

天主教輔仁大學英國語文學系學士班畢業成果
ENGLISH DEPARTMENT, FU JEN CATHOLIC UNIVERSITY
GRADUATION PROJECT 2021

指導教授：包磊思老師

Dr. John Basourakos

真善美聖

**Reflection on Participating in
the 2020 Annual Play: *Frozen***

SANCTITAS BONITAS

PULCHRITUDO

VERITAS

學生：何羽涵撰

Yu-Han Ho

406110657

Yu-Han He

LOD – 2020 Annual Play

Dr. John Basourakos

Reflection of 2020 Annual Play *Frozen*

In the 2020 Annual Play, *Frozen*, I was honored to play the character ‘Agnetha,’ a psychiatrist. The whole process is incredible and beneficial in many different ways. The play ends really well and I have received so much compliments. I am so grateful and overwhelmed. As usual, all the hard works are worth the while. It was a great experience being a part of the production crew of *Frozen*. It was a surprising, and unforgettable journey.



Fig 1. The *Frozen* Crew

Theater has become a wonderland for me since joining student productions. I was a member of the lighting crew in every production I joined since sophomore year.

Being the lighting crew is never a regret, but something I am grateful of. However, it was time to step out of my comfort zone. I have the thought of auditioning in mind for a long time, but I have never gathered up enough courage to practice. While I was in dilemma of auditioning for actress or the crew, Alice convinced me to give it a try. Finally, conquering the fear of embarrassing myself in front of everyone, I got the role of Agnetha. It felt like winning the whole world when I learned the news, especially knowing that Alice, who encouraged me, also got a role, Ingrid.

After stepping out of my comfort zone, the first challenge I encountered was becoming Agnetha, a more complex character compared to the one I prepared for the audition. Fortunately, our directors, Natasha and Michelle guided me through the process. We started by analyzing the character line by line. In order to make Agnetha a round character, apart from all details of her from the script, we also completed Agnetha's background and clarified her relationships with other characters in the play. With the precise details, I was able to find Agnetha's traits in me and enlarged those. All of these were contributed to immersing myself into Agnetha.

Though I enjoyed acting a lot, it was really stressful to perform in front of people, especially friends. The pre-rehearsal routine really reduced my stress level before stage. It began with Natasha and Michelle guiding us through a few warm-up exercises to loosen the body. Then, sometimes, we would do give-and-take activities

to allow actors and actresses to get more used to each other on stage. The ultimate goal was to understand each other without verbal communication. Most importantly, before going on stage, Natasha would always lead us into our own world with our characters. In my imaginary, Agnetha was standing in the middle of a hotel suite turning her face away from the entry. She wore a chic suit with a tidy hair. When I walked to the face her, her tears were leaking out of her eyes, just crying. Then, standing behind her, Natasha would ask us to 'walk' into our characters and to become him or her. The routine not only had me relaxed beforehand, but it also had me transformed into my character.



Fig 2. Acting on stage as Agnetha

I started off believing I had no connection with Agnetha and ended up having too much attachment to her. From my perspectives, Agnetha is so rational that she is not able to detect her own feelings. She leaves a perfect image to the world. On the contrary, not taking care of her genuine human emotions, she is shattered by them and she keeps the broken self deeply beneath everything else. She seems to be two

different and separated individuals. It's also because how rational she is that she could not find a reason to forgive herself for crossing the line after years. What she had done according to herself, is a sin. She feels guilty and regretful to her best friend, Mary. In the play, Agnetha tries to tell Mary the truth but did not, and it leaves an open ending to the audience.



Fig 3. Trying to tell Mary the truth

Agnetha in the play is struggling in life, and that more or less had influenced my personal life. It was not until towards the end of the process did I notice how deep our connection was. Sometimes, I found it really hard to get into my character. However, the result is the other way around. I have become more similar to her, since I enlarged her traits in me in order to perform. I have become more stressful, insecure and pessimistic. To me, Agnetha's traits in the script are not completely unrelatable but they are definitely on the lesser side in my case. Or at least, I did not recognize those factors well. In order to become the character, I think I cut deep into those negativities and try to bring out the aura of Agnetha at that situation.



Fig 4. Agnetha leaving her apartment after a mental breakdown

I felt double stressful during those times from my personal life and from Agnetha's. Every little thing seemed to be very serious that weighed a hundred kilograms on my shoulder. Also, my insecurity seemed to have been amplified. I felt unsafe. I was anxious all the time. I felt like I was very distant from every person in my life. I was emotionally isolated like Agnetha. I also became pessimistic, which was odd for me. It had become harder and harder for me to think on the bright side and eventually I found it hard to have decent sleeps at night.

Recognizing how different I was, I was determined for a change. So, I began with forcing out the negativities in my mind. Every time I think pessimistically, I would tell myself to 'think it in another way.' Then, I discussed my situation with a counselor. She advised me to do some mental practices and to stay with my family more. At the same time, I tried to figure out what made me stressful. For instance, I took a break from social media. The whole summer spent in my hometown, I felt less insecure and I felt at ease.

From attach to detach, the whole process has drastically changed my life. As an actress, learning more about myself and my feelings is what I think the most beneficial. Playing another person's life is like fast-forward life. I experience situations and feelings that might have to take years to happen in such a short period of time. It was interesting that while I was trying to become another person, I actually found more of me. I suddenly have more self-awareness. Detaching from Agnetha made me face my life properly. Though what had happened was unexpected, I am very grateful of them.

Frozen is a significant milestone and will always be one of the most memorable moments in my life. Playing *Frozen* means that I have finally stepped out of my comfort zone and move on to the next stage. *Frozen* has further shaped me as a person and my perspectives on life.



Fig 5. Curtain call Fig 6. Directors, actors and actresses