

BEFORE WE GET STARTED

Register your attendance.

Session numbers are in the program.



SCAN HERE FOR
HOUSTON ROSTERS



Put the PROse in Prose (and Poetry)

UIL Student Activities Conference

9:00-9:45 Saturday, Sept. 14th,

Room ACAD 139

By M'Liss S. Hindman

Tyler Junior College

UIL Prose/Poetry Consultant



“Keeping Positive is Key!
Positive Presence is Essential!”

Preview of Session:

- *What is a Good Work Ethic?
- *How to Develop Characters, Mental Focus, Teasers, Weaving, Gestures/Movements, and Effective Book Work
- * How to Overcome Anxiety and Stress

What is Good Work Ethic?

- Reliability and Dependability

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- **Productive and Punctual**

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- **Exercise Initiative – show you can take direction, learn and improve**

What is Good Work Ethic?

- Reliability and Dependability
- Productive and Punctual
- Exercises Initiative – shows they can take direction, learn and improve
- **Collaboration and Team Support – have a positive work relationship with other team members and your coaches**
- **Self Disciplined**



“Nothing will work unless you do.”

-Maya Angelou

How Do You Develop a Good Work Ethic?

- Find out the Expectations of Yourself for your Team
- Pay Attention to...
 - Deadlines
 - Promises
- Help Develop a Positive Atmosphere



How to Develop **MENTAL FOCUS**

How to Develop Mental Focus

- **Practice – On Your Feet, Every day**
- **Use Positive Visualization**
- **Give Encouragement to your Team Members**
- **Positivity brings on sharper focus**



How to Develop Characters

How to Develop Characters

*** Character Chart – flesh them out:**

- physically**
- socially**
- emotionally**

Character Chart

| CREATING CHARACTER PICTURES | | | | |
|--|--------------------|--------------------|--------------------|--------------------|
| IDEAS FROM TEXT & IMAGINATION | CHARACTER 1: _____ | CHARACTER 2: _____ | CHARACTER 3: _____ | CHARACTER 4: _____ |
| What you are told about the character (in text) | | | | |
| Complete Physical Description | | | | |
| Gossip! What are they doing? Why? Relationships? | | | | |
| Build a history for the character: dress, home, details of day, etc. | | | | |

Character Chart

CREATING CHARACTER PICTURES

| IDEAS FROM TEXT & IMAGINATION | CHARACTER 1: _____ | CHARACTER 2: _____ | CHARACTER 3: _____ | CHARACTER 4: _____ |
|--|-----------------------|-----------------------|-----------------------|-----------------------|
| Create a “Moment Before” for each character | | | | |
| Suggestive posture, gestures, facial expressions | | | | |
| What does he/she sound like? | | | | |

How to Develop Characters

- * Character Chart – flesh them out:
- * **Photo or drawing or Scrapbook**

How to Develop Characters

- * Character Chart – flesh them out:
- * Photo or drawing
- **Pretend to be the character for a few hours**



How to Develop Teasers

How to Develop Teasers

- Used Most Often but NOT Required
- 45 seconds to 1 ½ minutes
- Purpose: to Gain Audience's Attention



How to Do Weaving

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- Find Literature
- Determine How you Want Program to End

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- **Alternate in pattern or not**

How to Do Weaving

- Find Literature
- Determine How you Want Program to End
- Alternate in pattern or not
- **Follow Guidelines in free Manual on UIL website**



How to Do

Gestures & Movement

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- Be Natural
- Don't Distract

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- **No Rule about “Be in a Box”**

How to Do Gestures & Movement

- Be Natural
- Don't Distract
- No Rule about "Be in a Box"
- **Know what is the 'Norm' in Your District and/or Region**



How to Develop Book Work

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- **Nothing Works Better than Practice**
- **Develop hand/finger Muscles**

How to Develop Book Work

- Nothing Works Better than Practice
- Develop hand/finger Muscles
- **Videotape and Watch Together With Coach**
- **Don't forget about Page Turns! – Plan them**
 - *Never in middle of a scene or action
 - *Don't draw attention to itself

How to Develop Book Work

- Nothing Works Better than Practice
- Develop hand/finger Muscles
- Videotape and Watch Together
- Don't forget about Page Turns!
- **Nothing is absolute EXCEPT distractions!**

How to Overcome Anxiety and Stress?



How to Overcome Anxiety and Stress?



No stress in the present!

Stress comes from anticipation of future event ...or

Stress comes from regret for a past event!



S = STOP

T = Take 3 breaths

O = Observe what's happening

**P = Proceed with kindness and
Compassion towards
yourself**

Overcoming Stress and Anxiety



Time
Management

Positive
Reinforcements

Counseling



“Set yourself up for success.”



“Set yourself up for success.”

“Pace yourself: Avoid over working and the ‘just one more’ mindset.”



“Set yourself up for success.”

“Pace yourself: Avoid over working and the ‘just one more’ mindset.”

“Allow yourself to fail and/or rest.”

-Trackinghappiness.com

Questions?

Contact:

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THANK YOU FOR ATTENDING



HOUSTON EVAL

**We value your
feedback.**

Please complete
conference evaluation
after your last session.



LONE STAR COLLEGE - NORTH HARRIS, HOUSTON