California State University, Fullerton
Department of Theatre and Dance

B.A. in Dance Major Handbook
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**B.A. in Dance Major Handbook**

**Program Description**
The Bachelor of Arts in Dance is for developing artists seeking a broad and rich background in both theory and practice. The degree is designed to foster the skills, understanding, and discipline of our developing dance artists. Our faculty are united in their dedication to teaching each student as an individual. We take pride in keeping our classes small to provide this type of differentiated feedback. Our robust B.A. in Dance curriculum includes intensive training in ballet, modern/contemporary dance, and composition classes through a lens of Cultural Competency and Advocacy; complemented by improvisation, dance history, kinesiology, pedagogy, hip-hop styles, African American concert dance history, jazz, conditioning for performing artists, and yoga. Throughout the year our dance majors have up to seven unique performance opportunities. Based in Mindfulness practices, our nurturing, yet rigorous, environment offers dance majors many transformative experiences to develop their unique artistry. Our graduating students leave prepared technically and creatively to pursue work in dance and related areas.

**CSUF Dance Programs’ Mission Statement**
- To educate, inspire, empower, and motivate our developing artists to achieve excellence in performance, teaching, choreography, advocacy, research, and other dance related fields.
- Through mindful rigor provide students with opportunities to transform into holistic dance artists
- To foster a community of artists with a focus on individual advocacy, cultural competence, and lifelong learning.
- To support and increase student engagement within their local, national, and international communities

**Commitment to Diversity**
Our program is committed to fostering a full experience for each of our students. We mindfully respect and value students of every race/ethnicity, age, ability, sexual orientation, gender, gender identity, socioeconomic status, geography, citizenship status, body type, political view, and religion. Each of our student’s unique experiences, beliefs and values brings an awareness and consciousness that contributes greatly to our community of learners. We are continuously evolving our program, policies, and practices to ensure that all individuals are supported, nurtured, and thriving.

**Land Acknowledgment**
The Department of Theatre and Dance acknowledges our presence on the traditional, ancestral and unceded territory of the Gabrielino/Tongva peoples. We pay our respects to the Indigenous land caretakers past, present, and emerging. For more information please visit: [http://www.gabrielinotribe.org/](http://www.gabrielinotribe.org/)

**The Program of Study**
A major in dance demands the daily training of the body and mind in technique classes. Dance majors are required to enroll in daily dance technique classes and are advised to participate in two daily classes, preferably one in Ballet and with the other in Modern technique. Dance majors are required to successfully complete six units of fourth level either of Ballet or Modern or a combination of the two to graduate. Care must be taken by the new dance major to follow the suggested course timeline. Some of our core courses required for graduation are rotated; therefore,
not offered every semester. Losing sequence in the rotation schedule will both complicate and prolong graduation. The curriculum has been carefully designed to give students experiences in prerequisite classes that are then built upon in the upper division coursework. Students should be enrolled in 15 units or more to finish the degree in a timely manner. The following **Four-Year Guideline** outlines the coursework for each semester. Please study this and refer to the plan before seeing your adviser.

**Dance Major Four Year Guideline**

**Freshman Year**
- **Fall Semester**
  - Dance 112 Ballet I or Dance 212 Ballet II
  - Dance 122 Modern I
  - General Education Classes
  - Electives
- **Spring Semester**
  - Dance 112 Ballet I or Dance 212 Ballet II
  - Dance 122 Modern I
  - Theatre 278B Production and Performance
  - General Education Classes
  - Electives

**Sophomore Year**
- **Fall Semester**
  - Dance 126 Dance Improvisation Dance 212 Ballet II
  - Dance 222 Modern II
  - Dance 226 Rhythmic Analysis
  - Theatre 278B Production and Performance General Education Classes
  - Electives
- **Spring Semester**
  - Dance 212 Ballet II Dance 222 Modern II
  - Dance 301 Dance and Cultural Diversity Theatre 478B Production and Performance General Education Classes
  - Electives

**Junior Year**
- **Fall Semester**
  - Dance 301 Dance and Cultural Diversity Dance 323A Dance Composition A Dance 312 Ballet III
  - Dance 322 Modern III
  - Dance 371 African American Concert Dance History (G.E. or Elective) Dance 471 Creative Dance for Children
  - Theatre 478B Production and Performance
  - Electives
• Spring Semester
  o Dance 323B Dance Composition B
  o Dance 324 Forces and Figures
  o Dance 372 Dance Kinesiology
  o Dance 312 Ballet III
  o Dance 322 Modern III
  o Dance 371 African American Concert Dance History (G.E. or Elective)
  o Dance 471 Creative Dance for Children (if not taken already)
  o Theatre 478B Production and Performance Electives
  o Senior Project (Proposal due at end of your Junior year)

Senior Year
• Fall Semester
  o Dance 412 Ballet IV Dance 422 Modern IV
  o Dance 423 Advanced Dance Composition
  o Dance 424 Dance Pedagogy
  o Theatre 478B Production and Performance
  o Dance 478A Production and Performance
  o Dance 479 Repertory and Performance (By audition/invitation only)

• Spring Semester
  o Dance 325 Dance Theory and Criticism Dance 412 Ballet IV
  o Dance 422 Modern IV
  o Theatre 478B Production and Performance
  o Dance 478A Production and Performance
  o Dance 479 Repertory and Performance (By audition/invitation only)
  o Dance 497 Production Project /Senior Project (Project due before the end of your Senior year.)

Transfer Students
Based on the courses that were accepted by the university for transfer, each student must then complete the unmet requirements. There are several criteria involved in assessing which dance courses can be transferred into the dance major. Primarily, the units for the courses must equate. That is, if Modern I taken at your previous school was a 1-unit course you would have to have taken it twice to receive credit for our Modern I, which is 2-units. Academic courses must be similar in content, syllabus and units to be sufficient to transfer. A course may be challenged through proper University channels. If you are entering the dance program with sufficient prior technical training (your placement class makes this assessment) lower-level technique classes may be waived. You are, however, expected to take at least two technique courses each semester while a dance major. Students who transfer into the dance program as juniors, must take three semesters of Theatre 478B the production crewing requirement. The enrollment packet is found in the bin outside the Production Office and the student should enroll in one of the sections of the course listed in the course catalog. Please also see performance requirement stated above.
Dance Major Transfer Student Guideline

YEAR 1

- Fall Semester
  - Dance 126 Dance Improvisation (If equivalent not taken at your Community College)
  - Dance 323A Dance Composition A
  - Dance 226 Rhythmic Analysis (If equivalent not taken at your Community College)
  - Dance 301 Dance and Cultural Diversity
  - Dance 212 Ballet II
  - Dance 122 Modern I
  - Theatre 478B Production and Performance General Education Classes
  - Electives

- Spring Semester
  - Dance 323B Dance Composition B
  - Dance 212 Ballet II or 312 III (Depending on Assessment)
  - Dance 222 Modern II (Depending on Assessment)
  - Dance 324 Forces and Figures
  - Dance 371 African American Concert Dance History (G.E. or Elective)
  - Dance 372 Dance Kinesiology
  - Dance 471 Creative Dance for Children
  - Theatre 478B Production and Performance
  - General Education Classes and Electives
  - Senior Project Proposal due at the end of your Junior year

YEAR 2

- Fall Semester
  - Dance 423 Advanced Dance Composition
  - Dance 424 Dance Pedagogy
  - Dance 312 Ballet III
  - Dance 412 Ballet IV
  - Dance 322 Modern III
  - Dance 422 Modern IV Theatre 478B
  - Dance 478A Performance
    - or
  - Dance 479 Repertory and Performance (By audition/invitation only)
  - Dance 497 Production Project /Senior Project (Proposal due at end of your Junior year)

- Spring Semester
  - Dance 325 Dance Theory and Criticism
  - Dance 412 Ballet IV
  - Dance 422 Modern IV
  - Theatre 478B Production and Performance
  - Dance 478A Performance
    - or
  - Dance 479 Repertory and Performance (By audition/invitation only)
  - Dance 497 Production/Performance Project
**Technique Classes**
There are four levels of both Ballet and Modern Technique classes. Technique courses are offered as variable unit status. Levels I through III of Ballet and Modern technique courses can be taken for one or two units. You are expected to take a level for at least two semesters. To advance to the next level, you must pass the yearly dance technique assessments, which are held each Spring Semester. To graduate it is necessary to complete with a C or better on all Dance Major required coursework.

**Placement Auditions and Advancement**
Students entering the program must attend an audition class and advisement session before enrolling in the dance major. It is mandatory that dance majors be assessed, evaluated and advised as to the potential for advancement in both Modern Dance and Ballet on a yearly basis. The yearly Dance Major Assessments are in place to assist you at each transition from one level to another and to give you guidance from the faculty members. These are opportunities for the entire CSUF Dance Faculty to witness each student’s progress. The faculty will take note of both your strengths and weaknesses. A one-to-one meeting with a faculty member will then take place to discuss the faculty’s evaluations and to decide the next level of technique class that would be most appropriate for each student. Individual students who remain at the I or II level of Ballet or Modern technique for over three semesters will be advised to withdraw from the major.

Students will be evaluated on the following criteria:
- Technical Accuracy
- Centering, Balance, Alignment and Posture
- Stamina, Strength and Flexibility
- Spatial Awareness and Precision of Movements
- Timing and Musicality, Quality and Dynamics
- Self-expression, Sense of Performance, Concentration and Focus

**Attendance Policy**
Arriving on time and regular attendance are expected for all your classes. Due to the experiential nature of dance training, missing classes is highly detrimental to a student’s progress. Students are expected to follow each faculty’s attendance policy.

**Professional Protocol**
1. Establish good habits of attentiveness and respect for your training, your teachers and your fellow students.
2. Be on time for all classes.
3. Attend all classes, if sick please email your professors.
4. No cell phones left on during classes/rehearsals.
5. No chewing gum.
6. Do not block the musician’s view of the instructor as they are demonstrating, or of the dancers who are moving across the floor.
7. No food or drinks in the studio. Except water in a plastic container.
8. No street shoes on the dance studio floors.
9. Minimize side talking in rehearsals/classes while the teacher/choreographer is working or any of the student dancers.
10. If you intend to leave early from class or rehearsals, you must notify the instructor.
Attire

- Dancers need appropriate footwear such as ballet shoes, bare-feet or half soles, jazz shoes, tap shoes, etc.
- Hair neatly secured off face and neck.
- Jewelry removed.
- Eliminate body-piercing jewelry that may cause you to hurt yourself or another dancer.
- Tights, leotards, tight-fitting tank or T-shirt are highly encouraged.
- Men should use a dance belt.
- Please maintain a high level of personal hygiene.
- Showers are in the CPAC building for your convenience.

Graduation Requirements

A grade of C or better is required for all courses that fulfill the Dance Major. Each Dance Major must participate as a performer in two performances such as 12 X 16, Choreographer’s Showcase and Spring or Fall Dance theatre concerts. They must register for two semesters (four units) of Dance 478A and/or Dance 479.

If entering as a freshman, a student must take two semesters of Theatre 278B, and three semesters Theatre 478B the production crewing requirement. Transfer Students are required to enroll in three semesters of Theatre 478B. The Theatre 278B/478B enrollment packets are found in the bin outside the Production Office CPAC 105 and the student should enroll in one of the sections of the course listed in the course catalog.

The Dance Major culminates with Dance 497: Senior Project. Dance 497 is an opportunity for the graduating dance major to creatively present a body of work representative to their progress in their education. The individual student shall choose a specific area of focus and then submits a written proposal to their chosen Project Advisor. This should be done by the end of spring semester of their junior year. This gives you a chance to set up your desired project especially if it entails an internship, workshop, or you guest teaching or choreographing off campus. Once the work is accomplished, a written report on the process and outcome is submitted to the faculty advisor. Students are encouraged to contribute to the community by seeking projects that involve primary or secondary schools, senior retirement facilities, or child/teen protective organizations. Students may also focus on participating in professional training summer dance intensives in NYC or elsewhere. These projects are then presented with dance students and faculty.
Grades and Evaluation
A= Outstanding performance
B= Above average performance
C= Average performance
D= Below average…the course must be retaken if in the dance major requirements.
F=Failure…. The course must be retaken

Dance Majors must receive a grade of a C or better in all Dance Major Courses. If a student receives a C- or less in a course, which is required for the major, the course must be repeated.

Students placed on Academic Probation by the university or receive a grade in any course below a C- are restricted from auditioning and performing for any dance productions. Any major with more than one Incomplete grade will also be restricted from auditioning and performing so that they can attend to the work required.

General Education Courses
Academic Advisement Center located in University Hall 123B or the COTA

Student Success Center
Please make certain to consult an Academic Adviser for your General Education requirement. You will be assigned a Dance Faculty Advisor for your Dance Major Course work. Please learn how to read your TDA to keep track of your progress.

Grad Check
One year prior to graduation the student to request from The Records and Registration Office a grad check. This process is to ensure that each student has met the requirements thus far for the degree. The advisors will then inform the student what classes to enroll in for their senior year.

Performance Opportunities Auditions and Casting Process
Each semester starts off with the Dance Auditions for the Dance Theatre production. Dance majors are required to attend these auditions held at during the first week of classes on Thursdays (an exception is made for Freshmen their first semester). Arrive early and be warmed-up. It is also helpful to have a copy of your work and class schedule to enable you to make clear your rehearsal availability if cast in a piece. Dancers auditioning or choreographing must be in good academic standing within the Dance Program and university.

Rehearsal Policy
Applies to ALL rehearsals whether with a guest choreographer, a faculty member or with a fellow student. There are no excused absences from a rehearsal. If you are absent from a rehearsal without notifying the choreographer, you will be subject to dismissal from the piece.

1. All dancers must be on time and be warmed-up. Lack of physical preparation may result in a serious/long term injury to your body.
2. If you have a scheduling conflict you must notify the choreographer/director in writing as soon as the rehearsal schedule is posted. Do not ask a friend to carry messages for you to the choreographer. If a sudden conflict occurs, please leave a voice message.
**Registration for Performance Credit**
When cast in a CSUF Department of Theatre and Dance production, to receive 478A credit you must add the DANC 478A Course. Dancers invited to audition for guest choreographers will be advised to enroll in DANC 479 Repertory and Performance course if the guest artist casts them in their choreography.

**Costume Fittings**
Individual appointments will be arranged with each dancer by the Costume Designer for each piece to be performed. Communications will be both through email and through reminders posted on the Dance Call Board.

Allow for at least 20 minutes for each of these fittings. Please refrain from trying to squeeze your fittings in the 20 minutes between technique classes. These are individual fittings designed to make your costume work best to enhance your performance as a dance artist.  
*Please notify the Costume Designer if you need to cancel and reschedule your appointment.*

**Care of Costumes**
Each dancer must treat the costumes with care. During the dance production the running crew will clean and press your costumes.
- Please put on your make-up before putting on your costume.
- Do not put your costume on earlier than 15 minutes before your dance.
- Do not eat or sit in your costume.
- Do not handle it unnecessarily e.g., stand with your hands on your hips, sit on floor or treat it as casual dress.
- Remove and hang up your costume immediately after your dance. No exception.
- If you notice a problem with your costume (a rip, hole, etc.) please notify your choreographer and costume running crew.
- If costumes are used for the Choreographer’s Showcase, these must be clean prior to their return to the costume vault.

**Make-up and Costume Needs**
Depending on dancers’ gender identities they must have a flesh tone dance belt, appropriate footwear, flesh-tone undergarments (bra and underwear) body stocking or camisole and tights. All students must equip themselves with a make-up kit, as well as basic sewing supplies and First Aid.

**Choreographer’s Showcase**
This usually occurs during the last week of classes and features work created by students in the composition classes. The performances are free of charge.

**Fall and Spring Dance Theatre**
Choreographers for the main stage production of the Fall and Spring Dance Theatre must have taken or be enrolled in Dance Composition A prior to auditioning a piece for the final concert.
Communications
Dance Call Board
Please check the callboard daily if you are involved in a production. It is located around the corner from PA 105. You will find information regarding schedules, classes, auditions, castings, photo calls, costume fittings, and events.

Dance Program CANVAS
All dance majors will be added to its Canvas page for important information regarding master classes, events, advising, announcements, resources, etc.
If you have questions, please consult
- CSUF CATALOG
- B.A. in Dance Major Handbook
- Your advisor or teacher
- Department of Theatre and Dance Office PA 141A (657) 278-3629

Advising
Your Faculty Advisor helps you plan a course of study to fulfill requirements for graduation. It is your responsibility to schedule regular meetings with your faculty advisor and to keep them informed about your decisions as well as your performances in the courses. Feel free to make appointments with your advisor and teachers to discuss your goals and achievements in the classes. The challenges of a course of study in dance are many, try to deal with them in an energetic, creative, and productive manner. Advising happens both in Fall and Spring semesters. In Fall there is group advising through your majors’ classes and in the Spring semester, faculty meets individually with students.
**The College of the Arts (COTA) Student Success Center has advisors to assist you with your General Education Advisement among other helpful resources.

Letters of Recommendation
At times you will need letters of recommendation from a faculty member for a scholarship, job, etc. If they agree to write one for you, please provide the following:
- A resume and bullet points listing the accomplishments that you wish to be highlighted
- Purpose of the letter and to whom it should be addressed
- Information of the institution, grant, employer, etc. that will be receiving the letter
- Give no less than two weeks’ notice
- Due date for the letter

Facilities and Equipment
Studio Use: You may reserve a dance studio by scanning the QR code on the bulletin boards outside the dance studios. The room must be left clean and orderly. Please turn off the lights and sound system, leaving all auxiliary cables inside the console. Before you leave make sure the space is locked. Remove all chairs from the dancing space. Leave it ready for the next class or rehearsal. If rehearsing after hours, you must call campus police to unlock the studios.
Dance Association
Dance Majors are encouraged to participate in the student run Dance Association. The Dance Association strives to enhance dance major's learning experience at Cal State Fullerton. They do this through master classes, workshops, guest choreographers, and community involvement. Meetings are held at least once a month in which we discuss upcoming events, shows, and festivals. Participating in the Dance Association is a great way for new dance majors to get to know the dance program as well as other dancers in the program. Most importantly, the purpose of this organization is to provide opportunities for the enhancement of artistic skills and to aid in the community's appreciation for the art of dance.

Student Clubs on Campus
There are a vast number of Student Clubs and Organizations on our Campus. Please visit: http://www.fullerton.edu/sll/_resources/pdfs/resources/SLEClubs%20.pdf

Campus Resources
Pollack Library: An extensive collection of dance books and videos are at the Pollack Library, as well as, at the Duerr Collection in CPAC 123. The Pollack Library also houses the center for Oral History, the Writing Center where students can receive free tutoring, University Learning Center offering free peer-tutoring to students, the Titan Computer Lab, a Quiet Study Floor, and an Open Group Study Area. The Diversity Initiative Resource Center is located on the south side of library.

Health and Wellness: The faculty is concerned about the physical and psychological health of all the students in the department. We strive to create an atmosphere of support and communication around issues of wellness. We work closely with students to address health habits that may affect their performance in the program. Should the faculty become concerned about an individual student, they will request that the student meet with a faculty member to discuss appropriate strategies, which may include a referral to medical and/or counseling services.

Care and Prevention of Injuries: Dancers subject their bodies to unusual physical stress. It is most important, therefore, to cultivate proper, sensible habits regarding class work, eating, rehydrating and even your daily routine. Your body must be respected and cared for if it is to respond to your demands. The Student Health Center can refer you to the Physical Therapy offered on campus at the SHCC West. Call (657) 278-2800 to make an appointment.

Nutrition: It is important to eat regularly and well, including breakfast. The lack of sufficient or proper food, especially when doing a lot of physical activity, will result in fatigue, poor muscle tone, and dizziness. It is unwise to skip meals for any reason. If you have questions about diet and nutrition, or concerns about a healthy attitude towards food, you can contact one of the faculty members, or call the Student Health Center at (657) 278-2800 or the Counseling Center at (657) 278-3040 make an appointment.

Emotional Health Services: Professional counseling and psychotherapy services are offered at the Student Counseling and Psychological Center SHCC East (657) 278-3040.
COTA Student Success Center  
The Success Center is located in Visual Arts 280A (Building D) 657 278-4108. Students can receive advising on G.E. advisement, graduation requirements, academic success, scholarships, internships, and referrals to campus support services.

CSUF Career Center,  
Location: Langsdorf Hall 208 (657) 278-3791: This Center has information on how to draft a resume, write cover letters, interviewing strategies, dos and don’ts, job search tips and job listings. These are things that are useful to you, even in these fields where your career is based on your portfolio or an audition. This is information that is useful in the real world because job search skills are life skills. for our Arts Career Specialist. Student internships, and other resources are also available both in the office and online.

Center for Internships & Community Engagement  
Location: Langsdorf Hall 206, 657 278-1217: This Center provides resources for internships and service learning opportunities for students.

The Center for Careers in Teaching  
Location: Educational Classroom 379. Provides resources and advising for students interested in teaching K-12.

Disability Support Services  
Location: University Hall 101: Provides support for students balancing school with both permanent and temporary disabilities.

Tuffy’s Basic Needs Center  
Location: McCarthy Hall 143: Students can receive help with short-term housing, emergency grant funds, clothing and food. Center provides ongoing guidance to students with connecting them to on campus and off campus resources and services.

Admissions and Records Service Center  
Location: Langsdorf Hall 114: Students can find assistance with application status, transcripts and other services.

Financial Aid  
Location: University Hall 146: Students seeking help with a Private, Federal, State or University funding programs. Financial aid is determined on a case by case basis, so students should contact the office directly with any questions. (FAFSA must be applied for each year)

Technology Resources  
http://oet.fullerton.edu/online_readiness/index.php  
http://oet.fullerton.edu/online_readiness/student_orientation.php  
http://oet.fullerton.edu/online_readiness/student_online_tools.php  
https://www.fullerton.edu/it/students/equipment/
CALIFORNIA STATE UNIVERSITY, FULLERTON  
Theatre and Dance Department  

ADVISING WORKSHEET – BA in DANCE MAJOR

STUDENT________________________________________ DATE ____________

CELL PHONE________________________________________

EMAIL________________________________________

HOME ADDRESS_________________________________________

FACULTY ADVISOR________________________________________

DANC (56 units in the Dance major, 16 units of Open Electives and 48 units of General Education=120 units total)

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<th>UNITS</th>
<th>SEMESTER COMPLETED</th>
<th>GRADE</th>
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<td>DANC 126 Dance Improvisation</td>
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<td>DANC 212 Classical Ballet II</td>
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<td>DANC 222 Modern Dance II</td>
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<td>DANC 226 Rhythmic Analysis</td>
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<td>DANC 324 Forces &amp; Figures*</td>
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<td>DANC 325 Dance Theory &amp; Crit.**</td>
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<td>DANC 372 Dance Kinesiology</td>
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<td>DANC 412 Classical Ballet IV</td>
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<td>DANC 478A Performance (2)</td>
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<tr>
<td>DANC 479 Repertory &amp; Perf. (2)</td>
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<td>DANC 497 Production &amp; Perf.</td>
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<td>TOTAL 40 Units</td>
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DEPARTMENT PRODUCTION REQUIREMENT
Dance majors are required to complete two semesters of THTR 278B and three semesters of THTR 478B, Production, equaling 5 units. Transfer students must enroll in three semesters of THTR 478B, equaling 3 units.

THTR 278 Production & Perf. / / 
THTR 478B Production / / 

- Dance majors are encouraged to enroll in DANC 478A when cast in works to perform.
- DANC 301 is a prerequisite for DANC 324 Forces & Figures. Take 301 prior to spring semester of your Junior year
- DANC 325 satisfies the University’s required Upper Division Writing Course. The English Writing Proficiency Exam may be taken after reaching Junior status
- OPEN ELECTIVES 16 units- Students can confer with Faculty Advisors to discuss possible choices
Department of Theatre and Dance
Senior Project Guidelines

*Proposal Due Date: First week of classes of your senior year.
*Final Documentation Due Date: Last week of classes on your senior year or before.

The Project Proposal
The Dance Major here at CSU Fullerton culminates with the Senior Project. The individual student shall choose a specific area and submit a written proposal to their chosen Senior Project advisor. This should be done by the end of spring semester of their junior year or first week of senior year. This proposal should clearly outline the location, content, and timeline of their project. It is the student’s responsibility to make an appointment with their advisor to discuss their proposal after its submission. Your application form with appropriate signatures must be on file in the department office prior to registration in the course. You can then be working on your project and enroll in DANC 497 for your last semester senior year. Your proposal should include the following information:

- What is your project and what do you hope to learn/gain/experience?
- When will you do it? Include a detailed timeline of when each component of your project will be completed.
- Why are you choosing to do this project?
- Where will you carry out your project?
- What specific support you will need from your faculty advisor as you complete your project?

The Final Documentation (Due in your Senior year.)
The final project documentation should articulate the development of the student’s working process during the project activity. This typed report should include a self-reflective assessment, as well as a discussion of the growth and development that occurred through the process. Questions that should be considered in composing the final report are the following:

- What were my strengths and weaknesses during this process?
- How has my approach to my work changed as a result of participating in this project?
- What specific experiences in the project led me to new discoveries about myself and my philosophy of dance?
- How can I incorporate these discoveries into my work as a dance artist, teacher, writer or work in other areas?
- What future goals have I set for myself in my development?