

SEPTEMBER 21, 2020 | EDITION 5

HONOR THE BEAT

HUNTER NATIONAL HONOR SOCIETY FOR DANCE ARTS



Upcoming Reminders:



MONDAY, SEPTEMBER 28TH
NO CLASSES SCHEDULED

TUESDAY, SEPTEMBER 29TH
CLASSES FOLLOW
MONDAY SCHEDULE

MONDAY, OCTOBER 5TH
HAPPY WORLD TEACHERS
DAY!!

**More info further down!*

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

Congrats!

WELCOME TO OUR NEWEST NHSDA & NDEO MEMBERS!



Chanel Holmes



Jessica Son



Roxanne Wickham



Zoe Warshaw

The National Honor Society for Dance Arts™ (NHSDA) is a program of the National Dance Education Organization (NDEO), created to recognize outstanding artistic merit, leadership, and academic achievement in students studying dance in K-12 education, dance studios, cultural/community centers, performing arts organizations, and post-secondary education.

Want to join NHSDA at Hunter? Are you teaching and want to start a chapter in your school?
We are here to help! Drop us a line at AGDEPhonors@gmail.com

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 for those impacted by the pandemic. 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:

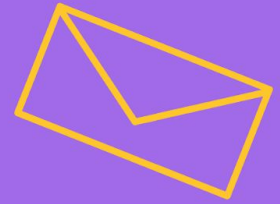
- Regular Registration (full access): \$195
- Reduced Fee Option 1 (full access): \$120
- Reduced Fee Option 2 (full access): \$85
- Reduced Fee Option 3 (full access): \$50

Click Here!





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

FIRESIDE CHAT SERIES
Featuring: Kenya Joy Gibson and Maxwell Louis Waterman
and their Video Dance project.



Meeting ID: 488 319 7018
Passcode: AGDEP

HONOR

JOIN US FRIDAY, SEPTEMBER 25TH

AGDEP **7 - 8 pm** **DANCE**
Arnhold Graduate Dance Education Program **AT HUNTER**
RSVP grddance@hunter.cuny.edu

FIRESIDE CHAT

FRIDAY, SEPTEMBER 25, 2020

7:00 - 8:00 PM

FEATURING KENYA JOY GIBSON AND MAXWELL
LOUIS WATERMAN AND THEIR VIDEO DANCE
PROJECT FOLLOWED BY A Q&A.

RSVP HERE



ATTENTION JOB ALERT!



The Hunter campus schools have immediate openings for per diem substitute teachers and \$15 per hour aides/monitors , particularly for the high school.

Interested candidates should reach out to

Lisa Siegman:

lsiegman@hccs.hunter.cuny.edu



SPOTLIGHT PODCAST:

The LLAB

Hosted by Antuan Byers, LLAB stands for listening, learning, and building.



The LLAB is a podcast where we create space to share Black stories in the dance world, dissect how white supremacy shows up in our dance spaces, and dream of ways in which we can move forward to a dance world that is safe for all of us to access, participate in, and thrive.

[Click here](http://poddedeux.com) for more information at **poddedeux.com**. Episode 1 available now!
Follow The LLAB on Instagram (@poddedeux) for the latest updates.

Photos by: Tom Marvel

Contribution Credit: Jessica Son



Black Dance Change Makers

Contribution Credit: Jessica Son



With BDCM you can:

- Join resourceful groups specific to your experiences
- Attend exclusive presentations from Black industry leaders
- Enrich a community you love through service initiatives

We stick together. Through rhythm, through balancing flexibility with strength, through courageously inspiring others to join in, and be a part of a real movement. Founded by Antuan Byers, Black Dance Change Makers (BDCM) is a platform designed to unite and uplift Black-identifying dancers, through leadership, education, service, and community building. We offer a safe, resourceful community for Black dancers around the world to connect with each other.

We're in this together.

Website: blackdancechangemakers.com
Instagram: [@blackdancechangemakers](https://www.instagram.com/blackdancechangemakers)
Email: hello@blackdancechangemakers.com

DANCE IN THE NEWS

The New York Times

The School That Camille A. Brown Built

The dancer and choreographer was on a career high when the pandemic hit. Now she has created a virtual school powered by the kind of social dance at the heart of her work.



BOOK OF THE MONTH

CLICK PICTURE TO
PURCHASE ON AMAZON



Learn how to redesign lessons with technology to individualize and personalize instruction, transforming what learning looks like for your students. In the Perfect Blend you'll learn how to create a "homemade recipe" for effective blended learning for your students. Rather than focusing on finding and implementing a specific established model, author Michele Eaton shows teachers how to embrace the flexibility of blended learning to take an active role as a designer of learning and, in the process, help students become advocates for their education.

This book provides an accessible resource for teachers beginning to use technology, as well as master blended teachers who are looking for new ideas or strategies. Includes templates and planning tools that can be used as is or modified to fit the needs of your students. Focuses on understanding and reflecting on your role as a designer of learning experiences, and creating and using digital content in the classroom.

*SHARED FROM AMAZON WEBSITE



ALUMNI SPOTLIGHT



What did you study in undergrad?

At Skidmore College, I majored in Dance and minored in Earlier Childhood Education.

Did you go immediately to grad school?

No, I took three years off to work several different jobs; restaurant server, office assistant, dancer and dance teacher. When I began graduate school, all of my work was related to the dance field. My first year at Hunter I continued to work as a dancer and teacher until I realized I couldn't do it all. I wasn't ready to give up dancing, so I cut down on my school work and studied part-time.

What was your favorite class at Hunter?

What classes would you say prepared you for life after graduation?

My favorite education course was "Literacy" with Professor Nicholas DiSanto. In addition to great exploration of the content and life experiences, he modeled the way a teacher should teach - with clarity and compassion.

My favorite class overall was Methods II. Both Methods classes helped build my tool kit and, along with Practicum, were extremely important. The academic knowledge of development, standards, and framework in combination with real life student teaching created a vast tool kit from which I constantly pull, whether teaching in a private conservatory or for public school outreach programs.

How was your transition out of Grad School?

It was difficult to initially find dance and dance education outreach work. I graduated in the winter, therefore most positions had been filled. Student teaching in the fall is a great way to see how students and teachers start their school year, but I had to say no to a great deal of work, as student teaching takes up your entire day. I stayed persistent and wrote emails to professionals who I knew and knew of me. Sending positive thoughts into the universe, I received some work from Dance Entropy and still continue to freelance with them today. I also took that time to take more classes and get back into shape.

What is your current job?

I'm a freelance dancer and dance educator. COVID has changed our landscape significantly and my work has too. The Ailey School and Rioult are not running their programs. Ailey's Arts In Education is running, but I don't know how much work there will be and the company I dance for, Matthew Westerby Company, is on hiatus. There is one private dance school in Fleetwood that I will be returning to mid-September.

I am re-imagining my dance and dance education career. I am creating some work for film with my own company, **NK&D / a movement company**, and I am now offering private, semi-private and pod classes.



MEET NICOLE KADAR

When did you form your dance company & what style of dance do you perform? What is its mission?

NK&D (Nicole Kadar & Dancers) was founded in November 2018 with fiscal sponsorship through Fractured Atlas. I began making work in the winter of 2013. I began taking my choreography more seriously after receiving positive feedback in David Howard's "Study of Forms." My Salon Series pushed me forward another step as a choreographer. Months after completing grad school in the winter of 2018, I filed for sponsorship and I'm glad I took that step. In **NK&D**, the dancers shape the work & the company.

I believe the way to move society forward is with thought-provoking conversation and self-reflection, which then leads to questions and creation. Those creations can be small - a hug, a thank you, eye-contact... or large - protests, dances, installations, political policies. **NK&D / a movement company** creates dance to express the human condition through choreography that displays relationships in athletic movement. Through these works the company hopes to inspire the audience to think more about the values of being human.

What styles of dance are in your curriculum? Which style is your favorite to teach?

I teach creative movement, tap, jazz, ballet & modern. I include anatomy and dance history in the curriculum. I also teach a dance appreciation class for senior citizens. I love teaching non-gender specific partnering and choreography. Seeing my students play with counterbalance and lift one another, just based on shift of weight and trust is exciting. As a teacher, I believe that "done" doesn't mean that improvements can't be made. Seeing my students become excited about editing their work is rewarding. To see children trust and build something together is incredible.

Why is dance education so important?

Every child moves, every child dances. It is critical that we as adults nurture curiosity and reinforce developmental movement patterns in our children so that they may be healthy, creative, critical thinkers. Dance education is more than teaching students about movement & composition. It is about helping students discover who they are and how they contribute to society. Dance education can create a more caring, social, democratic, and critically conscious society. Appreciation, respect, care, consideration, honesty, love, and creativity are all values that every person should have no matter his/her occupation. I know not all of my students will become dancers, but the values and lessons taught in dance will allow them to be better communicators, community members, and citizens.

Interviewed by NHSDA Treasurer, Nicole Ohr

CONTACT Info

Find on **Social Media** at:

IG: @nkd.amovementcompany **FB:** NK&D / a movement company

CONTACT Info

E-Mail: nkd.amovementcompany@gmail.com



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 MISCELLANEOUS ITEMS:

- FEDEX 20-30% OFF SHIPPING WHEN VALID STUDENT ID IS DISPLAYED
- [CLICK HERE](#) FOR 50% OFF AMAZON PRIME MEMBERSHIP
- CAMPUS CLIPPER, THE ULTIMATE COLLEGE STUDENT ONLINE COUPON BOOK
- UNIDAYS ONLINE FREE SUBSCRIPTION OFFERS STUDENT DISCOUNTS IN FASHION, BEAUTY, FOOD, TECH & MORE

LOGIN INTO CUNY PORTAL AND ACCESS THE CUNY E-MALL FOR VARIOUS DEALS

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

DID YOU KNOW?

Hunter offers financial aid in the form of:

Federal Grants
Federal Work Study
New York State Aid
Scholarships
Loans
Summer Funding



For more important dates, click below:

<https://www.cuny.edu/academic/s/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	\$4416
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.



FREE

Free
FREE

coursera

Coursera is a 100% online learning platform for higher education with thousands of courses from 200+ top universities & industry partners around the world. Learn at your own pace with courses starting at just 2 hours in length!

Awesome Features:

- IOS & Android app
- Sharable Certificates
- Academic & technical support
- Subtitles in 40+ languages

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

DANCER HEALTH

Sensory Rooms May Help Ease the Anxiety Students Feel from COVID-19



Sensory rooms are quickly becoming an important element of learning space design, & for good reason: They can help students with anxiety or sensory processing issues to calm down & relax, so that they are better able to focus and learn.

Some children, such as those on the autism spectrum, can easily become overwhelmed by touch, movement, sights, or sounds. Spending time in a calming sensory room might help them build intrinsic self-regulation skills to support better focus, attention, and behavior.

However, a sensory room isn't just for students with special needs. The prevalence of anxiety is escalating across all student populations during the COVID-19 pandemic. A calming sensory room offers a quiet space to regroup, which might help students manage their responses to stress.

A Valuable Strategy:

- Helps students with self-regulation
- Promotes improved focus & attention
- Creates inclusive & supportive learning environments
- Effective component of Social & Emotional Learning (SEL) or Trauma-Informed Care approach to managing anxiety & stress.



Calming Sensory Rooms Might Include:

- Soothing lights, sounds, & sights
- Beanbag chairs & other comfortable seating
- Fidget tools & other focus aids
- Weighted items & other deep touch pressure input

CLICK HERE to read the full article
Source: Cecilia Cruse, School Specialty

ADVICE FROM REBECCA DIEZTEL. M.S.

What should you do
when you get injured?

BE CALM

B = Breath

E = Evaluate

C = Crutches

A = Arrange an X-Ray

L = Elevation

M = Minimal Ice

For more information

<http://becalmprotocol.info> ●



BDAY CORNER

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

Happy Birthday from NHSBO!



CUNY CALENDAR

SEPTEMBER 2020

- 1 ● Late registration ends
- 7 ● College Closed: Labor Day
- 18-20 ● No Classes Scheduled
- 28 ● No Classes Scheduled
- 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!



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 \(please share!\)](#)