

## CHAPTER 1: THE TRAINING OF ACTORS

### 1.1 Origins of Actor Training

This project is focused on the Australian conservatoire model of actor training, which predominantly borrows from the European 'Western' theatre tradition. This chapter examines how actor training has evolved over time, with particular emphasis on the historical context of today's practices. There is a focus on emotions and the role that learning to access a range of emotions—accurately, identifiably, deeply and quickly—plays in providing student actors with the skills necessary for their profession. Attention is given to the different acting methods used in the selected drama schools in order to set the scene for an exploration of teachers and teaching methods, and of student experiences and their wellbeing. This chapter concludes with an introduction to *Alba Emoting*, considered by its originator (Bloch, 1993) to be a less psychologically invasive method of accessing the emotions than most other acting techniques.

#### 1.1.1 Historical Context

There has been a long tradition of actor apprenticeship in the culture of Western theatre by which students learn from their more experienced colleagues. This tradition has remained strong and been passed on through the generations (Hodge, 2000). Both in early Greek theatre, dominated by theatrical families of wealth and position, and in ancient Roman times, where actors were usually slaves of low status (Csapo, 2010), actor training was firmly rooted in the historical practices of apprenticeship and *learning by doing* (Prior, 2012). Prior (2012) suggested that it was likely that even Greek drama choruses were trained, particularly in the area of voice control. Although institutionalised actor training is largely a twentieth century phenomenon, John Harrop (1992) argued that its roots are as old as acting itself, dating from the beginning of the fifth century BC.

# Actor Training 2

**Puja Mehta**



## **Actor Training 2:**

Actor Training 2: Bestsellers in 2023 The year 2023 has witnessed a remarkable surge in literary brilliance, with numerous captivating novels captivating the hearts of readers worldwide. Lets delve into the realm of top-selling books, exploring the engaging narratives that have captivated audiences this year. The Must-Read : Colleen Hoovers "It Ends with Us" This touching tale of love, loss, and resilience has gripped readers with its raw and emotional exploration of domestic abuse. Hoover skillfully weaves a story of hope and healing, reminding us that even in the darkest of times, the human spirit can succeed. Uncover the Best : Taylor Jenkins Reids "The Seven Husbands of Evelyn Hugo" This intriguing historical fiction novel unravels the life of Evelyn Hugo, a Hollywood icon who defies expectations and societal norms to pursue her dreams. Reids compelling storytelling and compelling characters transport readers to a bygone era, immersing them in a world of glamour, ambition, and self-discovery. Discover the Magic : Delia Owens "Where the Crawdads Sing" This evocative coming-of-age story follows Kya Clark, a young woman who grows up alone in the marshes of North Carolina. Owens spins a tale of resilience, survival, and the transformative power of nature, captivating readers with its evocative prose and mesmerizing setting. These top-selling novels represent just a fraction of the literary treasures that have emerged in 2023. Whether you seek tales of romance, adventure, or personal growth, the world of literature offers an abundance of captivating stories waiting to be discovered. The novel begins with Richard Papen, a bright but troubled young man, arriving at Hampden College. Richard is immediately drawn to the group of students who call themselves the Classics Club. The club is led by Henry Winter, a brilliant and charismatic young man. Henry is obsessed with Greek mythology and philosophy, and he quickly draws Richard into his world. The other members of the Classics Club are equally as fascinating. Bunny Corcoran is a wealthy and spoiled young man who is always looking for a good time. Charles Tavis is a quiet and reserved young man who is deeply in love with Henry. Camilla Macaulay is a beautiful and intelligent young woman who is drawn to the power and danger of the Classics Club. The students are all deeply in love with Morrow, and they are willing to do anything to please him. Morrow is a complex and mysterious figure, and he seems to be manipulating the students for his own purposes. As the students become more involved with Morrow, they begin to commit increasingly dangerous acts. The Secret History is a masterful and thrilling novel that will keep you speculating until the very end. The novel is a warning tale about the dangers of obsession and the power of evil.

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