

## ***SOFMAS - Term two Newsletter***

***17th April, 2017***

### **Dates**

- Start of term: Tuesday 18th April
- Anzac Day public holiday: Tuesday 25th April
- Student Meeting: Monday 5th June
- Student/Director Meeting: Wednesday 7th June
- Teachers' Meeting: Sunday 11th June 2- 4pm
- Graduation ceremony: Sunday 11th June 6pm
- End of the term: Friday 16th June

### **Change in Daily program at the school**

We are changing the daily program this term. The first session each day at 9am will consist of practical hands-on group classes. Turns will then be interspersed between other sessions during the day – and the previous classes will set up activities for people to explore when they aren't having their turn.

Please ensure that you are there promptly so that you do not miss out on those classes

### **Here are some ideas of activities which you can engage in during turn time**

- There are often other teachers present during turn time who will be giving extra turns. They will have their name on the board with "Extras" written above them, and once again you can write your name up under them. It's a matter of first in first served
- Third year students may also be available to work with other students. They have the option of putting their name on the board also.
- Observation. One of the skills we develop over time is the skill of diagnosis and assessment of patterns of use. Observation of others turns is often valuable in this regard.
- Mirror work. In the studio you can arrange the mirrors so that you can work on yourself as Alexander describes in his own case in "Use of the Self"
- Anatomy study – there is a good range of different anatomy books in the school library. These are not available for borrowing outside of the school, but studying these gives a wide range of different perspectives on different aspects of anatomy. Also there is a box of bones, a skeleton and each other to play around with.
- Complete your book-reading or other study.
- Those who are in the second half of the second year and third year students can begin to

### Visiting Teachers

- **Simon Fitzgibbon**- will be teaching at the school from Monday 1st to Wednesday 3rd May. He will be offering half hour private lessons in the afternoon. Cost \$70 and \$50 for trainees.
- **Marjory Fern** - we are still finalising details of her visit but she will probably be at the school from 29 - 31 May and running a workshop on Sunday 28th May

### Overview of assessments

On Wednesday 19th March David will go over all the units, assessments and assessment tasks required to complete the Advanced Diploma. We do go over this at the initial induction session, but there is so much information for people to process that most people don't remember this.

And particularly for the third year students we will identify written assignments which you can be working on now.

### Book Sessions

Readings from the Universal Constant in Living

- Monday 24th April - Chapter 4: A Technique for Prevention
- Monday 8th May - Chapter 5: The Constant Influence of the Manner of Use in Relation to Change - Parts One and Two
- Monday 15th May - Chapter 5: The Constant Influence of the Manner of Use in Relation to Change - Part Three
- Monday 22nd May - Chapter 6: Physiology and Physiologists

Readings from Use of the Self

- Monday 12th June - Chapter 1: Evolution of a Technique

### Book-reading Assignment

There will be a written assignment based on the reading of chapter one of "Use of the Self" which will be due at the start of term three. Mick, Pedro, Karen and Caroline have already completed this assignment but it will be due from all other trainees.

### Book Reading assignment

Outline the steps Alexander went through in the process he outlines in "Use of the Self", Chapter 1  
***This assignment is due by Monday July 24th***

The answer should run from one to two pages

- Writing will be in a MS Word or pdf document
- Any direct quotes will be put in inverted commas and referenced

- Writing will indicate a high level of understanding of the reading and a sophisticated level of analysis and judgment.

### **Anatomy**

Jana will be repeating her first two Developmental movement sessions for those who missed them the first time - and for those who would like to repeat them on:

- Wednesday 26th April
- Wednesday 10th May

And we will organise a third one later in the term.

On Wednesday 17th May, Kieran will be doing a presentation on Vision.

There will be two anatomy exams later in the term of which we shall give you sufficient notice.