

D.A.N.C.E.

(Developing and Achieving Natural Creative Expression)

Program Directors:

Stephen Skibicki, 2012

College of Arts & Sciences

Theater/ Elementary Education

M. Annette Rubin-Crump, 2013

College of Nursing and Health Sciences

Exercise and Movement Science

Overview

In the D.A.N.C.E. suite, participants will be allowed to explore and discover new things about themselves through dance, further their knowledge of different dance forms, learn the history of dance and how it impacts cultures worldwide and learn why and how it is a good form of exercise. Members that are interested in dancing will have the opportunity to improve their dancing ability, become a more confident dancer, and be free to express themselves through dance for their peers.

Participants will be strongly encouraged to join one of the dance groups at UVM and attend dances, such as Latin nights at the local clubs, trips to Montpelier contra dances, USABDA (United States of America Ballroom Dance Association) sponsored dances, and other sorts of dances in the area. Attending dance performances and completing individual research, among many other activities, will broaden members' perspectives on dance and dance culture.

By being involved with the dance suite in L/L, individuals will have the opportunity not only to simply express themselves as dancers, but to also learn new styles of dance and techniques from each other and by doing so we can not only grow as dancers and performers, but as people. The dance suite will be a fun and safe environment for people to belong to, to learn, live, laugh and grow. I want to be apart of it, I want to help create it.

Learning Objective # 1

The origins of dance, how it has evolved, how it plays a role in cultures all over the world, and how dance allows you to discover new things about yourself as well express those discoveries in an art form are important things in understanding and appreciating dance in all of its forms. Each member will learn how dancing is an important aspect to many different cultures in many ways and learn about the history and evolution of different dance forms from around the globe.

Action Steps

Members will be encouraged to choreograph or share in some other way any routines or moves that they have come with at the weekly meetings. These performances will not only allow program members to learn from each other, but also to get to know each other on deeper and more interesting levels. {These events would take place in the suites during the weekly meetings and will allow us to feel closer as a community.}

Members will attend at least one dance performance per semester by a professional or non-professional company. Attending these performances will not directly teach us about how dance affects different cultures, but it gives you a snapshot of that culture. (ONGOING) {We plan to offer each member \$12 per semester, totaling in \$288 to \$312 a year to cover the price of tickets.}

Members will choose a specific culture they are interested in and will do research at the library or online about dance within that culture (popular, ceremonial, etc.). At the weekly meetings, a different member will present their research. Research can also be posted on the program bulletin board. (ONGOING) {No additional funding is being requested for this since members will individually print these articles. If money is an issue for any of the members, there will be at least one printer in the two suites that they will be able to use.}

Members will collaborate with suites from the Global Village (Spanish House, Russian House and Africa House to name a few) to investigate how dance is prevalent in each house's culture through film or experience. (ONGOING) {The films will be rented from the Bailey/Howe Library, so no additional funding is being requested for this action step.}

A section of the bulletin board for the program will be dedicated to the history of dance. Articles will be posted on a regular basis to educate those in the program. (ONGOING) {See learning objective one, action step B.}

Program directors will put up timelines (from 1800 to present) in each suite on which members of the program can add important and interesting dates in the history of dance as they discover them through research. (ONGOING) {Money for this will come out of our bulletin board fund.}

The D.A.N.C.E. Program would like to collaborate with the Music Appreciation and All that Jazz Program to have a music and dance night during which we appreciate the rich cultural mixings of different types of music with different types of dance. (OCTOBER) {There will be no cost associated with this action step because music will either be rented from Bailey/Howe library or from student collections.}

Four times a year we will create educational flyers to post around L/L and campus based on the information that people find through their research about how dance plays an integral part in cultures around the world and any other interesting facts. (OCTOBER, DECEMBER, FEBRUARY, APRIL) {There may be minimal cost due to printing off the flyers, so we will have to purchase some packages of paper.}

We would like to also work the new Theater program which is opening up because we believe that dance is incorporated with theatre constantly. {The

cost is as of right now unknown because we would look to split the cost for the musical events with that of the theater suite.}

We would also like to collaborate with the dance clubs as well as the diversity groups of UVM for such things as charity events.

Total Estimate for Learning Objective #1 = \$228 to \$312.00

Learning Objective #2

Taking care of one's body, both through prevention measures and knowing how to take care of injuries when they occur, is an important life skill. When exercising, particularly when dancing, injuries can and do occur. Therefore, each member will learn how to take care of their bodies through physical exercise, how to take care of different injuries and will gain a better understanding of the body.

Action Steps

Faculty guest speakers will come to the suites and talk to us about our bodies, exercise and injuries. These lectures will occur once per semester.

(NOVEMBER, MARCH) {There will be no charge for the faculty members to come in and speak to us.}

The two suites will have a communal bulletin board in the landing area. The goal is that members will do research online, in the library etc., and if a useful and/or interesting article is found, they will post it on the bulletin board. Members will be required to post something at least once a month. Our findings will be shared at biweekly meetings. (ONGOING) {We need to buy a bulletin board, some paper and other supplies; we are requesting \$45.}

Suites will make appointments with the athletic trainers, who will provide guidance on staying healthy and how exercise makes this possible.

(SEPTEMBER, FEBRUARY) {We are assuming there is no cost for this since they are faculty members.}

Four times a year, one of the suites will prepare a healthy meal for the other members and do some research on the meal, which they will present and serve at one of the weekly meetings. (OCTOBER, DECEMBER, FEBRUARY, MAY) {We are requesting \$180 total for these three meals.}

There will be subscriptions to Dance, Body + Soul, Dance Spirit and Total

Health magazines as well as dance and health books circulating in the two suites. These magazines will be available to the members at all times for whatever use they choose. (ONGOING) {The four subscriptions will cost \$63, which we are requesting funding for.}

We would like to collaborate with the Mind, Body & Soul Program and the Health & Wellness RLC to plan a campus wide workshop that deals with daily health and wellness with an emphasis on physical activities, including dance. {There will most likely be a cost associated with this action step, but until we talk with the other program directors, it is unclear as to what the workshop will entail and what the costs will be.}

Total Estimate for Learning Objective #2 = (\$63 + \$180 + \$45) = \$288.00

Learning Objective #3

We think that being able to recognize different styles of dance increases your appreciation of dance as an art form. Therefore, each member will be able to recognize and/or know the steps to at least five different styles of dance by the end of the year.

Action Steps

Members are strongly encouraged to participate in at least one dance organization on campus. This could be Catamount Dance Team, Orchesis Dance Company, Urban Flava Step Team or the Salsa and Swing Society. (ONGOING) {There are no fees to join these groups. If there are fees, the individual dance organizations will most likely get separate funding for this.}

Films, documentaries and possibly instructional videos that are related to dance will be shown throughout the year. They will show how dance is an integral part of many cultures and will expose members to new kinds of dance. (ONGOING) {There will be no fees for this because the films will be rented from the Bailey/Howe library.}

Members are strongly encouraged to participate in at least one organized dance event off campus per month. These dance events could be Latin nights downtown, contra and folk dances in the area, United States of America Ballroom Dance Association sponsored dances and other dance events that come up. (ONGOING) {We will print coupons for the dance events lowering the cost per member and we won't request additional funding unless members in the

suite cannot afford it. }

Members will attend dance performances by student groups, such as Urban Flava Step Team, the Catamount Dance Team, the Salsa and Swing Society or the Orchesis Dance Company. Watching these performances will hopefully inspire the members to discover new forms of creative movement, and these performances show them that anyone can dance. (ONGOING)
{These performances will most likely be free since they are by student organizations, so no additional funding is being requested. }

At weekly meetings, members who participate in an on-campus dance organization will be encouraged to share what they are learning with the other members, and perhaps teach a little of what they have learned. (ONGOING)
{There is no additional fee for this. A list will be made once the program directors know which people belong to which dance organization on campus so that everyone will be prepared to present. }

Total Estimate for Learning Objective #3 = \$0.00

Community Service

We plan on hosting a themed fundraiser dance each semester in November and April, and donating the money to a charity that will be decided later as a program. We will rent the Fireplace Lounge and charge \$3 for admission. We are requesting \$25 for event preparation and decoration.

Planning Timeline

See attached Planning Timeline for a detailed schedule of program activities. There are certain activities that we do not know the dates of yet, like dance performances and dance nights downtown. They are on the planning timeline with a question mark after them.

Program Advisor

The new Program of the Dance Suite is Claire Byrne. Claire has been teaching at UVM for a year. Before becoming a professor at UVM ran a dance company in New York. She is happy to become a greater part of the University and help students who love to dance.

Housing

We are requesting two suites that house 12 to 13 people. We request that they both be coed providing that it accommodates the interests of the residents we select. It would also be nice to have the program near a lounge with a kitchen to prepare meals for different program events and in the E building. We would also like to be a part of the

Arts Initiative because we feel that dance is a very important fine art that is currently underrepresented in the Living/ Learning community. The D.A.N.C.E. program would have a positive impact on the Arts Initiative community because it represents an art form that is physical, and not just seen or heard. Dance is a fine art that, and like any other art form, represents many different things to different people. Dance exists in every culture around the world and is used in ceremonies, for fun and exercise, and brings people together in a more physical way than other kinds of art might.

Plans for Interactions With Other L/L Programs

We would like to collaborate with the Mind, Body and Soul program and the Health & Wellness RLC to plan a campus wide workshop relating to daily health and wellness that has an emphasis on physical activities, including dance. We would also like to attend one of the Latin or other nights downtown with people from the Global Village. We would also like to invite the Healthy Eating With Cultural Style program to enjoy one of our communal meals. In addition, we will invite programs, such as the Spanish House, Russian House, and Africa House, to film and documentary viewings about the role dance plays in each respective culture. We will invite Interpreting Film to movie nights as well. Our Living Learning community service dance guest list will include all the programs in L/L. We would also like to have a music and dance appreciation night of some sort with the Music Appreciation and All that Jazz Program. We plan on working with theater suite to have musical nights as well as teach dances from Broadway shows that might capture the interest of students on campus and throughout L and L.

Program Member Recruitment

We have met many people who have expressed interest in joining the D.A.N.C.E. suite, and we know of three who have said that they are seriously considering applying. Since we know people in all of the dance groups on campus, we plan on having them make announcements to the members about the D.A.N.C.E. programmed suite. We would also post flyers near the dance studio and around campus and talk to the dance teachers about making announcements to their classes.

Budget

See attached budget sheet for a detailed budget plan.

Budget

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| \$12 per semester for each member go to local events..... | \$288 to \$312 |
| Flyers..... | \$10 |
| Bulletin board and paper Fund..... | \$45 |
| Healthy Meal four times a year..... | \$180 |
| Total budget:..... | \$523 if 12 members, \$547 if 13 members |