Layperson Summary

The portfolio project I have decided to create is titled “Connecting What Is Detached: Becoming Resilient through The Movement in Life”. It is representation of all the connections I have made and would like to make after the years of my undergraduate studies in dance performance and psychology, along with my experiences with the University Honors Program at UNC Charlotte. The basis of this project is to explore how dance and movement can be used as a tool to help individuals realize their own capabilities, no matter their physical, emotional, or psychological ability levels. I will be specifically looking at concepts of self-empowerment and resilience in relationship to forms of movement and dance. I will be expanding upon these concepts as they have been presented in my own life and how I perceive them as I reach a deeper understanding of both.

I will be using artifacts from my own personal experiences with various locations from my life to help explain the significance of this investigation, as well as to be a starting point for further research and connections to be made. The locations that I have chosen are a dance studio, a stage, a school classroom, a hospital, a football field, a library, a school basketball court, a sanctuary, a car, and a backyard. Each of these environments has broadened my understanding of how others use movement and dance in different situations. Each environment has, also, fostered a yearning inside myself for sharing with others what I have developed in conceptualizing dance and movement, with all of its benefits and healing effects. From these connections I have chosen to apply the theory of body-mind integration.
to what I have experienced in my own life. I will also apply different neurological research studies of dance and movement as a therapy for untrained individuals and as a practice or lifestyle for trained individuals in the field to the connections I make. I will build a collage of interviews, journal entries, essays, and videography/photography from these artifacts. As I explain the artifacts that I have chosen, I plan to show how each connects with the next. I will also be adding reflections made from my personal experiences working with children in the following year.

Benefits of this study would be a deeper knowledge of how dance and movement can be used not just as an entertaining pastime, but also as a therapeutic mechanism that all individuals can utilize in their lives. Personally, this study may help solidify some of my future endeavors of sharing the knowledge and ability I have in dance with others in need. It may also help to direct me to find what tools I may need, through future studies and training methods, to achieve my aspirations in the future. Overall, this process will help me to realize the unseen connections I have through my various experiences in life. With these realizations, I hope to use my own gifts in dance and movement in helping others become stronger individuals.