

JMU Honors Capstone
JOURNAL OF PROGRESS

FALL 2018 - 1st Semester, Junior Year

- October 15, 2018: Meeting with Jared Diener (honors adviser)
 - Met with Jared to discuss ideas for my capstone project. We worked on crafting a creative project that would incorporate both my theatre and broadcast journalism majors.

SPRING 2019 - 2nd Semester, Junior Year

- January 25, 2019: Meeting with Ingrid De Sanctis (associate professor of theatre)
 - Asked Ingrid to be my project adviser & she accepted!
- February 11, 2019: Meeting with Ingrid
 - I came into the meeting with a list of brainstormed capstone ideas. We discussed the benefits and challenges of each. I decided I wanted to incorporate gender and leadership research in my capstone, as this was a focus of my honors college minor.
- February 18, 2019: Meeting with Ingrid
 - I decided to create an interview-style documentary on female leaders in the arts! This style of project would allow me to utilize my journalism and film skills, research theatre practices, and learn from like-minded leaders.
- March 19, 2019: Meeting with Ingrid
 - Ingrid and I discussed how this capstone would benefit others. The opportunity to complete a large-scale thesis is a humbling platform and I wanted to share my findings with other aspiring theatre artists. We decided I would showcase my documentary once it was completed.
- April 3, 2019: Meeting with Ingrid
 - We worked on the paperwork for my capstone application & proposal. This included outlining my goals and tactics for the project, as well as what my creative deliverable would be.
- April 7, 2019: Acquiring a Reader
 - I asked Dr. Jessica Del Vecchio (assistant professor of theatre) to be a reader on my capstone team. She accepted! Jessica will guide me on finding research from scholarly sources. The research topics would include gender and leadership, and the history of theatre leadership for women.

- April 11, 2019: Meeting with Jessica
 - Jessica signed off on the proposal.
- April 11, 2019: Acquiring a Reader
 - Asked Shaun Wright (associate professor of media arts and design) to be a reader on my capstone team. He accepted! Shaun will guide me on filming and editing a documentary, as I didn't have an extensive education on this style of journalism.
- April 12, 2019: Capstone Proposal Due
 - Submitted my capstone proposal to the honors college for review.
- April 23, 2019: Meeting with Shaun
 - I met with Shaun to discuss my vision for the documentary. At this point, I didn't know if I'd be interviewing women across the country (NYC, LA, VA) or only in Virginia. He advised focusing on Virginia and D.C. theatres as this would speak well to my audience of primarily JMU students and faculty. He also gave me some recommendations for different theatres to research.
- April 29, 2019: Meeting with Ingrid
 - I shared Shaun's advice with Ingrid and we decided I would focus my research on women in Virginia and D.C. theatres. For our next meeting, I will show her a list of potential contacts to reach out to.
- May 1, 2019: Meeting with Ingrid
 - I presented my list of theatre leaders to Ingrid. We discussed which women had a story to tell, and who would be excited to be a part of this project. Over the summer I will be researching gender & leadership in the arts.

FALL 2019 - 1st Semester, Senior Year

- September 17, 2019: Meeting with Ingrid
 - Ingrid and I discussed my research findings from over the summer. I told her I desired to incorporate the 'me too' movement in my research and interviews as this was a pivotal moment for the relationship between gender & leadership. The movement also took place during my years of arts education. I was curious to understand how this would affect the professional world I am soon entering.
- September 24, 2019: Acquiring Contacts
 - I reached out to theatre professor Ben Lambert for suggestions of women to contact for this project. As Ben was the coordinator for JMU D.C. theatre showcase, he was able to send me a list of people who fit the project's criteria.
- September 24, 2019: Interview Request Due
 - I emailed a template of my interview invitation to Ingrid, as well as a list of contacts to reach out to.
- October 8, 2019: Meeting with Ingrid

- We finalized who I will be contacting for interview requests. These women included an arts administrator, intimacy director, artistic director, actress, and dramaturg. I also presented my interview questions to Ingrid and we discussed the wording and organization of the questions.
- October 15, 2019: Applied for a CVPA Research Grant
 - I submitted an application for a \$550 research grant from the dean's advisory of the College of Visual and Performing Arts. The money would go toward transportation to theatres I am interviewing with and promotional supplies for my documentary screening.
- October 24, 2019: Emailed Anne Morgan
 - Sent an interview invitation to Anne Morgan, literary dramaturg at the American Shakespeare Center.
- October 24, 2019: Emailed Nancy Anderson
 - Sent an interview invitation to Nancy Anderson, actress at the American Shakespeare Center.
- October 25, 2019: Emailed Molly Smith
 - Sent an interview invitation to Molly Smith, artistic director at Arena Stage.
- October 25, 2019: Emailed Maria Manuela Goyanes
 - Sent an interview invitation to Maria Manuela Goyanes, artistic director at Woolly Mammoth.
- October 25, 2019: Emailed Anna Johnson
 - Sent an interview invitation to Anna Johnson, founding artistic and managing director at Cadence Theater Company.
- November 6, 2019: Emailed Sharon Ott
 - Sent an interview invitation to Sharon Ott, theatre administrator at Virginia Commonwealth University.
- November 11, 2019: Scheduling Mock Interview
 - Scheduled a mock interview with my reader, Jessica.
- November 12, 2019: Mock Interview & Meeting with Ingrid
 - Conducted a mock interview with my reader, Jessica. Afterward we discussed the strengths and weaknesses of my questions.
 - Following the mock interview, I met with Ingrid to revise the phrasing and order of some questions.
- November 18, 2019: Emailed Katie Ciszek
 - Sent an interview invitation to Katie Ciszek, assistant director at Ford's Theatre.
- November 18, 2019: Sent Interview Questions
 - Sent my questions to Anne Morgan to review prior to our interview.
- November 18, 2019: Sent Interview Questions
 - Sent my questions to Molly Smith to review prior to our interview.

- November 19, 2019: Awarded CVPA Research Grant
 - I was awarded \$550 from CVPA to go toward the completion of my capstone project!
- November 19, 2019: Emailed Cara Rawlings
 - Sent an interview invitation to Cara Rawlings, intimacy and fight director at Virginia Tech.
- December 2, 2019: Follow-Up
 - Checked in with Cara Rawlings to express my continued interest in interviewing with her.
- December 3, 2019: Spring Enrollment
 - I crafted a syllabus for my final semester of the capstone process and signed the enrollment form.
- December 11, 2019: Follow-Up
 - Set a tentative filming date with Cara Rawlings.

SPRING 2020 - 2nd Semester, Senior Year

- January 5, 2020: Submitted IRB
 - I submitted an application to be approved for research; however, this was discarded as you do not need to be approved for journalistic research.
- January 6, 2020: Scheduled Interview
 - Cara Rawlings and I scheduled an in-person interview for February 4.
- January 13, 2020: Camera
 - Shaun and I discussed what camera to use for shooting interviews. We contemplated aspects such as camera size and video/audio quality.
- January 13, 2020: Scheduled Interview
 - Anne Morgan and I scheduled an in-person interview for January 28.
- January 13, 2020: Scheduled Interview
 - Molly Smith became unavailable to interview at Arena Stage; however, Seema Sueko, the deputy artistic director expressed her interest in exchange! We scheduled an interview for February 11.
- January 20, 2020: Scheduled Interview
 - Katie Ciszek and I scheduled an in-person interview for February 20.
- January 21, 2020: Camera
 - I received clearance from John Hodges to use SMAD cameras. I was given full access to a Sony RX10.
- January 27, 2020: Camera
 - I picked up the camera I'd be using for interviews. John walked me through the baseline functions of the camera and I spent the evening testing focus and audio.

- January 28, 2020: Interview at American Shakespeare Center
 - I travelled to Staunton, Virginia to interview with dramaturg Anne Morgan. Our interview took place at the American Shakespeare Center offices and lasted from 10:30 a.m. to 11:15 a.m. Following the interview, I filmed Anne completing administrative work in her office. We wrapped at 11:30 a.m.! I then took video of ASC's theatre (outside) and the town of Staunton to be used for b-roll.
- January 31, 2020: Pre-submission Form Due
 - Submitted my pre-submission form to the Honors College.
- February 4, 2020: Interview at Virginia Tech
 - I travelled to Blacksburg, Virginia to interview intimacy and fight director Cara Rawlings. Upon arriving on campus at 11:30 a.m., I took b-roll video of Tech's libraries and theatre spaces. I then met Cara inside one of their theatre halls and filmed/observed a course she instructed, "Foundations of Movement and Voice" from 12:30 - 2:30 p.m. After, we went to her office and filmed our interview until 3:30 p.m.
- February 11, 2020: Interview at Arena Stage
 - I travelled to D.C. to interview deputy artistic director Seema Sueko. I arrived at 2 p.m. and took b-roll video of Arena Stage. At 3 p.m., Seema and I interviewed in an office space and we wrapped by 3:30 p.m.!
- February 12, 2020: Meeting with Ingrid
 - I met with Ingrid to share how my three interviews went and to discuss my findings! We talked about how the women's advice correlated to my academic research.
- February 14, 2020: Interview Cancellation
 - Due to a personal emergency, Katie Ciszek had to cancel our upcoming interview.
- February 18, 2020: Editing
 - I began editing my documentary. Today, I worked on the introduction segment.
- February 20, 2020: Editing
 - I completed the introduction segment of my documentary and began editing Cara Rawling's footage.
- February 25, 2020: Editing
 - I continued editing Cara Rawlings footage and began editing Anne Morgan's footage.
- February 26, 2020: Meeting with Ingrid
 - I presented Ingrid with the introduction segment to my documentary. She suggested an alteration of the title and a video inclusion of Tarana Burke, founder of the 'me too' movement.
- March 3, 2020: Editing

- Continued editing footage from my documentary and cut interview footage from Anne Morgan.
- March 5, 2020: Editing
 - Began adding b-roll footage on top of my documentary.
- March 24, 2020: Transferring Video
 - Emailed with my honors adviser, Jared Diener, about continuing my capstone since I no longer had access to on-campus equipment. My files were on the JMU server, and due to COVID-19, we no longer could enter school buildings.
- March 25, 2020: Transferring Video
 - Emailed with the media arts and design dean, Dr. Gwyneth Mellinger, as well as John Gruver and John Hodges about methods of transferring my capstone video from the JMU server to my personal laptop.
- March 30, 2020: Transferring Video
 - John Hodges virtually transferred my video footage from the JMU server to my personal laptop. He saved the day!
- April 1, 2020: Meeting with Ingrid
 - Via ZOOM: Met with Ingrid to discuss the next steps for my capstone. We set a two week deadline for completing my editing and written reflection.
- April 1, 2020: Editing
 - Began editing Seema Sueko's footage and interview.
- April 3, 2020: Editing
 - Added b-roll footage to the entirety of my documentary.
- April 5, 2020: Editing
 - My documentary reached the 30 minute time stamp! I reviewed the interviews from the three women to ensure I included their strongest points in the video.
- April 7, 2020: Writing
 - Began writing the reflection essay of my capstone based on my research and interviews.
- April 9, 2020: Writing
 - Crafted the "abstract" and "introduction" sections of my written capstone.
- April 10, 2020: Writing
 - Edited all written segments of my capstone and finished my reflective essay.
- April 13, 2020: Editing
 - Finished editing my documentary and uploaded it to be viewed!
- April 15, 2020: Completed Capstone
 - I sent my written work and video to Ingrid to review.
- April 16, 2020: Meeting with Ingrid & Sent Materials to Readers
 - Via ZOOM: Ingrid and I discussed my completed capstone and she gave me edits to apply to my written work.

- I sent the capstone materials to my readers to review.
- April 20, 2020: Checked in with Readers
 - Emailed Jessica & Shaun to confirm the review of my capstone.
- April 22, 2020: Edits from Readers
 - Jessica sent me her list of edits for my research and written work. She corrected my MLA formatting/citations and suggested I dive into the lessons I learned from the interviews. She also encouraged a deeper synthesize of my findings from the diverse interviews.
- April 23, 2020: Meeting with Ingrid
 - Via ZOOM: Ingrid gave me further notes on the written segment of my capstone. She encouraged deeper personalization of my reflection essay and fluidity of my thoughts and transitions.
- April 25, 2020: Writing
 - Edited the written segments of my capstone and sent my final draft to Ingrid for review.
- April 28, 2020: Edits from Readers
 - Shaun approved my documentary edits! He noted the structure of the video worked for the goals of my project.
 - Transcribed the documentary.
- April 29, 2020: Finalizing & Submission
 - Worked through final edits with Ingrid and sent a final copy to my readers.
 - SUBMITTED MY HONORS COLLEGE CAPSTONE!