Level 3 (I assign “homework” to help expedite this process on your own time) 3. What level your chosen college program requires - Closer to Level 3 in each Category is best, but depending on the program you are applying to, what Level you should be at will vary. (For the top programs such as NYU or USC – aim for Level 3 in all categories)

Level Charting

Category	Category Criteria	Level 1	Level 2	Level 3
1. College Program Discovery	<ul style="list-style-type: none"> • What program are you considering (BFA, BA, other)? • What colleges are you applying to? • Is the tuition in your budget? • Do the colleges match your objectives? • How do the colleges frame themselves (classical, modern)? • How do you align with the college’s framing of themselves and their program? 	<ul style="list-style-type: none"> • I do not know about the programs available • I have not finalized my application list • I do not know what each program’s objective is • I do not know how colleges frame themselves • I do not know how (or if) I align 	<ul style="list-style-type: none"> • I know what programs I am interested in • I am working on my final list • I am working on matching the objectives of each college to my personal objectives • I am researching how each college frames themselves • I think I am aligned 	<ul style="list-style-type: none"> • I know what programs I am interested in • I have finalized my list • I know my tuition budget • The colleges match my objectives • I know how the colleges frame themselves • I know where I align with each college (and where I do not align)

2. Applications	<ul style="list-style-type: none"> Do you have your personal statement ready for each school? Does your personal statement align with how the college frames themselves? Are your letters of recommendation ready? Do you have enough volunteer work and other app-boosting activities? 	<ul style="list-style-type: none"> I have not started my personal statements I have not started my letters of recommendation I do not have much volunteer work or other app-boosting activities 	<ul style="list-style-type: none"> I have a draft personal statement for each college I am working on getting my letters of recommendation I have some volunteer work and some app-boosting activities 	<ul style="list-style-type: none"> I have a personal statement completed for each college Each personal statement aligns with the way the college frames themselves My letters of recommendation are ready I have enough volunteer work and app-boosting activities
3. Monologues	<ul style="list-style-type: none"> Have you chosen 4 monologues to perform during your auditions? Have you perfected your 4 monologues? Do your 4 monologues spotlight your strengths? Do your 4 monologues match the way the colleges frame themselves? Do you have additional monologues (some schools may ask to hear a 5th or 6th)? 	<ul style="list-style-type: none"> I do not know how or what 4 to pick I have not worked much on my 4 monologues I am not sure how to determine if a monologue spotlights my strengths I do not know if my monologues match the college's framing I do not have a 5th or 6th 	<ul style="list-style-type: none"> I have chosen 4 monologues I am working on my 4 monologues I am not sure if my monologues spotlight my strengths yet I am trying to determine if the monologues match the colleges' framing of themselves I am thinking about the 5th or 6th 	<ul style="list-style-type: none"> I chose my 4 monologues I've worked hard and feel like they are perfected I believe my monologues spotlight my strengths The monologues match the way the colleges frame themselves I am ready to perform a 5th or 6th if they ask me to
4. Interviews	<ul style="list-style-type: none"> Have you researched the interview process? 	<ul style="list-style-type: none"> I haven't researched a college interview specifically 	<ul style="list-style-type: none"> I am aware of how the interviews work 	<ul style="list-style-type: none"> I know how the interview process works

	<ul style="list-style-type: none"> • Are you ready for the many ways that colleges interview? • Have you done mock interviews? 	<ul style="list-style-type: none"> • I am not sure how interviews differ school by school • I have not yet done mock interviews 	<ul style="list-style-type: none"> • I am somewhat ready for the differing ways that the interviews can be • I have done some interviewing practice 	<ul style="list-style-type: none"> • I am ready for the differing interview structures at each college • I have done mock interviews
5. Mindset readiness	<ul style="list-style-type: none"> • Are you prepared for the waiting room experience, audition room experience, and the callback process? • Are you prepared to recover from a mishap on audition/interview day? • Are you prepared to be open enough to allow the college to see your skills and capabilities at the <u>core</u>? 	<ul style="list-style-type: none"> • I am not sure what to expect in the waiting room, audition room and callbacks • I am not sure what I will do in the event of a mishap • I am not sure how or why to expose my skills at the core on audition day 	<ul style="list-style-type: none"> • I have some knowledge on what to expect in the waiting room, audition room and callbacks • I have some ideas of how to manage a mishap on audition/interview day • I am practicing how to expose my skills and capabilities at the core 	<ul style="list-style-type: none"> • I know what to expect and how to manage the waiting room, audition room, and callbacks • I know what to do in the event of a mishap, to fully recover successfully • I know how to be confident and vulnerable at the same time, to expose my skills at the core