

Be curious, be creative, be yourself

The Task

Read the Twyla Tharpe's 'Your Creative DNA' chapter. Work through the questions for your creative autobiography (within the chapter) and in response create a piece of work based on the theme:

'The Essence of Me'

This is your opportunity to introduce yourself to your tutors and your peers through a creative response that explores:

- Who you are?
- Your values, interests, or experiences

This task is about exploring your identity as a creative practitioner — not being perfect.

What You Can Create

You can respond in **any format, approximately 2-minutes in length**. For example, but not limited to:

- Script or monologue
- Short film
- Poem or short story
- Movement or performance piece
- Artwork, craft, or photography

Your piece must reveal something meaningful about yourself.

Sharing Your Work

You will present your work in the **Rehearsing a Performance** module at the start of term.

You should be prepared to:

- Share or perform your piece
- Speak briefly about your ideas and choices

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Top Tips

- Keep it **simple and clear** and focus on **authenticity over complexity**
- Choose a format that suits you, but also **stretches you slightly**
- Think about **what you want others to understand about you**