

SARAH J. WIGGIN

EDUCATION

2015 Shakespeare & Company Lenox, MA
Professional Actor Training: Month Long Intensive

1995-1997 University of Arizona Tucson, AZ
Master of Fine Arts in Theatre Arts: Acting and Directing

1986-1991 University of New Hampshire Durham, NH
Bachelor of Arts: Theatre and English

1988 Regents College London, England
Study Abroad Program: Acting Emphasis

Special Certifications:

2020 Soma Studios MN
ATI Alexander Training Certificate: Ongoing

2009 Certified Basic Actor Combatant FDC, Toronto
Single Sword, Unarmed, Quarterstaff

2007 The Urbana Center for the Alexander Technique IL
AmSAT Alexander Teacher Training Certification: 800 Hours Completed

1991/1996 Certified Actor/Combatant SAFD
Rapier & Dagger, Broadsword, Unarmed, Quarterstaff

TEACHING

University Courses:

THE 511 – Structures and Styles Shakespeare (Missouri State University): Focused on understanding text through metrical and language analysis; style; and dynamics of action in Shakespeare. Intense scene study of roles in Shakespeare's plays.

THE 498 – Advanced Actor Seminar (Missouri State University): Prepared graduating BFA Acting Seniors for their Los Angeles Industry Showcase. Focused on type, scene selection, marketing, fund-raising, personal web-site development, and creating an industry contact/invitation list.

DAN 497: Topics – Dancing for the Actor (Missouri State University): Worked with students to synthesize acting and dancing training. Practiced bringing acting ability to choreographed movement. Explored contextualizing self for a casting table through movement. Explored honoring intention and choreography at the same time through analysis of expected movement qualities.

THE 492 – Senior BFA Project (Missouri State University): Directed graduating BFA students in their LA Industry Showcase. Coordinated industry events and workshops with representative industry professionals for students. Invited established alumni to speak with students.

THE 451 – Auditions (Missouri State University): Introduced advanced BFA students to audition techniques for performers; choice and preparation of audition materials, as well as construction of a resume, obtaining a useable photograph, information on agents, casting directors, casting notices, unions, and the development of a reliable network.

THE 430 – Directing I (Missouri State University): Practiced basic principles, skills and techniques underlying directing including composition, picturization, and dynamic movement. Focused on thorough textual analysis. Explored procedures in selecting and casting a play.

THE 424 – Dialects (Missouri State University): Introduced IPA and its transcription in the application of dialects for the stage. Explored a variety of dialects through dramatic text and character work.

THE 421 – Acting Studio IV (Missouri State University): Worked with BFA actors on advanced techniques and tutorial scene work from classic theatre literature of the late 19th and early 20th centuries. Introduction to Uta Hagen's Private Moment. Deeper exploration of the Stanislavski system. Explored advanced scene study texts focusing primarily on Chekhov and Ibsen.

THE 326 – Advanced Voice for the Stage I (Missouri State University): Introduced scansion and its application to performing classical material to BFA students. Continued development of dynamic physical and vocal expression of text. Explored techniques for vocal stamina.

THE 321 – Acting Studio III (Missouri State University): Worked with BFA actors on advanced characterization. Introduction to Meisner Approach. Explored types and anti-types. Encouraged actors to make bold text-based choices and to trust impulse.

THE 222 – Acting Fundamentals (Missouri State University): Introduced stage techniques, basics of characterization, scene study, and auditioning. Incorporated attendance to campus productions as a launching point for discussion about theatre and aesthetics.

THE 221 – Acting Studio II (Missouri State University): Continued building on the foundation laid in Acting I for BFA actors. Introduction of the Stanislavski System. Emphasized finding truth in performance through various acting techniques and physicalization of text. Application of play, character, and scene analysis to character study.

THE 125 – Voice and Movement for the Stage (Missouri State University): Introduced non-majors to physical and vocal awareness for the actor through basic Linklater and the Alexander Technique exercises. Introductory material on anatomy, breathing, and articulation; care and maintenance of body and voice.

THE 122 – Tools of the Actor (Missouri State University): Introduced majors to the fundamental tools of the actor: physical development, vocal development, and ensemble collaboration through the Alexander Technique, Linklater, and Viewpoints exercises. Application of those exercises and more to text.

Theatre 314.02 - Acting Styles: Discovery and Performance, Shakespeare (Illinois State University): Introduced the advanced student to Shakespeare in Performance looking specifically at how his language works and what methods he uses to achieve his dramatic effects. Used the study of language techniques, in-depth textual analysis, Sonnet exploration, monologue, and scene work to serve as a foundation for the actor's approach to performing Shakespeare.

Theatre 221 - Stage Movement II (Illinois State University): Continued exploration of Movement I and its principles. Introduced psychological gesture through monologue and scene work, applied detailed character analysis to the work.

Theatre 220 – Stage Movement I (Illinois State University): Introduced sophomore level majors to fundamental principles of stage movement, including self-awareness, flexibility, and physical characterization. Focused primarily on the Alexander Technique and awareness of the use of the self to develop an organic connection between mind and body. Introduced the student to the Laban principles of flow, space, time, weight and effort actions as a means to approach psychology through physicality and text exploration.

Theatre 153 – Introduction to Acting (Illinois State University): Introduced the general college student to the process and nature of acting. Offered a variety of theatre experiences including improvisation, monologue/scene work, and writing critiques to encourage an understanding and appreciation of the actor's craft.

Theatre 113 – Acting II (Illinois State University): Focusing on analysis, rehearsal, and performance of representative scripts, continued building on the foundation laid in Acting I. Encouraged students to make textually supported and active, need-based choices. Further explored the Stanislavski principles introduced in Acting I and acquainted students with Michael Chekhov's Twelve Guideposts.

Theatre 110 – Acting I (Illinois State University): Introduced basic skills and concepts of acting to freshman majors and minors. Explored the actor's internal (psychological – emotional) resources through exercises, discussions, writing, and performance projects. Introduced the basic Stanislavski principles of objective, obstacle, intention, subtext and scoring of text.

Speech 105 – Fundamentals of Public Speaking (Howard Community College): Introduced students to fundamental speaking skills for various situations with an emphasis on one-to-group presentations. Stressed effective communication in content, physical and vocal delivery as well as language use. Designed class activities and presentations around required textbook reading and practical application.

Theatre 151 – Acting II (University of Arizona): Lead freshman BFAs in exploration of craft, building on the foundation laid in Acting I. Using the principles developed by Stanislavski, challenged the actor to make need-based choices that are expressed with an instrument that is freely responsive to impulse. Expanded the students' understanding of scoring and analysis of text. Designed class activities around required textbook reading.

Theatre 149 – Acting I (University of Arizona): Guided freshman BFAs in exercises, games, individual performance projects, and discussion of assigned readings intended to aid the student in discovering the basic elements of the actor's craft. Identified students' misapprehensions about craft, as well as specific vocal and physical restrictions, and illustrated how those restrictions impact negatively on the performer's process. Introduced scoring and analysis of text.

Theatre 100 – Acting for the General College Student (University of Arizona): Introduced non-majors at all levels to the actor’s process via Stanislavski principles. Had full responsibility for creating lesson plans, leading classroom work, and evaluating student progress. Supervision provided via weekly meetings with advising professor.

Related Teaching Experience:

Speech Coach/Instructor – Premiere Public Speaking: Taught Public Speaking classes and seminars to post-docs for the National Institutes of Health (NIH), the National Institute of Environmental Health Sciences (NIEHS), the National Aeronautics and Space Administration (NASA), as well as PhD and MD students at various college programs.

Instructor – Musical Theater Center of Rockville: Instructor for a pre-professional/college prep performing arts center whose mission is to provide expert training in the musical theatre disciplines. Courses taught: Acting (multiple levels), Shakespeare, Stage Combat, Creative Dramatics.

Rep Stage Summer Actors’ Institute – Acting Conservatory: Using Shakespeare’s Comedies and Tragedies as a basis, lead teen and pre-teen students through the process of building a character, scene study, improvisation, and theatre games. Guided students through the preparation of a showcase or formal production.

Workshops & Presentations:

Association of Theatre Movement Educators (ATME) – Devised work-in-progress by choreographer Andrew Palermo: performer, Chicago IL July 2016

High School Workshop – “Auditioning”: presenter, Missouri State University, MO 2017, 2016, 2015, 2014, 2013, 2012, 2011, 2010, 2009, 2008

Association of Theatre Movement Educators (ATME) – “Momma at the Gate”: presenter, Scottsdale, AZ 2014

Speech and Theatre Association of Missouri (STAM) Conference: workshop presenter – “Preparing Students for BFA Auditions,” Point Arrowhead, MO 2013

National Theatre Company of Korea and Seoul Institute of the Arts: workshop presenter – “Devised Theatre Movement,” Seoul, South Korea 2013

American College Dance Festival Association Regional Conference: workshop presenter – “Delsarte Technique”, Springfield, MO 2012

Great Plains Theatre Conference, New Play Series: actor, new play series, *The Butcher* by Gwydion Suilebhan, Omaha, NE 2012

Kansas Thespians Conference: workshop presenter – “Preparing for College BFA Auditions” and “Shakespeare’s Language,” Wichita, KS 2012

Great Plains Theatre Conference, New Play Series: actor, new play series, *Starved* by Suzanne Heathcote and *Embrace Arms* by Linda Evens, Omaha, NE 2011

Kansas Thespians Conference: workshop presenter – “Ensemble Building” and “Understanding Shakespeare’s Language,” Wichita, KS 2011

Missouri Thespians Conference: workshop presenter – “Introduction to Basic Rapier Technique”, Springfield, MO 2011

Great Plains Theatre Conference, New Play Series: actor, new play series, *Carry Me* by Skot Davis, Omaha, NE 2010

Women’s History Month Keynote Address Presentation – *What Mommy Told Me:* actor/presenter, Missouri State University 2010

MATC Playwriting Symposium: actor, Chicago, IL 2009

12th Annual Women’s and Gender Studies Symposium: presenter, University of Illinois, IL 2007

Violence for the Stage Workshop: presenter/actor, The Shakespeare Project at the Avalon Theatre, MD 2005

Fight Direction and Choreography Demonstration: presenter/actor, Howard Community College, MD 2003

Audition Techniques: presenter, University of Maryland, ACT 2003

Safety in Combat for the Stage: presenter/combatant, Howard Community College, MD 2002

The Voice in Violence: presenter/actor, Howard Community College, MD 2001

Careers in Theatre: presenter, Rockville High School, MD 2002

Acting in Shakespeare: presenter/actor, Trinity College, DC 1999

Improvisation & Theatre Games: presenter/actor, Keene State College Upward Bound, NH 1999

Puppetry Design & Manipulation: designer/puppeteer, Keene State College Upward Bound, NH 1998

Arts Oasis: combatant/singer/dancer, University of Arizona, AZ 1996

Teaching aptitude:

Acting, Directing, Auditions, Voice and Movement, Period Styles, Shakespeare, Acting for the Camera, Dialects, Auditions, Ensemble Theatre Building, Introduction to Theatre, Creative Dramatics, Public Speaking

ACTING

Theatre:

<i>Death Valley: A Love Story</i>	Carol	Springfield Contemporary Theatre
<i>Grounded</i>	The Pilot	Springfield Contemporary Theatre
<i>Good People</i>	Margaret Walsh	Resident Artist Ensemble/SCT
<i>Mama at the Gate</i>	Daughter	Agnes Table/Seoul Arts Institute
<i>God of Carnage</i>	Veronica	Resident Artist Ensemble/SCT

<i>The Destination</i>	Zyrd	Agnes Table/Burlington City Arts
<i>The Odd Couple: Female Version</i>	Florence Unger	Tent Theatre
<i>Rabbit Hole</i>	Becca Corbett	Resident Artist Ensemble/SCT
<i>The Musical Comedy Murders of 1940</i>	Elsa Von Grossenknueten	Tent Theatre
<i>1905 (World Premiere)</i>	Hilda	Agnes Table/UMass Amherst
<i>The Unnatural and Accidental Women</i>	Aunt Shadie	ISU Faculty Guest Artist
<i>The Merry Wives of Windsor</i>	Mistress Page	Baltimore Shakespeare Festival
<i>Big Death and Little Death+</i>	Mom	Woolly Mammoth Theatre Co.
<i>The Member of the Wedding+</i>	Janice	Ford's Theatre
<i>Hedda Gabler</i>	Thea Elvsted	Everyman Theatre
<i>Romeo and Juliet+*</i>	Juliet/Ensemble	The Shakespeare Theatre
<i>My Presidential Journal</i>	Various	The Warehouse Theatre
<i>Phoebus' Lodging</i>	Michelle	Kennedy Center New Play Festival
<i>Stonewall Country*</i>	Anna Jackson	The Theatre at Lime Kiln
<i>I Love You (World Premiere)</i>	Lorraine	The Charter Theatre
<i>Love's Labour's Lost</i>	Katherine	Washington Shakespeare Co.
<i>Hamlet</i>	Ophelia	Richmond Shakespeare Festival
<i>She Stoops to Conquer</i>	Kate Hardcastle	Little Theatre of Alexandria
<i>The Dresser</i>	Irene	The Folger Theatre
<i>Biloxi Blues</i>	Rowena	The Public Theatre of Maine
<i>The Night of the Iguana</i>	Hannah Jelkes	Arizona Repertory Theatre
<i>You Can't Take It With You</i>	Penny Sycamore	Arizona Repertory Theatre
<i>I Remember Mama</i>	Aunt Trina	Arizona Repertory Theatre
<i>Execution of Justice</i>	Gwen Craig	Arizona Repertory Theatre
<i>The Passion of Dracula</i>	Wilhelmina	Imperial Players
<i>The Cat and the Canary</i>	Susan Silsby	Imperial Players
<i>The Legend of Daniel Boone*</i>	Betsy Calloway	Ft. Harrod Drama Co.
<i>The Nightingale/Tour*</i>	The Nightingale	Birmingham Children's Theatre

(*denotes dance captain, +denotes understudy in performance)

Film & Television:	<i>Seek Help Web Series</i>	Dr. Rosalyn Pinkett Female	Andie Botrell/Andie Botrell
	<i>Gods and Generals</i>	Companion Meredith	Ron Maxwell/Warner Bros.
	<i>Law & Order: SVU</i>	McGrath	Alex Zakrzewski/Universal Network
	<i>Restless</i>	Mother	Adam Gault/RISD Thesis Film
	<i>Apparitions</i>	Sara	Jim Weaver/Apposite Productions

DIRECTING/CHOREOGRAPHY

2022 Director	<i>Good Kids</i>	Missouri State University
2021 Director	<i>She Kills Monsters</i>	Missouri State University
2021 Director	<i>Beehive: the 60's Musical</i>	Tent Theatre
2019 Director	<i>The Mousetrap</i>	Tent Theatre
2019 Director	<i>Bare the Musical</i>	Missouri State University
2018 Director	<i>Heathers the Musical</i>	Missouri State University
	<i>Angels in America:</i>	
2016 Director	<i>Millennium Approaches</i>	Missouri State University
	<i>A Midsummer Night's</i>	
2015 Director	<i>Dream</i>	Missouri State University
	<i>Sherlock Holmes: The Final</i>	
2015 Director	<i>Adventure</i>	Tent Theatre
2015 Director	<i>Painting Churches</i>	RAE/SCT
2014 Director	<i>You Can't Take It With You</i>	Tent Theatre
2014 Director	<i>columbinus</i>	Missouri State University
2013 Director	<i>Steel Magnolias</i>	Tent Theatre
2013 Director	<i>The Children's Hour</i>	Missouri State University
2013 Director	<i>Almost, Maine</i>	Missouri State University
2011 Director	<i>Love's Labour's Lost</i>	Missouri State University
2011 Director	<i>The Beaux' Stratagem</i>	Missouri State University
2009 Director	<i>Macbeth</i>	Missouri State University
2009 Director	<i>Oedipus</i>	Missouri State University
2008 Acting Coach	<i>Spring's Awakening</i>	Illinois State University
2008 Choreographer	<i>Big River</i>	Bloomington High School
	<i>5 Women Wearing the Same</i>	
2007 Director	<i>Dress</i>	The Women's Project: ISU
2007 Fight Director	<i>Othello</i>	Dominican University
2007 Choreographer	<i>Oklahoma!</i>	Bloomington High School
2006 Movement Coach	<i>The Bluebird</i>	Illinois State University
2005 Fight Director	<i>West Side Story</i>	Walt Whitman High School
2005 Fight Director	<i>Oklahoma!</i>	Musical Theatre Center
2004 Assistant Director	<i>The Two Gentlemen of</i> <i>Verona</i>	The Folger Theatre
	<i>Bad Girls III: The</i>	
2004 Director	<i>Redemption</i>	Venus Theatre Company
2004 Director	<i>Crimes of the Heart</i>	Dominican University
2004 Director	<i>The Comedy of Errors</i>	Musical Theatre Center Howard Community College
2003 Director	<i>Picasso at the Lapin Agile</i>	
2002 Consultant	<i>Lear's Daughters</i>	University of Maryland
2002 Director	<i>Brush Up Your Shakespeare</i>	Musical Theatre Center Howard Community College
2001 Fight Director	<i>Romeo and Juliet</i>	Keene State College
1998 Director	<i>Bottom the Weaver</i>	Upward Bound

1997 Director	<i>Hotline</i>	University of Arizona Birmingham Children's Theatre
1994 Choreographer	<i>The Nightingale</i>	
1993 Choreographer	<i>The Olio</i>	Imperial Players
1992 Director	<i>The Chalky White Substance</i>	Ft. Harrod Drama Co.
1992 Director	<i>The Power of the Macumba Cole! The Music of Cole</i>	Ft. Harrod Drama Co.
1991 Choreographer	<i>Porter</i>	Beechwood Theatre University of New Hampshire
1990 Director	<i>Suppressed Desires</i>	

GRANTS/HONORS/AWARDS

2012 – Recipient: Faculty Research Grant, Graduate College, Missouri State University

2012 – Recipient: Public Affairs Faculty Spotlight, Office of Public Affairs, Missouri State University

2010 – Recipient: Public Affairs Level 2 Grant, Office of Public Affairs, Missouri State University

2009 – Recipient: College of Arts and Letters Summer Faculty Fellowship, Missouri State University

2008 – Recipient: College of Arts and Letters New Faculty Summer Research Fellowship, Missouri State University

2007 – Recipient: College of Fine Arts Dean's Grant, Illinois State University

2005 – Ruby Griffith Awards First Runner-Up, Outstanding Achievement in a Musical: *Oklahoma*, Musical Theatre Center (Fight Choreographer)

2005 – Helen Hayes Nomination for Outstanding Resident Play: *The Two Gentlemen of Verona*, Folger Theatre (Asst. Director)

2003 – Baltimore City Paper's Top Ten: The Year in Theatre #4 ranking: *Picasso at the Lapin Agile* (Director)

2000 – Little Theatre of Alexandria Best Actress in a Lead Role Nomination: Kate Hardcastle in *She Stoops to Conquer*

1997 – Theta Alpha Phi's Best Performance by an Actress in a Leading Role: Hannah in *The Night of the Iguana*

1995-1997 – Graduate Teaching Assistant, University of Arizona

1996 – Recipient: Marroney Scholarship, Department of Theatre Arts, University of Arizona

1995 – Recipient: Haldeman Scholarship, Department of Theatre Arts, University of Arizona

1990 – Recipient: Hennessey Scholarship, Department of Theatre and Dance, University of New Hampshire

SERVICE

- Public Affairs Panel Producer, MSU (University)
- Graduate Scholarship Committee, MSU (University)
- Recruitment Committee, MSU (College of Arts & Letters)
- College Council, MSU (College of Arts & Letters)
- Chair, Recruitment Committee, MSU (Department of Theatre & Dance)
- Faculty Advisor: UCYA, MSU (Department of Theatre & Dance)
- Musical Theatre Advisory Committee (Department of Theatre & Dance)
- Chair, Guest Artist Committee, MSU (Department of Theatre & Dance)
- Scholarship Committee, MSU (Department of Theatre & Dance)
- GPA Committee, MSU (Department of Theatre & Dance)
- Production Committee, MSU (Department of Theatre & Dance)
- Production Committee, ISU (Department of Theatre & Dance)
- Convocation and Special Programs Committee, ISU (Department of Theatre & Dance)
- Faculty Advisor: The Women's Project, ISU (Department of Theatre & Dance)

PROFESSIONAL MEMBERSHIPS

- AEA, National
- SAG-AFTRA, National

COMMUNITY OUTREACH

Rescue One: <i>Legally Blonde</i> partnership	2016
Missouri State University, West Plains: Shakespeare performance	2014
Phelps Grove Partner in Education: Missouri State University	2010, 2011

Humane Society of Central Illinois, Bark Fest: Fight choreographer for *Pirates of the Caribbean* themed fund-raiser. 2006

Rockville High School Master Classes: Instructor, RHS, MD 2000-2004

Educacion 2000: Instructor, Quince Orchard High School, MD 2001-2002

Family Day at the Theatre: Co-Director, Imperial Player, CO 1992

Youth Program: Director, Ft. Harrod Drama Co., KY 1991

Artsreach(Classical Theatre Touring Program): Actor, University of New Hampshire, NH 1989-1990, 1990-1991

Theatre Resources for Youth: Actor, NH 1989, 1990, 1991