



“The Springfield College Dance Program supported and ignited my passion for dance by allowing me to grow as an artist and individual, while also offering opportunities for professional development as an artist and aspiring dance medicine physical therapist.”

- Alexandra MacPherson '20 (dual major in dance and physical therapy)

What Will You Learn?

Breadth and depth of knowledge in a number of dance techniques

- Hone your ability to demonstrate command of basic movement, vocabulary skills, and term comprehension; the ability to move with physical clarity, specificity; and accuracy in sequencing movement with dynamic awareness and phrasing; as well as the ability to move with awareness of, and in relationship to, others.
- Develop your personal artistry and individual voice.

Effective communicators and creative problem solving

- Develop effective and cogent oral and written communication utilizing appropriate resources and materials to support a perspective or point of view on dance with informed application of dance knowledge that is anatomically and pedagogically sound.

Display innovation and competence in choreography

- Engage and experiment with approaches to creating new movement. Demonstrate competence with choreographic forms and structuring devices in support and development of an idea or theme that matters to you.
- Cultivate your voice as an artist.

Use dance to build community

- Engage and contribute to current trends within the dance community through community performances, engagement with local schools and senior centers, professional workshops, and/or as part of an internship.

Develop leadership and professionalism

- Collaborate with others within and outside of dance for various projects. Participate in constructive critiques, demonstrating the ability to provide, utilize, and apply productive feedback.

Where Can You Go?

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| Choreography | Recreational Therapy |
| Performance | Marketing, Business |
| Education | Occupational Therapy |
| Physical Therapy | Artistic Director |

1st YEAR

2nd YEAR

3rd YEAR

4th YEAR

	1st YEAR	2nd YEAR	3rd YEAR	4th YEAR
Pursue Knowledge	<p>Take:</p> <ul style="list-style-type: none"> - Jazz Dance Theory and Technique I - Movement Fundamentals and Body Practice (fulfills Wellness 100) - Ballet Theory and Technique I - Modern and Post-Modern Dance Theory and Technique I - African Dance Theory and Technique I - Dance Repertory (touring company class) 	<p>Take:</p> <ul style="list-style-type: none"> - Anatomy and Physiology Concepts I with Lab - Laban Movement Analysis - Choreography I - Dance History - Jazz Dance Theory and Technique II or Ballet Theory and Technique II - Modern and Post-Modern Dance Theory and Technique II or African Dance Theory and Technique II - Hip-hop, Latinx Dance Forms, or Contact Improv (Fulfills Wellness 200) - Dance Repertory (touring company class) 	<p>Take:</p> <ul style="list-style-type: none"> - Teaching Dance. - Music Course. - Theater Course. - Jazz Dance Theory and Technique II or Ballet Theory and Technique II. - Modern and Post-Modern Dance Theory and Technique II or African Dance Theory and Technique II. - Dance Repertory (touring company class) 	<p>Take:</p> <ul style="list-style-type: none"> - Advanced Dance Seminar - Jazz Dance Theory and Technique III - Ballet Theory and Technique III - Modern and Post-Modern Dance Theory and Technique III - African Dance Theory and Technique III - Dance Repertory (touring company class) <p>Complete:</p> <ul style="list-style-type: none"> - an Internship or Fieldwork
Gain Experience	<p>Work with visiting international guest artists and choreographers.</p> <p>Begin collaboration with the Physical Therapy program.</p> <p>Audition to perform in faculty works for the fall dance concert.</p> <p>Choreograph and/or audition to perform in student choreographed works for the spring dance concert.</p>	<p>Consider auditioning for the Dance Study Abroad in Italy summer program.</p> <p>Work with visiting international guest artists and choreographers.</p> <p>Tour with repertory touring company on and off campus (New England area as well as New York City and Boston).</p> <p>Audition to perform in faculty works for the fall dance concert.</p> <p>Choreograph and/or audition to perform in student choreographed works for the spring dance concert.</p>	<p>Gain teaching experience in public schools and dance studios through the Teaching Dance Course Lab.</p> <p>Apply for an internship at Jacob's Pillow Dance Festival or other dance organizations.</p> <p>Tour with repertory touring company on and off campus (New England area as well as New York City and Boston).</p> <p>Work with visiting international guest artists and choreographers.</p> <p>Choreograph and/or audition to perform in spring dance concert.</p>	<p>Present choreography and/or perform as part of your Senior Showcase Dance Concert.</p> <p>Tour with Repertory touring company on and off campus (New England area as well as New York City and Boston).</p> <p>Apply to present choreography and/or perform at ACDA Conference</p> <p>Work with visiting international guest artists and choreographers.</p> <p>Build your artist website, which includes professional dance photoshoot, resume, grant workshop, video reels, and more!</p>
Build Your Communities	<p>Participate in the Dance Club: Master classes, workshops, and community building events.</p> <p>Get involved with a club, service activity, intramural sports, New Student Orientation (NSO), Residential Life, or Pre-Camp.</p> <p>Consider a campus job, if you are eligible for work-study, or community-engaged employment opportunities.</p>	<p>Participate in the Dance Club.</p> <p>Get to know the larger Springfield community through service projects with the Center for Service and Leadership.</p> <p>Build your intercultural competence by getting involved with the Office of Diversity, Equity, and Inclusion and the International Center.</p>	<p>Participate in the Dance Club.</p> <p>Perform in the Gymnastics Exhibition Show as part of the Dance Club.</p> <p>Mentor a first-year dance major.</p> <p>Explore short-term abroad opportunities with the International Center, as well as service-oriented spring break experiences in the U.S., like Alternative Spring Break.</p>	<p>Participate in the Dance Club.</p> <p>Perform in the Gymnastics Exhibition Show as part of the Dance Club.</p> <p>Mentor a first-year dance major.</p> <p>Explore new activities you haven't tried before.</p>
Prepare for Life After College	<p>Get involved to develop transferable skills</p> <ul style="list-style-type: none"> • Attend departmental and campus events to network and meet faculty, staff, and students. • Meet with a Career Counselor to explore careers and/or majors. • Utilize Career Center resources, including Handshake. 	<p>Develop academic and career-related goals</p> <ul style="list-style-type: none"> • Visit the Career Center to research fields of interest. • Have resumes and cover letters reviewed by the Career Center. • Now is the time to develop your academic and career goals with your advisor and a career counselor. 	<p>Gain experiential education in your field</p> <ul style="list-style-type: none"> • Attend networking events and job fairs to learn about employment opportunities. • Plan an internship experience with your faculty internship coordinator and the Career Center. • Look at graduate school requirements to ensure you are on track. 	<p>Apply for jobs or graduate school</p> <ul style="list-style-type: none"> • Prepare your applications for jobs and graduate school. • Ask professionals to serve as references. • Participate in mock interviews to strengthen skills and build confidence. • Speak with the International Center about opportunities in the U.S. and abroad.

The map offers suggestions for activities and careers, but everyone's abilities, experiences, and constraints are different. **You don't have to do it all.**