



AUSTIN COMMUNITY COLLEGE DISTRICT

CONTINUING EDUCATION

COURSE SYLLABUS/OUTLINE DEVELOPMENT FORM

1. **Name of Course:** Uproot Fears/Unleash Stage Presence II

2. **Number of Clock Hours:** 12 hrs

3. **Course Description:**

This class digs deeper than the level one class. This level 2 class will have you take the Fearless Character you created in level 1 and ask them to tackle your fear of showing your vulnerability on screen and off. We will look at what "mask" you wear day to day and when and how to express your true center self in a safe and meaningful way.

4. **Course Objectives:**

The objective of this course is to recognize what remaining blocks (fear, procrastination, avoidance) are being used that get in the way of a students success and joy.

5. **Rationale: State the reason for offering the course:**

Allowing an opportunity for those that completed level 1 and expressed interest in continuing their exploration of knowing their authentic self in a deeper way to enable them to express their emotions, thoughts and feelings in their professional and creative endeavors.

6. **Required Materials:**

Workbook and pens will be provided by instructor.

7. Course Outline: What topics and sub-topics will be covered in this course?

CLASS 1

Reconnecting with others and our Fearless Character

Returning students will reconnect with each other and the fearless character they developed in Level 1 through a series of Improv exercises.

CLASS 2

The Cues give the Clues

Through a series of Non-Verbal Improv exercises students will recognize what messages they are giving without words.

CLASS 3

The Masks We Wear

Students will perform 1 scene 2 different ways that will recognize when they are willing to show a more authentic self.

CLASS 4

Know Your Parts

Students will be asked to sit a meditative exercise and then reflect in groups on what parts are protecting them from showing their more vulnerable self.

CLASS 5

Show Your Center Self

Students will be pushed to perform a series of Improv exercises that call out their guarded, protective parts, to reveal their true center self.

CLASS 6

Expression and Performances

Each student will prepare and perform a 3-5 minute piece that represents their center self.