

Advancing My Skills: Summer Intensive Acting Training.

I am requesting funding of \$3000 from the Miller Arts Scholars program to support my participation in a Summer Intensive acting program. I have applied to three prestigious programs: The Barrow Group, Atlantic Acting School, and Stella Adler. This grant would provide crucial financial assistance for tuition, travel, and living expenses, allowing me to train under industry professionals and polish my skills. By participating in these intensive activities, I aim to develop my skills in script analysis, character development, voice, and movement, and therefore grow as an artist while preparing for future professional opportunities. This opportunity aligns with my academic and artistic trajectory and will allow me to bring back valuable insights to share with the UVA arts community.

Project Description: Summer Intensive programs provide disciplined, focused training that is essential for aspiring actors. Each of the programs I have applied to offers a unique approach to actor training:

- **The Barrow Group:** Focuses on naturalistic acting techniques, script analysis, and scene work.
- **Atlantic Acting School:** Specializes in Practical Aesthetics, a method developed by David Mamet and William H. Macy.
- **Stella Adler Studio of Acting:** Emphasizes text analysis, imagination, and physicality in performance.

Project Overview:

Participating in one of these programs will provide me with useful instruction in acting techniques, helping me refine my approach to performance. I will engage in intense training sessions that focus on monologue work, script analysis, voice training, and movement-based exercises. These classes will challenge me to expand my emotional range, develop layered character portrayals, and sharpen my ability to respond authentically in performance. My objective is to develop a deeper understanding of text through intensive script analysis and exploration, ensuring that I can make strong, informed choices as an actor. Additionally, I aim to improve my physical and vocal expressiveness by working on breath control, articulation, and body awareness, all of which are crucial for stage and screen acting. Through this immersive training, I will build a solid foundation that will serve me in both academic and professional settings, equipping me with the tools necessary for a sustainable career in the performing arts.

Beyond the technical training, these programs also offer invaluable networking opportunities with industry professionals, faculty, and fellow actors. I will have the chance to build relationships with experienced mentors, directors, and actors who can provide guidance on career development, audition preparation, and industry expectations. Exposure to different techniques will allow me to bring various techniques into my own practice, helping me become a more versatile and adaptable performer.

My experience at UVA, including coursework in acting and performance studies, has prepared me for the demands of these programs. Classes in acting, movement and dramatic texts have provided me with a strong theoretical foundation, which I am eager to apply and expand upon in a professional training environment. Additionally, my participation in university theatre

productions has allowed me to develop performance skills in a practical setting, but I recognize the need for further specialized training. I will work closely with my faculty mentor, Dave Dalton, to ensure that my training aligns with my academic and professional goals. My mentor will provide guidance on selecting the most suitable program and support me in integrating my learning into future performances and coursework.

Upon completion of the program, I will present my experience and key takeaways at the Miller Arts Scholars outcome presentation in 2026. This may include recordings of showcased monologues or scenes I worked on during the program or diary entries outlining my courses from week to week. I will outline what I explored and how it influenced my growth. Through this presentation, I hope to share the insights gained from my summer training with my peers and contribute to the greater artistic community at UVA by participating in discussions on acting techniques and performance practice.

Project Timeline:

- **Spring 2025:** Finalize acceptance into a program, coordinate travel and housing logistics, and begin preparatory research on the acting methodology of the selected school.
- **Summer 2025:** Attend the intensive program (June–August), engage in daily classes and rehearsals, and document my learning through journal entries and recorded reflections.
- **Fall 2025:** Integrate techniques into my academic coursework and student productions at UVA and begin preparing for my outcome presentation.
- **Spring 2026:** Finalize and present my findings and experiences at the Miller Arts Scholars outcome presentation in April.

Itemized Budget:

Option 1: Stella Adler Summer Physical Theatre Lab:

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| Tuition: 3 rd June- 3 rd July (5 weeks) | \$1900 |
| Housing: According to Stella Adler's recommended housing: 2 months' rent averaged. | \$3600 |
| Transport: 5 7-day unlimited MetroCard (5 x \$34) | \$180 |
| Flights: Roundtrip from Cape Town to New York and back after program. | \$1100 |

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| Groceries: | \$200 |
| Total: | \$6980 |
| Miller Arts Award Funding: | \$3000 |
| Personal contribution: | \$3980 |

Option 2: Stella Adler Summer Conservatory

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| Tuition: 9 th June- 8 th August | \$4300 |
| Housing: 2 months' rent averaged. | \$3600 |
| Transport: 9 7-day unlimited MetroCard (9 x \$34) | \$306 |
| Flights: Roundtrip but return flight is after Fall Semester. | \$1600 |
| Groceries: | \$360 |
| Total: | \$10166 |
| Miller Arts Award Funding: | \$3000 |
| Personal contribution: | \$7166 |

Option 2: Barrow Group Summer Intensive:

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| Tuition: 7 th July- 18 th August | \$2250 |
| Housing: 2 months' rent averaged. | \$3600 |
| Transport: 6 7-day unlimited MetroCard (6 x \$34) | \$206 |
| Flights: Roundtrip but return flight is after Fall Semester. | \$1600 |
| Groceries: | \$240 |
| Total: | \$7896 |
| Miller Arts Award Funding: | \$3000 |
| Personal contribution: | \$4896 |

Option 3: Atlantic Acting School Summer Intensive:

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| Tuition: 30 th June- 9 th August | \$4425 |
| Housing: 2 months' rent averaged. | \$3600 |
| Transport: 6 7-day unlimited MetroCard (6 x \$34) | \$206 |
| Flights: Roundtrip but return flight is after Fall Semester. | \$1600 |
| Groceries: | \$240 |
| Total: | \$10071 |
| Miller Arts Award Funding: | \$3000 |
| Personal contribution: | \$7071 |

Miller Arts Awards Portfolio:

<https://vimeo.com/1070436513?share=copy>



“The Seagull” by Anton Chekhov: Masha’s husband monologue:

This monologue is spoken by **Masha**, a character in Anton Chekhov’s *The Seagull*. Masha is deeply in love with **Konstantin Treplev**, but her love is unrequited because he is obsessed with **Nina**. She is speaking to **Trigorin**, a successful writer and Nina’s love interest.

<https://vimeo.com/1070437958?share=copy>

Feiffer’s People by Jules Feiffer

This monologue is from **Feiffer’s People** by **Jules Feiffer**, a collection of satirical sketches that explore human neuroses, insecurities, and societal expectations through humorous and poignant character monologues.

Participation in the Arts at UVA:

My time in the arts at UVA has been defined by immersive experiences in acting, design, and technical theatre, each shaping my understanding of collaboration and performance.

Performing has been a journey of growth and exploration. Playing Tuna in *Love Is the Greater Labyrinth* (2024) pushed me to embrace physicality and comedic timing, while *Black Skin, White Belly* (Overcranked, 2024) challenged me with its experimental nature. Working in a film was also something new that I got to explore with the guidance of students who had experience in film. *New Works: When It Starts To Hold Your Hand* (2025) has been especially meaningful, as it was an original script which held great meaning. I felt responsible to bring justice to the play and worked hard to do so.

Beyond acting, working in design and technical theatre has given me a different view of production. Designing sets for *New Works* (2024) and assisting on *Love Is The Greater Labyrinth* (2024) taught me how visual storytelling supports a director's vision. My time in the UVA Drama Department's prop exposes me to all the important work that takes place behind the scenes, and being on the tech crew for *As You Like It (Musical)* (2025) reinforced the importance of teamwork in theatre. My leadership in hair and makeup design for *Guys and Dolls* (2024) strengthened my problem-solving skills and ability to adapt under pressure. I also got to experience the depth of research and prep that is needed for design within a show.

The most valuable lesson I've learned is that theatre is collaborative. Each project, whether performing, designing, or running tech, has shown me the need for trust, communication, and adaptability. I've gained confidence in my instincts while learning to embrace feedback from others. Most importantly, I've found a deep sense of community in UVA's arts, one that continues to challenge and inspire me.