

## **Final Drama Reflection**

Drama is an extraordinary course in a way that we learn much differently than others. Rather than learning from writing essays or reading a text book, we learn from building relationships and sharing stories and our problems. It's not about words or equations; it's about creating solutions and solving them together. This is why I love drama, through life led learning it's the most "real" class in high school. Learning from other people's experiences affects you and your life in many different ways; having a positive outlook on life, empathy, and being open to a different perspective on things are all excellent skills learned in drama class.

"A man is but the product of his thoughts. What he thinks, he becomes." –Mahatma Gandhi. This quote is exactly like the sayings "is the glass is half full or half empty?" or "it is what it is". There are thousands of these sayings and yet people of all ages need to be reminded everyday to have a positive outlook on life. In drama class we have the opportunity to learn skills like being conscious of your attitude at an early age. People ruin their lives by living too negative and by taking things too critically. They don't realize that "it is what it is, that's life for you, learn to accept it." For example, I was recently diagnosed with Epilepsy, a neurological disorder. At first I wasn't sure what to think, all I knew was that my health was not good, but I wasn't sure how bad. After doing some research, I learned that Epilepsy is a disorder that I may or may not have for the rest of my life, but it can be controlled. Many people when they hear the possible "horrific" news they automatically think "the glass is half empty". Yes at some points in your life things are not always going to be perfect; at least I didn't just find out I had some incurable disease and only had six months to live. I decided that "the glass is half full"

is a much better saying to live by after this change in my life. Participating in the teen issue exercises during drama class, helped me realize that life could be worse, so I shouldn't waste my time mourning about how upset I was, I should deal with it and make the best of it.

Empathy is yet another important skill and can be learned through family relationships because parents model it for their children. It then can be practiced in the household and reinforced in the drama room. For example learning empathy at home has helped me to put myself in my character's shoes during a drama presentation. It is crucial to know how your character would feel in different situations for the presentation to be believable. For families that do not have the benefit of open conversations, empathy can be learned and practiced in the drama classroom, where students start to feel comfortable in sharing their feelings. Empathy has played a major role in assisting me to develop compassion towards others and to be less judgmental.

Finally, real life experiences versus text book knowledge often provide you with a new perspective. Having a different perspective provides you with a new appreciation for people, issues and ideas. For example, when you hear something on television or read it in a book, you may not internalize it quite the same way you do when you feel it with your heart and soul. Life led learning experiences will most likely change your outlook or perspective on things. In relationships people should be willing to hear both sides of the situation so they know how one another thinks and feels. Although perspectives may vary among friends or family, it doesn't mean you should change for them, but appreciating each other's thoughts during different circumstances will help you grow as a person. In drama class each day's attendance question

helped create and deepen relationships between peers, which opened up new conversations and new perspectives.

Through life led learning and drama assignments focusing on “real life”, open-honest conversations develop in class, at home, and with friends. These new conversations lead to the development of crucial human skills and values that are utilized throughout life; at home, at school, and in your future career. Most of these skills and values are not realized in other high school courses, yet so very important, and this is the reason why I want to teach drama.