



The Actors Fund,
for everyone
in entertainment.

COLLEGE AND BEYOND FOR DANCERS DURING COVID-19

Creating a Balanced Life

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WHAT YOU'LL LEARN

- How to make your college experience – year by year – contribute to you as a dancer and thinker
- Strategies for taking care of your physical, emotional and creative needs
- How your college dance education lays the foundation for a range of potential career paths
- Ways to manage your time and money
- Guidelines for developing relationships that will support you and your art throughout your life

HOW TO PREPARE

- Have your computer ready with an open word document for your notes
- Think about the following questions: **KNOWING YOUR WHY**
 - What do you love about dance?
 - Why are you going to college and what do you hope to learn there?

WHAT YOU'LL TAKE AWAY AND INTO YOUR FUTURE

- Your notes and this document are the foundation for your career journal for years to come