

SEPTEMBER 9, 2020 | EDITION 4

HONOR THE BEAT

HUNTER NATIONAL HONOR SOCIETY FOR DANCE ARTS



Upcoming Reminders:



WEDNESDAY, SEPTEMBER 9TH
DEADLINE FOR PAY WHAT YOU CAN
OPTION - NDEO 2020
"VIRTUAL CONFERENCE"
TAKING PLACE 10/23- 10/25

SUNDAY SEPTEMBER 20TH
NHSDA INFO SESSION
7:00 - 8:30PM (BE SURE TO RSVP!)

SEPTEMBER 18TH- 20TH
NO CLASSES - HOLIDAY CLOSURE

***More info further down!**

IN THIS EDITION

NHSDA EVENTS

**UPCOMING EVENTS
& WORKSHOPS**

DANCE IN THE NEWS

BOOK OF THE MONTH

ALUMNI SPOTLIGHT

GET THAT MONEY

STUDENT DISCOUNTS

DANCER HEALTH

BIRTHDAY CORNER

CUNY CALENDAR

HELPFUL LINKS

Learn with us today, lead with us tomorrow, dance with us always.

Join Us!



NHSDA INFO SESSION



Join us for our Bi-monthly NHSDA Info Sessions!

Our FIRST Info Session will be:

Sunday, September 20th

7:00 - 8:30 PM

We will start with general support about the start of the Fall semester (navigating Blackboard/Zoom, who to contact for financial aid questions, etc...), then move into specific questions about the Honor Society and all the benefits of joining!

[CLICK HERE to RSVP](#) by Friday 9/18!

Knock
Knock

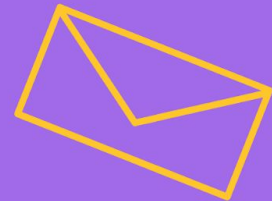
What dance do
all astronauts
know?

The moonwalk

Read Me!



IMPORTANT REMINDER: COLLEGE EMAILS



As a student be sure to use your school email for all Hunter College related communication.

EX: My.Name##@myhunter.cuny.edu

Other addresses are likely to not be received or responded to as they are generally not seen as official correspondence.

If you do not have access to your Hunter email or need further assistance, email Colin Powers, AGDEP Media and Office Coordinator, at GrdDance@hunter.cuny.edu

UPCOMING EVENTS & WORKSHOPS



RSVP

**DALLAS BLACK
DANCE THEATRE**

RELENTLESS EXCELLENCE

**DBDT Legacy
Performance Series +
Dancemaker's Discussion**

Sep 12, 2020 07:00 PM

Central Time (US and Canada)

DALLAS BLACK DANCE THEATRE

SATURDAY, SEPTEMBER 12, 2020

7:00 PM

**\$20 PER HOUSEHOLD TO VIEW THE LEGACY
PERFORMANCE + DANCEMAKER'S DISCUSSION WITH
NIJAWWON AND THE DANCERS.**

RSVP HERE

UPCOMING EVENTS & WORKSHOPS

LEE MINGWEI & BILL T. JONES PRESENTS:

OUR LABYRINTH

AVAILABLE TO WATCH ON YOUTUBE

*NO LOGIN REQUIRED

PERFORMANCES RUN ON SEPTEMBER 16TH, 23RD, & 30TH

Join MetLiveArts, in partnership with New York Live Arts, for a unique, site-specific iteration of Taiwanese-American artist Lee Mingwei's durational performance work **OUR LABYRINTH**. Lee has invited legendary American dancer and choreographer Bill T. Jones to collaborate on a special version specifically for New York City and The Met

OUR LABYRINTH is a live performance for an online audience, streamed over three weeks from three Met galleries while the Museum is closed. Each performance features a different cast member, a single dancer who uses a stylized broom to sweep a mound of rice along a labyrinthine path of their choosing. Performing this profoundly spiritual task, the dancer may encounter obstacles along the way but continues to navigate silently and mindfully.



[CLICK HERE FOR MORE INFORMATION](#)

*Shared from Met Museum Website

UPCOMING EVENTS & WORKSHOPS

STUDIO SCREEN | MR. SOUL!



**CLICK TO WATCH MR. SOUL!
FOR FREE**

In collaboration with Maysles Documentary Center, The Studio Museum in Harlem presents a virtual screening of the film, *Mr. SOUL!*, beginning at noon on Wednesday, September 9th and ending at noon on Saturday, September 12th.

Free and unlimited access to the film is available for the first 300 guests, after which the film will be available for purchase here.

How To Motivate Students Who Don't Want To Dance

CLICK HERE TO
READ ENTIRE
POST

Shared From Dance Ed Tips Blog Post



DANCE ED TIPS.
SUPPORT. REFINE. CONNECT. CELEBRATE.

I was digging through some old emails this week and I had found an email exchange between a colleague and I. At the time, I was working in a charter high school where I had to teach all the students in the school. This meant that all 250 students had to take dance with me every year. This was a great challenge in many ways, but the main difficulty was motivating students who didn't have a prior interest in dance.

DANCE IN THE NEWS

The Washington Post



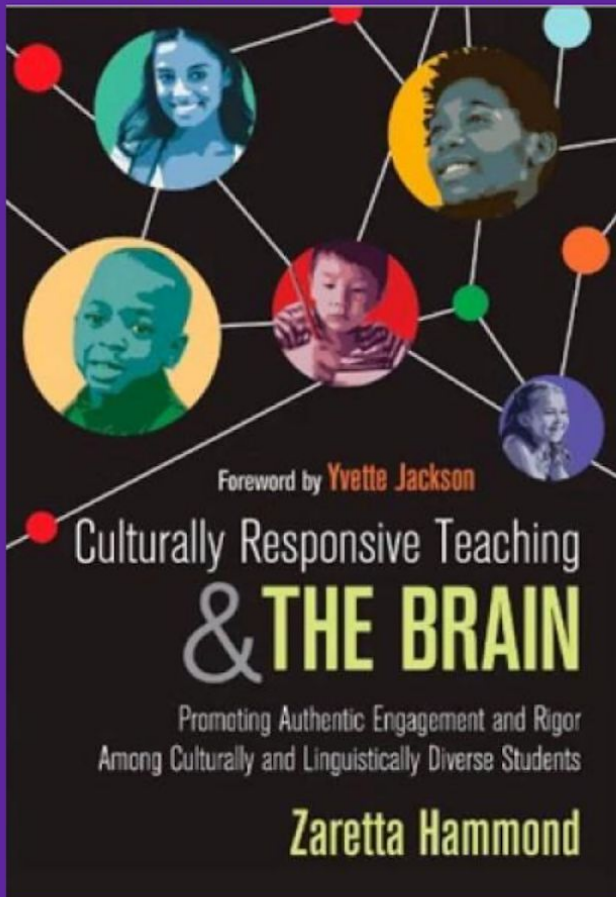
Empty classrooms, studios and stages: In the covid-19 era, an arts education requires an even greater leap of faith

With performance and training moving online, student dancers, musicians and actors are questioning whether to continue pursuing already highly competitive careers.

top Washington Post / Sarah Kaufman / Aug 20

BOOK OF THE MONTH

**CLICK PICTURE TO
PURCHASE ON AMAZON**



To close the achievement gap, diverse classrooms need a proven framework for optimizing student engagement. Culturally responsive instruction has shown promise, but many teachers have struggled with its implementation—until now. In this book, Zaretta Hammond draws on cutting edge neuroscience research to offer an innovative approach for designing and implementing brain compatible culturally responsive instruction.

The book includes: Information on how one's culture programs the brain to process data and affects learning relationships
Ten "key moves" to build students' learner operating systems and prepare them to become independent learners
Prompts for action and valuable self reflection.

***SHARED FROM AMAZON WEBSITE**

ALUMNI SPOTLIGHT - BLAIR HOTCHNER-HAYNES



Introducing Blair Hotchner-Hayes! Dance Educator, Choreographer, Performer

What did you study in Undergrad?

I studied dance and psychology at Hofstra University and even took a few classes in theater production.

Did you go immediately to grad school?

No, I graduated in 2010 and worked as a stage & company manager until I got certified as a yoga instructor in 2012. That's when I fell in love with teaching!

What were your favorite classes at Hunter and were there any classes that you would say really helped prepare you for after graduation?

Methods is so important to learning how to creating lesson plans which I found is the key to all other parts of teaching. My favorite class was Gaga with Saar Harari, it changed how I teach, choreography and dance.

What's your current job? How long have you been working there?

I teach dance at I.S. 61 in Corona, Queens. This is my 4th year.

How was your transition from Grad School to working professionally in a school?

Nothing can prepare you for teaching your own class. The best & worst part of my transition was how hard I was on myself. I constantly questioned if I was doing it right. Without another dance teacher I had to constantly adjust strategies to suit my class.

Any advice for future teachers to prepare for this?

Research explicit teaching & special education methods. So often you have such a wide variety of levels in your dance class. HOW you teach is just as important as what you are teaching.

You're Artistic Director of Rogue Dancers. How do you balance teaching full-time & directing a dance co.?

I started The Rogue Dancers in 2012, so when I entered school in 2014 we had a flow with weekly rehearsal & plans for seasonal performance but the set schedule made it harder to adjust when I wanted to use the dancers for school projects. It worked best when I kept the two separate & it's the same for my work as a teacher.

When it comes to your curriculum, which styles of dance do you cover & what are your favorites?

I cover ballet, modern, breakdancing/hip-hop, Jazz & guide the students to teach each other about their cultural dances. My favorite part is when the students share their cultural dances because you see their personality & pride.

Why do you feel dance education is so important?

In addition to learning about the art-form of dance, students learn goal setting & self-motivation which they can then use in all of their other classes

Do you have any advice on teaching in various school systems?

Communicate with your fellow teachers and other staff. It is the only way to know if the behavior is different in your room; either good or bad.



Interviewed by NHSDA Treasurer, Nicole Ohr

CONTACT
Info

Find on **TWITTER** at:

TW: @roguedancer

CONTACT
Info

Find on **INSTAGRAM** at:

IG: @theroguedancers



How to get a Student Discount



HUNTER FREEBIES / PERKS

EACH NEWSLETTER WE WILL HIGHLIGHT A FEW AWESOME PERKS YOU CAN GET AS A STUDENT AT HUNTER - WITH JUST YOUR STUDENT ID!

STUDENT DISCOUNTS ON RETAIL AVAILABLE WITH STUDENT ID OR HUNTER EMAIL ADDRESS

- ALEX & ANI - 10% OFF IN STORE NON-SALE ITEMS
- ANN TAYLOR 15% OFF FULL PURCHASE
- BANANA REPUBLIC 15% OFF PURCHASE
- CLUB MONACO 20% OFF ITEMS
- DOCKERS 20% OFF ONLINE PURCHASES
- LEVI'S 15% OFF FOR STUDENTS

KNOW ABOUT ANY OTHER GREAT PERKS WE MISSED?
DROP US A NOTE AT AGDEPHONORS@GMAIL.COM TO LET US KNOW!

IMPORTANT INFORMATION

Tuesday,
September 8th
the last day to
drop classes for a
50% refund.

Tuesday,
September 15th
the last day to
drop classes for a
25% refund.

For more important dates, click
below.

<https://www.cuny.edu/academics/academic-calendars/>

HOW TO BUDGET AS A COLLEGE STUDENT



(especially during these rough times)

Nine Month Student Budgets 2020–2021 (Undergraduate and Graduate)

There is more to the cost of education than just tuition and fees. Whether you are planning to attend Hunter as a part-time or full-time student, you can approximate your own expenses for the academic year (nine months) by considering the items below. Your **Full Cost of Attendance** at Hunter includes the *estimated* budget below in addition to your tuition and fees.

Students Living with Parents		Students Living Away from Parents	
Books and Supplies	\$1,364	Books and Supplies	\$1,364
Transportation (Metrocard)	\$1,088	Transportation (Metrocard)	\$1,088
Lunch	\$1,232	Lunch	\$1,232
Personal Expenses	\$1,787	Personal Expenses	\$4,416
Room and Board	\$4,450	Food at Home	\$2,222
		Housing	\$12,123
Total	\$9,921	Total	\$22,445



Calling All Artists

Green Space is open for rentals of up to five (5) people, with new safety protocols in place that can be viewed on their website.



Rates start at \$10/hr!!! Check the availability calendar [HERE](#) before emailing Info@GreenSpaceStudio.org or calling (718) 956-3037 to book.



\$10 REHEARSAL SPACE IS HERE

Shoutout to the

DANCE/NYC'S
NEW YORK CITY
DANCE
REHEARSAL
SPACE SUBSIDY
PROGRAM,
MADE POSSIBLE
BY THE ANDREW
W. MELLON
FOUNDATION.

DANCER HEALTH

How To Stay Focused During Stressful Times

Take your seat. Whatever you're sitting on—a chair, a meditation cushion, a park bench—find a spot that gives you a stable, solid seat, not perching or hanging back.

Notice what your legs are doing. If on a cushion on the floor, cross your legs comfortably in front of you. (If you already do some kind of seated yoga posture, go ahead.) If on a chair, it's good if the bottoms of your feet are touching the floor.

Straighten—but don't stiffen—your upper body. The spine has natural curvature. Let it be there. Your head and shoulders can comfortably rest on top of your vertebrae.

Situate your upper arms parallel to your upper body. Then let your hands drop onto the tops of your legs. With your upper arms at your sides, your hands will land in the right spot. Too far forward will make you hunch. Too far back will make you stiff. You're tuning the strings of your body—not too tight and not too loose.

Drop your chin a little and let your gaze fall gently downward. You may let your eyelids lower. If you feel the need, you may lower them completely, but it's not necessary to close your eyes when meditating. You can simply let what appears before your eyes be there without focusing on it.

Be there for a few moments. Relax. Bring your attention to your breath or the sensations in your body.

Feel your breath—or “follow” it—as it goes out and as it goes in. Some versions of this practice put more emphasis on the exhale, and for the inhale you simply leave a spacious pause. Either way, draw your attention to the physical sensation of breathing: the air moving through your nose or mouth, the rising and falling of your belly or chest. Choose your focal point, and with each breath, you can mentally note “breathe in” and “breathe out.”

Inevitably, your attention will leave the breath & wander to other places. Don't worry! When you get around to noticing your mind wandering—in a few seconds, a minute, five minutes—just gently return your attention to the breath. You can also label these thoughts as “thinking” before letting them go.

Practice pausing before making any physical adjustments, such as moving your body or scratching an itch. With intention, shift at a moment you choose. Allow space between what you experience and what you choose to do.

You may find your mind wandering constantly—that's normal, too. Instead of wrestling with or engaging with those thoughts as much, **practice observing without needing to react.** Just sit and pay attention. As hard as it is to maintain, that's all there is. Come back to your breath again without judgment or expectation.

When ready, gently lift your gaze (if your eyes are closed, open them). Take a moment and notice any sounds in the environment. Notice how your body feels right now. Notice your thoughts and emotions. Pause for a moment, and decide how you'd like to continue on with your day.

For more information on mindfulness in stressful times,
[check out www.Mindful.org](http://www.Mindful.org)

NDEO Conference Registration is OPEN!

Registration Deadline: October 19, 2020

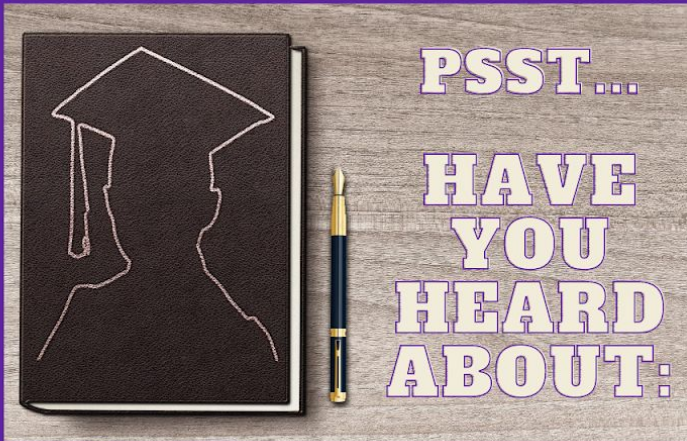
NDEO is committed to making the 2020 NDEO Virtual Conference accessible to as many people as possible. In addition to our Regular Registration fee, we are offering several discounted rates. Discounted rates are available through September 9, 2020. All registration options are for the full conference and open to all members; there are no one-day or student registration rates. All registration rates bestow the same full conference access to the registrant.

If you are unable to afford any of the registration options at this time and wish to attend the conference, please contact NDEO at conference@ndeo.org

REGISTRATION FEE OPTIONS

- Regular Registration (full access): \$195
- Reduced Fee Option 1 (full access): \$120 ends 9/9/20
- Reduced Fee Option 2 (full access): \$85 ends 9/9/20
- Reduced Fee Option 3 (full access): \$50 ends 9/9/20

Click Here!



FREE

Free
FREE

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Awesome Features:

- IOS & Android app
- Sharable Certificates
- Academic & technical support
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3,800+ Courses:

- Guided Projects
- Specializations
- Professional Certificates

UNTIL SEPTEMBER 30TH: COURSERA IS OFFERING FREE TUITION to undergraduate & graduate students with a verified college or university email address.

Enroll in a class on or before 9/30/2020 to have FREE access for at least two months from date of enrollment to complete them.

After free access concludes, you have 3 options to continue the coursework:
1) pay to enroll 2) apply for financial aid, or 3) audit the course for free.

[CLICK HERE](#) to sign up for free access before 9/30



BDAY CORNER



CUNY CALENDAR

SEPTEMBER 2020

- 4 ● Regina Nejman, MFA
- 5 ● Boram Yi, MA
- 6 ● Reyna Fox, MA
- 11 ● Kelly Bojos, MA
- 15 ● Abigail Kenoyer, BA/MA
- 20 ● Karina Varela, MA
- 25 ● Olivia Howard, MA

OCTOBER 2020

- 1 ● Nadia Conway, BA
- 2 ● Portia Wells, BA
- 5 ● Bianca Megaro, Alumni
- 17 ● Jody Gottfried Arnhold
- 19 ● Elizabeth Skeoch, MA
- 20 ● Dorrie Silver, MA
- 21 ● Katherine De La Cruz, Alumni
- 23 ● Sarah Isoke Days, BA

SEPTEMBER 2020

- 1 ● Late registration ends
- 7 ● College Closed: Labor Day
- 18-20 ● No Classes Scheduled
- 28 ● College Closed
- 29 ● Classes follow MONDAY schedule

OCTOBER 2020

- 5 ● Happy World Teachers Day!
- 12 ● College Closed: Happy Indigenous Peoples' Day!
- 14 ● Classes follow MONDAY schedule
- 31 ● HAPPY HALLOWEEN!

Happy Birthday from NHSBO!





QUESTIONS?

WANT YOUR UPCOMING EVENT
FEATURED IN FUTURE EDITIONS?
INTERESTED IN JOINING NHSDA?

Let's chat!
You can reach us at:

Email: agdephonors@gmail.com
Instagram: [@Hunter.NHSDA](https://www.instagram.com/Hunter.NHSDA)
Facebook: [@Hunter.NHSDA](https://www.facebook.com/Hunter.NHSDA)

HELPFUL LINKS

- [Help Desk](#)
- [Email Kathleen Isaac, Director](#)
- [Email for General Inquiries](#)
- [Full Student Freebie List](#)
- [Dance Education Program Overview](#)
- [Hunter NHSDA Instagram](#)
- [Hunter NHSDA Facebook](#)
- [Subscribe to this Newsletter \(please share!\)](#)