



Starting Interp on the Right Track

UIL Student Activities Conference Fall 2023
10:00-11:30 Saturday, Sept. 9th, Mesa 2110

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Tyler Junior College



“Keeping Positive is Key!
Positive Presence is Essential!”

Preview of Session:

- * What is Bad vs. Good Work Ethic?
- * How do you Develop it?
- * How to Develop Focus, Characters,
and Effective Book Work
- * How to Overcome Anxiety and Stress



What is Bad Work Ethic?

- Low Quality of Work
- Tardiness or Absences
- Lack of Attention to Deadlines
- Selfishness
- Abuses/Bullies or Harasses Others on Team

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**Bad Attitude About Themselves →
Low Self-Esteem**



What is Good Work Ethic?

- Reliability and Dependability



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- **Productive and Punctual**



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- **Exercises Initiative – shows you can take direction, learn and improve**

What is Good Work Ethic?

- Reliability and Dependability
- Productive and Punctual
- Exercises Initiative – shows they can take direction, learn and improve
- **Collaboration and Team Support – has a positive work relationship with other team members and coaches**
- **Self Disciplined**



“Nothing will work unless you do.”

-Maya Angelou

How Do You Develop a Good Work Ethic?

- Find out the Expectations of Your Coach and of Yourself
- Pay Attention to...
 - Deadlines
 - Promises
- Help Develop a Positive Atmosphere



How to Develop Focus, Characters, and Effective Book Work



How to Develop FOCUS



How to Develop Focus

- Outward not inward

How to Develop Focus

- Outward not inward
- **Have coach or teammate throw things at your feet or make noises!**

How to Develop Focus

- Outward not inward
- Throw things at their feet or make noises!
- **Practice beginning at odd parts of your performance**

The background is split diagonally from the bottom-left to the top-right. The upper-left portion is a solid light blue. The lower-right portion is a dark blue with a fine, repeating diagonal hatched pattern. A thick, solid dark blue diagonal line runs along the boundary between the two background sections.

How to Develop Characters

How to Develop Characters

*** Character Chart – flesh them out:**

- physically**
- socially**
- emotionally**

Character Chart

CREATING CHARACTER PICTURES				
IDEAS FROM TEXT & IMAGINATION	CHARACTER 1: _____	CHARACTER 2: _____	CHARACTER 3: _____	CHARACTER 4: _____
What you are told about the character (in text)				
Complete Physical Description				
Gossip! What are they doing? Why? Relationships?				
Build a history for the character: dress, home, details of day, etc.				

Character Chart

CREATING CHARACTER PICTURES

IDEAS FROM TEXT & IMAGINATION	CHARACTER 1: _____	CHARACTER 2: _____	CHARACTER 3: _____	CHARACTER 4: _____
Create a “Moment Before” for each character				
Suggestive posture, gestures, facial expressions				
What does he/she sound like?				

How to Develop Characters

* Character Chart – flesh them out:

- physically
- socially
- emotionally

- **Photo or drawing**

How to Develop Characters

- * Character Chart – flesh them out:
 - physically
 - socially
 - emotionally
- Photo or drawing
- **Pretend to be the character for a few hours**



How to Develop Book Work



How to Develop Book Work

- **Nothing Works Better than Practice**
- **Develop hand/finger Muscles**

How to Develop Book Work

- Nothing Works Better than Practice
- Develop hand/finger Muscles
- **Videotape and Watch Together with Coach**
- **Don't forget about Page Turns! – Plan them**

How to Develop Book Work

- Nothing Works Better than Practice
- Develop hand/finger Muscles
- Videotape and Watch Together
- Don't forget about Page Turns!
- **Nothing is absolute EXCEPT distractions!**

How to Overcome Anxiety and Stress?



How to Overcome Anxiety and Stress?



No stress in the present!

Stress comes from anticipation of future event ...or

Stress comes from regret for a past event!



S = STOP

T = Take 3 breaths

O = Observe what's happening

P = Proceed with kindness and
Compassion towards
yourself

Overcoming Stress and Anxiety



Time
Management

Positive
Reinforcements

Counseling



“Set yourself up for success.”



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“Pace yourself: Avoid over working and the ‘just one more’ mindset.”



“Set yourself up for success.”

“Pace yourself: Avoid over working and the ‘just one more’ mindset.”

“Allow yourself to fail and/or rest.”

-Trackinghappiness.com

Questions?

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