

Starting Interp on the Right Track

UIL Capital Conference

11:00-11:45 Friday, July 28th, Room 201

By M'Liss S. Hindman

Tyler Junior College



BEFORE WE GET STARTED

Register your attendance.

Complete this form for each session you attend.

Session numbers
are in the program.

CAP
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2024



Rosters

Starting Interp on the Right Track

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

Preview of Session:

- * What is Bad vs. Good Work Ethic?
- * How do you Develop a Good one?
- * How to Develop Focus, Characters,
and Effective Book Work
- * How to Overcome Anxiety and Stress



What is Bad Work Ethic?

- Low Quality of Work
- Tardiness or Absences
- Lack of Attention to Deadlines
- Selfishness
- Abuses/Bullies or Harasses Others on Team

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**Bad Attitude About Themselves →
Low Self-Esteem**



What is Good Work Ethic?

- Reliability and Dependability



What is Good Work Ethic?

- Reliability and Dependability
- **Productive and Punctual**



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- **Exercises Initiative – shows 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 – has a positive work relationship with other team members and coaches**
- **Self Disciplined**



“Nothing will work unless you do.”

-Maya Angelou

How Do You Develop a Good Work Ethic?

- Find out the Expectations of Your Coach and of Yourself
- Pay Attention to...
 - Deadlines
 - Promises
- Help Develop a Positive Atmosphere

The background features a blue gradient. A diagonal line runs from the bottom-left towards the top-right. To the left of this line is a solid light blue area. To the right is a dark blue area with a fine, repeating hatched pattern.

How to Develop Focus, Characters, and Effective Book Work



How to Develop

FOCUS



How to Develop Focus

- **Outward not inward**



How to Develop Focus

- Outward not inward
- **Have coach or teammate throw things at your feet or make noises!**

How to Develop Focus

- Outward not inward
- Throw things at their feet or make noises!
- **Practice beginning at odd parts of your performance**



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:

- physically
- socially
- emotionally

- **Photo or drawing**

How to Develop Characters

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



How to Develop Book Work



How to Develop Book Work

- **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**

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

Registration link,
presentations and handouts
are available on the website.

*Remember to register your
attendance for each session.*

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Handouts & More

