

Chrystal Silva  
TA131  
Value Journal 1

What I have found of value in the storytelling class are a list of things that have helped me perform better in front of class. The morning warm ups in the beginning of class, especially starting with five minutes of relaxation time to get our chakras aligned is greatly valued, because sometimes I rush in to class out of breath. I value the traditions of storytelling by lighting the candle first and starting it off with a motivational quote. The whole class participation in a warakd round circle where we play games, learning each other's personalities.

Bev giving us storytelling examples of what is expected before the assignment also helps to know what the criteria is. I also like Matt's performance of the Storytelling and Oral Interpretation. Matt is passionate in theatre and his enthusiasm oozes out in each class, he is very energetic and is a positive addition to the class. I value that I can text Matt and he will respond in the same hour. Amazing teachers assistant, with feedback that helps improve quality of performance. Feedback from classmates have also been of value, especially Matt and Bevs feedback after each performance. Bev complimenting my Helmut Lang dress, Bev has good taste. I value Bev wanting us to dress up on presentation days, how we should dress for our part and when and when not to stay in character. I value going to Story Hour and seeing the different styles of storytelling and oral interpretation. Seeing those performances and having to do them in class has been a challenging yet a very valuable skill for me. Thank you for pushing my abilities out of my comfort zone, challenging me and being a positive support along the journey.