

Course: THR 241 Topics in Movement, MP 2/3
Term: Fall 2025
Instructor: Jocelyn Hoover
Student: Hayley Rosenau

This term was focused on building physical capacity and removing barriers to the clarity of our non-verbal communication. We explored neutral alignment through Alexander technique, release and efficiency through floor work, challenged limiting beliefs of what our bodies are capable of through upside down work, and studied the connection of physical state to mental and emotional state through Laban movement efforts. We engaged in a lot of peer-to-peer coaching, finding greater depth and understanding of concepts through not only receiving individual feedback but also through the exercise of analyzing and giving feedback to a classmate. We cultivated ensemble awareness through group movement exercises and partnered release work and celebrated the break-through moments of individuals as a team.

Hayley's willingness to initiate group discussions was always valued in class. She worked thoughtfully with her peers and reflected candidly on her progress. Encouragement for Hayley is to not get derailed by "failure" – not understanding a new concept is a good thing. It means you've found the area of the course with the biggest potential for growth and discovery. And that is something to be celebrated and approached with equal parts excitement and self-compassion. Hayley has amazing capacity and potential, and I hope she will accept she shouldn't be perfect – just like the rest of us! Hayley rose to the challenge of returning to class after having missed material due to the Miracle on 34th Street rehearsal process and was able to demonstrate a great character physicalization in her final movement assignment.

Class Participation – 25%	20/25
Class Journal – 15%	13.5/15
Application of Material – 25%	17.5/25
Final Assignment – 25%	20/25
Attendance – 10%	10/10

Grade – 81%, B+