

ON TECHNIQUE IV



A Semester-Long Co-Learning
Journal for Undergraduate and
Graduate Level Technique Courses

For Students and Professors

Created by Jill Homan Randall (July 2021)

INTRODUCTION

In 2021, I am excited to share with you a fourth technique journal for undergraduate and graduate level dance courses. With this latest version, it is meant to be a co-learning experience where students and professors alike write each week. I hope that this embraces our reciprocal relationships in the classroom - we are all teachers, we are all students.

Here's to learning, experimenting, and moving together in a shared experience.

Jill Randall

HOW TO USE THIS JOURNAL

Students and professors can print out the journal and write in it each week. I highly encourage you to use a pen and actually write in the journal, versus typing each week. The physical act of writing is a beautiful and kinesthetic thing. There is also a paperless option for this fourth journal - a PDF version in which you can type. My hope is that the journal can inspire dialogue within a course, or dialogue between a student and their professor/advisor.

The journal has 15 prompts/options in a set order. If your course is less than 15 weeks, please select the prompts that most resonate for you.

The hope is that with each prompt, students and professors alike will spend 5-10 minutes free writing on the question or phrase. There are no specific answers; we are simply seeking personal connections and personal meaning making.

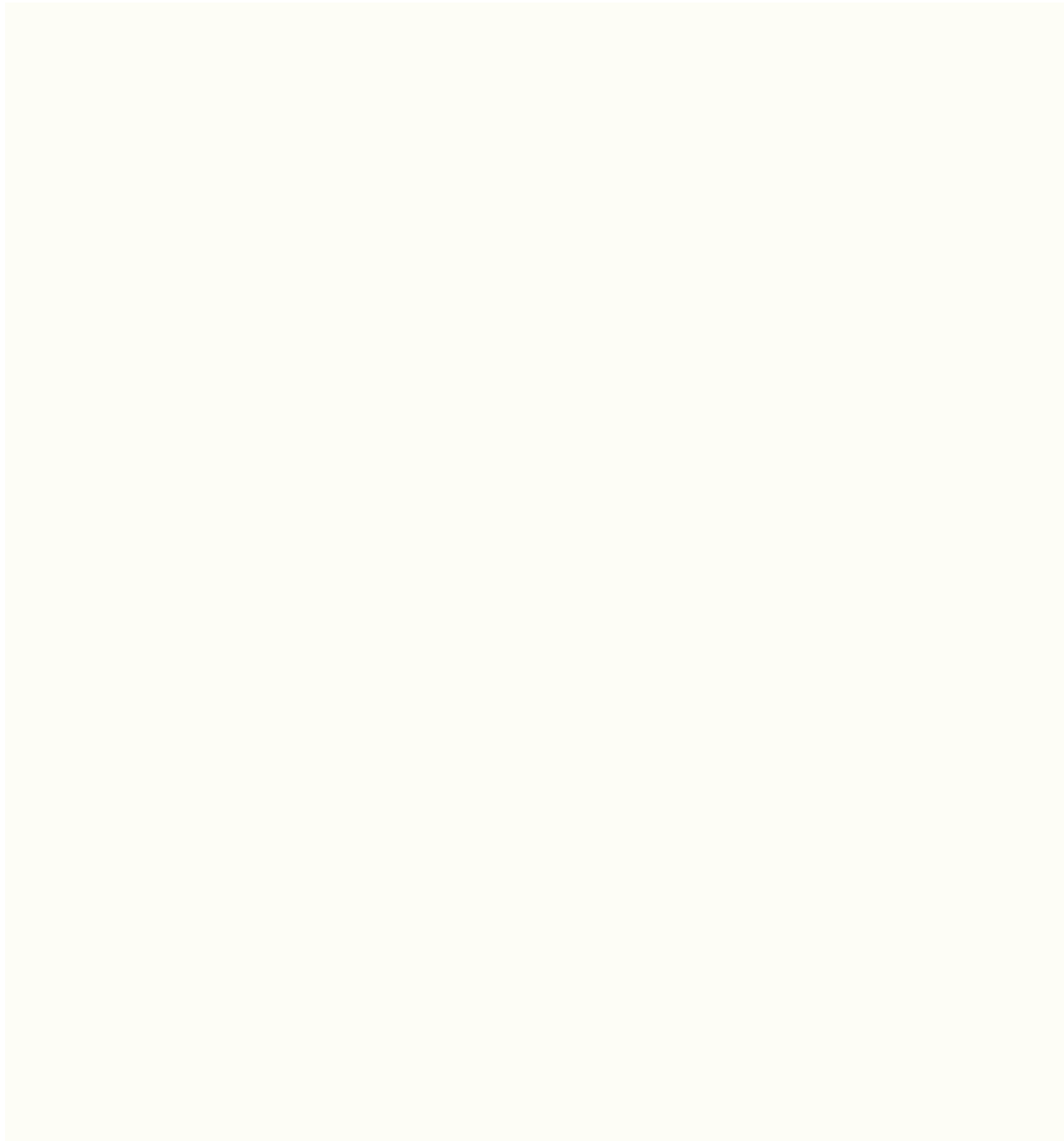
WEEK 1



What is “technique?”

What is “training?”

For what, towards what?



WEEK 2



Class as a group endeavor.

Class as a team endeavor.

Class towards ensemble building.

Seeing + being together...



WEEK 3



On the topic of “togetherness.”



WEEK 4



The journey of this semester - in class, in our world, in our personal lives...



WEEK 5



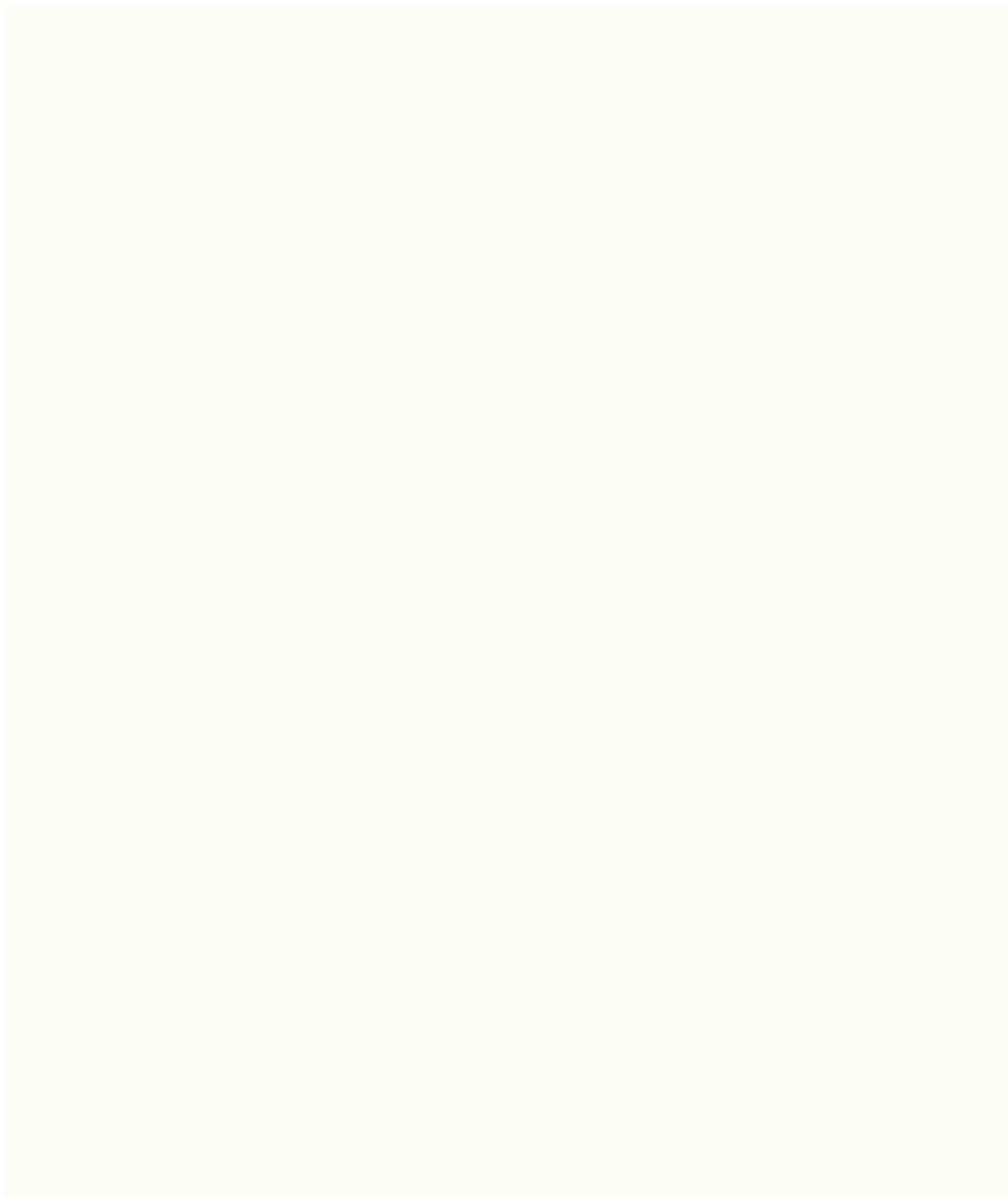
**On JOY: feeling joy, seeing joy, creating joy,
finding joy, and sharing joy**



WEEK 6



We are all teachers. We are all learners...



WEEK 7



How are you stretching yourself? And, what aspects of class are comfortable to you?

A large, empty, light yellow rectangular area, intended for a student to write their response to the question above.

WEEK 8



Inspiration is all around you. Who inspires you in the room this semester?

A large, empty, light yellow rectangular area, intended for students to write their answers to the question above.

WEEK 9



On the topic of GROWTH.

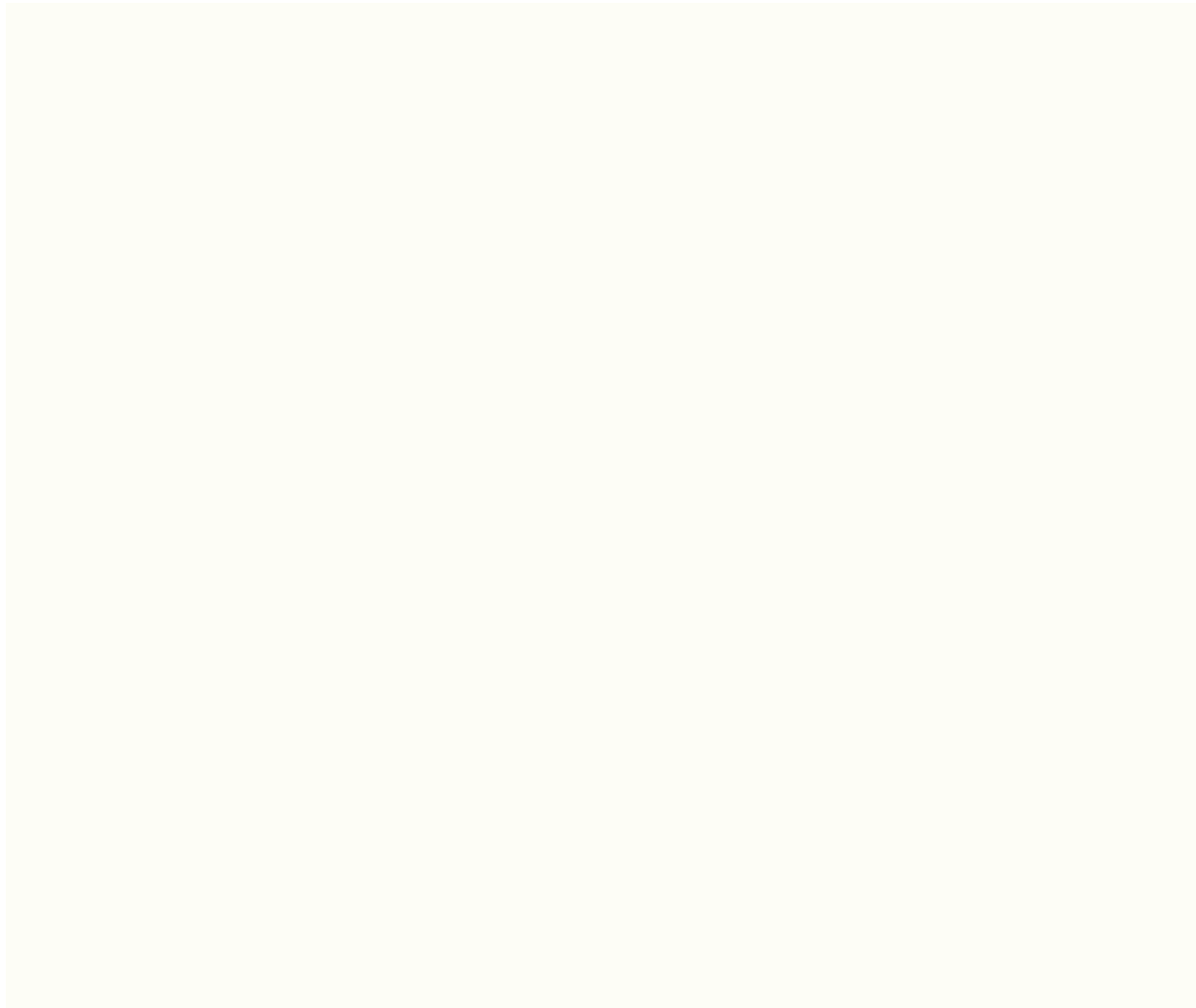
-in vocabulary

-in physical strength

-in mindset

-in resilience

-in speed of learning + retaining material



WEEK 10



What kind of learner are you? (Visual, auditory, kinesthetic, etc) Strategies you employ for catching movement include...



WEEK 11



On the topics of self-care and rest, which are integral to your training. How do you give them time, and weight? (Let's look to [The Nap Ministry](#) for inspiration.)



WEEK 12



On LOVE - love of the form. What do you give/
offer?



WEEK 13



Career aspirations:

I dream of...

I would love to...

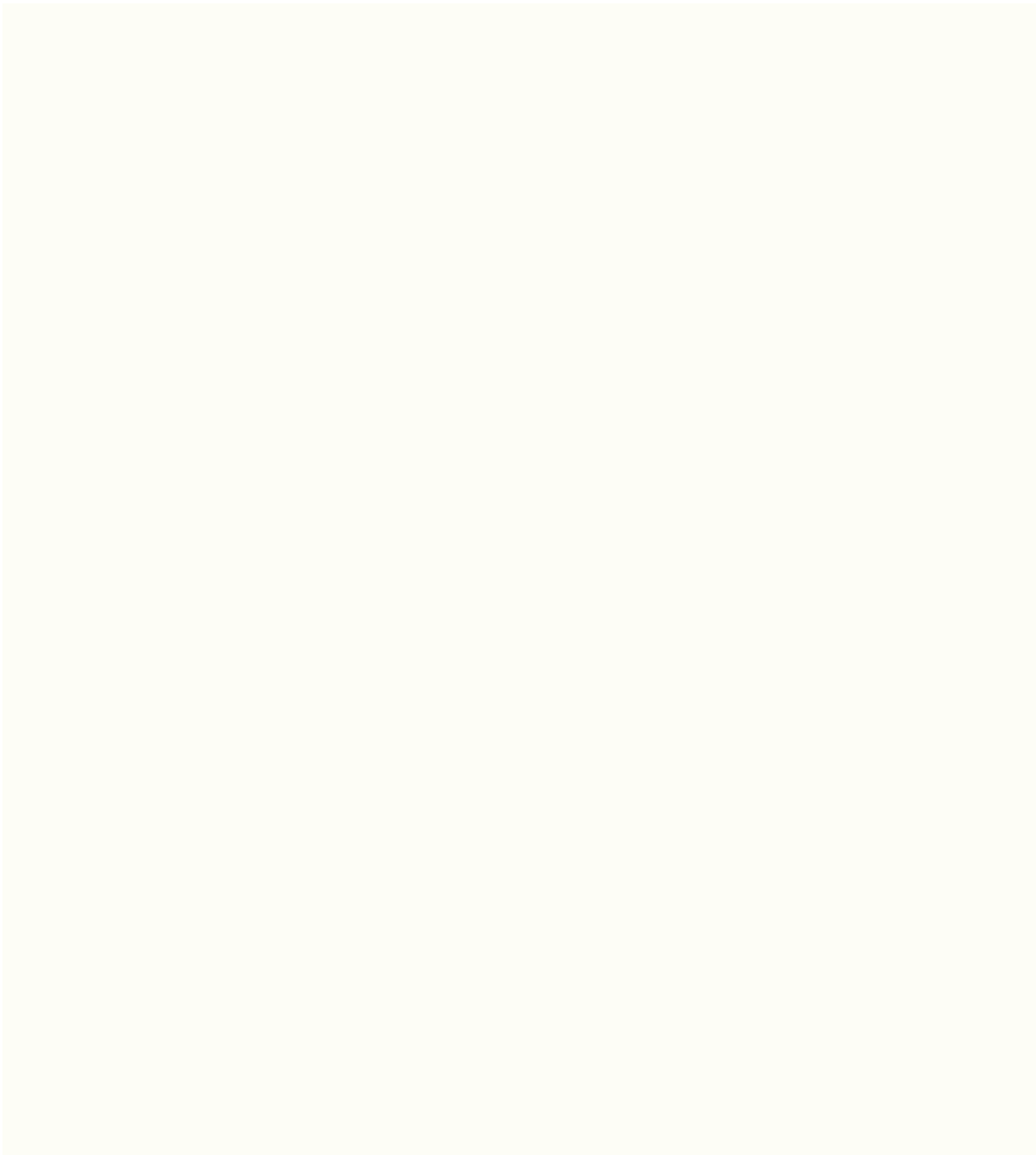
I am passionate about...

A large, empty yellow rectangular area, intended for writing responses to the career aspirations questions listed above it.

WEEK 14



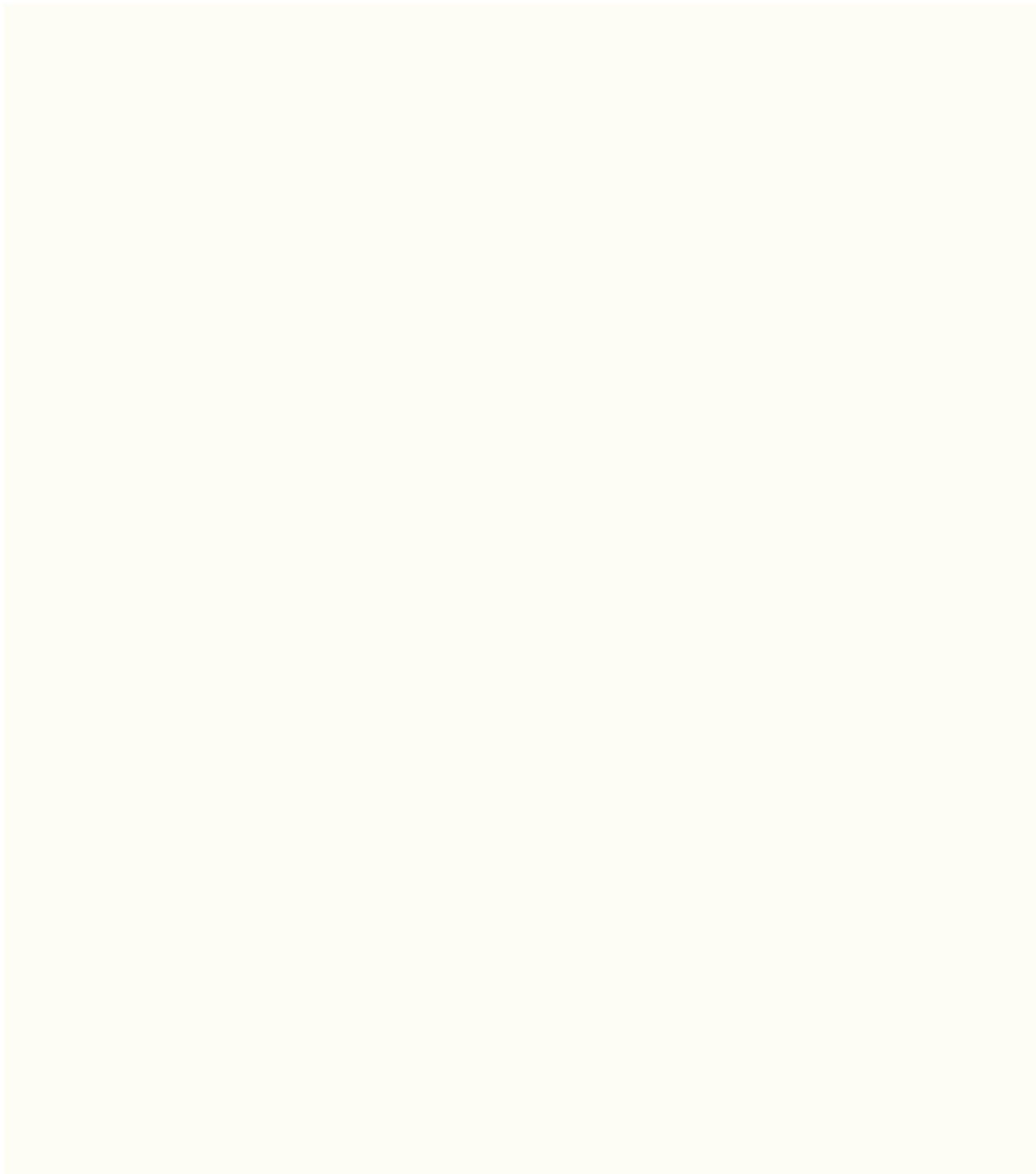
On humility, vulnerability, space + spaciousness for learning:



WEEK 15



What does “making it your own” look like and feel like?



TWO MORE ACTIVITIES:

Take a few minutes and read through your journal in its entirety. How would you describe this semester and this course for yourself? How did the journal add to your experience?

Write to Jill Randall and let her know about your experience with the journal! randalldanceprojects@gmail.com. Thank you!

ABOUT THE AUTHOR

Jill Randall is a dancer in the San Francisco Bay Area. Jill received her BFA in Modern Dance at the University of Utah and her MFA in Creative Practice: Dance from Saint Mary's College of California. Jill is a performer, teaching artist, administrator, and writer. She currently is the Artistic Director of Shawl-Anderson Dance Center in Berkeley, California.

Follow her blog, Life as a Modern Dancer, at:

blog.lifeasamoderndancer.com



Photo credit: Tony Nguyen