

SOPHIA K. METCALF

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EDUCATION

Master of Fine Arts, Acting

University of California, Irvine CA

June 2021

- Thesis: Mime and Shakespearean Period Dance

Bachelor of Arts, English: Drama and Theatre, and Music

McGill University, Montreal QC

April 2018

- Thesis: Gender Solidification in Operatic Performance 1800-1850

TEACHING INTERESTS

Movement and dance

Clown, mask, and mime

Devising and collaborative theatre

Voice and speech

Queer and feminist performance theory

Singing and healthy vocal production

TEACHING EXPERIENCE

Faculty, Voice and Speech at the American Musical and Dramatic Academy (AMDA)

Sept 2021 - Present

Voice and Speech - 3rd Semester

- Design 16-week curriculum for collegiate acting students, based on Fitzmaurice Voicework and Knight-Thompson Speechwork
- Inspire young artists' curiosity about their own vocal instruments via graded reflective tools such as journals, readings, and discussion
- Build and facilitate online classroom space via Canvas
- Develop professionally via additional AMDA-wide workshops in Anti-Racism and Anti-Bias Trainings, as well as Mark Travis Rivera's Movement Accessibility Workshop

Intern, Knight-Thompson Speechwork (KTS)

June 2019 - August 2020

KTS Certification 5 and 6

- Aided in teaching and learning thirteen accents in three weeks
- Assisted students who needed technique clarification or accent help, including modeling different accents, teaching IPA, or demonstrating accent acquisition
- Assisted Prof. Phil Thompson and Prof. Andrea Caban in facilitating a three-week KTS teacher certification, including Google Drive maintenance, print outs, and caring for the health and wellbeing of all certifying teachers (certs) and undergraduate students (students)
- Maintaining both physical and online spaces for students and certs to work, including breakout rooms, feedback forms and forums, and clean workspaces

Teaching Assistant, University of California Irvine

Sept 2019 - Present

Intro to Movement

- Demonstrating and leading basic mime techniques based on Annie Loui's *The Physical Actor* via Zoom
- Creating dynamic lesson plans which included devising, self-creation, and interactive play and improvisation while working in an online classroom
- Encouraging ownership of the mime and movement tools by allowing students to lead sections of warmups, give each other positive feedback, and self-critique themselves using mirrors and self-tapes
- Promoting student growth and wellness by leading daily physical warmups
- Using the Liz Lerman method of critique to promote a classroom environment of growth via welcome feedback and positive criticism

Intro to Acting

- Created syllabi for an introductory acting course, including daily physical and vocal warm up, based on Annie Loui's dynamic warmup and Fitzmaurice voicework
- Grounded theatrical exercises in historical context; for example, practicing mask work after watching Gisela May's hat exercise and discussion Brechtian theatre techniques
- Included diverse theatre practices for a variety of student levels, including Laban, Viewpoints, mask, clown, theatre games, Fitzmaurice and Linklater so that students left the class with a wide variety of access points
- Finished the semester with scene studies in which students were encouraged to use their techniques from the quarter to rehearse and explore

Musical Theatre 2

- Coached acting and vocal technique for weekly group sessions of 15 students, focusing on musical theatre between 1960-1980
- Encouraging group feedback and self-critique based in Liz Lehrman's feedback model
- Coaching individual student's repertoire, focusing on sustainable, healthful vocal technique and dynamic acting choices, as modeled by Robin Buck and Andrew Palermo and based on my own 10+ years as a musical theatre performer
- Led daily vocal warmups on piano including lip trills, straw techniques, buzzing, mask explorations (nay, blah, humming), and basic sight-reading

ACADEMIC SERVICE

Captain

30 Plays in 60 Minutes, Irvine CA

2019 - Present

- Running neo-futurist theatre collective in the style of New York Neofuturists
- Applying for UROP (Undergraduate Research Opportunities Program) grants, funding, and resources on behalf of collective, including networking with New York and Chicago Neofuturist collectives
- Assembling and coaching teams of students to write, produce and perform new works
- Instagram, Facebook, and MailChimp digital marketing leading up to shows, including the creation of graphics, running social media accounts, and planning posts
- Assisting with audio-visual aspects of shows including helping students set up their lighting and audio equipment remotely to ensure the best audience experience and troubleshooting Zoom and Youtube streaming difficulties

Founding Member

Brick Theatre Company, Irvine, CA

2018 - Present

- Organizing publicity for UCI's first queer theatre company
- Directing annual Switched Cabaret, including promotion, auditions, rehearsals, and team management
- Mentoring undergraduate members through both personal and structural issues related to identifying as in the theatre, especially regarding musical theatre
- Applying for Diversity and Inclusion grants, Dean's Awards, and other discretionary funding on behalf of Brick Theatre Company
- Liasoning with faculty mentors and other graduate students for support and awareness

Founding Member

Students Mobilizing Change (SMC), Irvine, CA

Summer 2020

- Advised dean and chair on diversity and inclusion training
- Advocated for marginalized students, especially trans or gender non-conforming students and other queer students
- Assisted other student leaders with outreach and organization
- Overhauled introductory theatre history course to include non-white Western theatre traditions and histories

PERFORMANCE EXPERIENCE

New York Theatre

June 2018 - Present

Feste
Twelfth Night | The Acting Company
Tour - New York, NY

Feste
Twelfth Night | Irvington Shakespeare Festival
Mercy College, NY

Soloist
A Simply Gay Cabaret | Torrent Theatre
Sid Gold's Request Room, NYC

Soloist
Alphabet City Cycle | with Daniel Arthur and Laura McLaughlin
Growing Studios, NYC

Montreal / Canadian Theatre

2014-2018

Muse
Amuse Me | dir. Rahul Gandhi
Freestanding Room, Montreal

Pierrot
Oh, What a Lovely War! | dir. Connor Spencer
Fishbowl Collective, Montreal

Josephine
We Accept Her | dir. Mylene Chicone
Montreal Fringe Festival, Montreal

Bee
The Runaway Game | dir. Madie Joliffe
Prince Edward Island Fringe Festival, Charlottetown

Opera and Operetta

2014-Present

Sheep / Ensemble
Candide | dir. Patrick Hansen
Opera McGill, Montreal

Boatswain / Ensemble
HMS Pinafore | dir. Cameron McIntosh
McGill Savoy Society, Montreal

Praskowia / Ensemble
Merry Widow | dir. Russell Wustenberg
McGill Savoy Society, Montreal

Solo Performance Creation

2021- Present

Soph
The Guilty Party | devised with Sage Newman, Cameron Silliman, Seamus Good
Super Secret Arts, NYC

Mary
Mother of God | dir. Lucas Esperanza-Goodman

University of California, Irvine

Like Them 2021
Solo video | created by Sophia Metcalf
100 Cooks in the Kitchen: A Neo-futurist Film Festival

Educational Theatre 2014 - 2021

Odysseus
The Penelopiad | dir. Sara Rodrigues and Luke Shepherd
University of California, Irvine

Madelyn
Human Error | dir. Jane Page
University of California, Irvine

Ben Jonson
Book of Will | dir. Josh Feder
University of California, Irvine

Writer / Musician / Soloist / Dancer / Clown
Jubilee: New Musical Project | dir. Karole Foreman and Leslie Wickham
University of California, Irvine

Writer / Musician / Soloist
We Are | dir. Kaden Kearney
University of California, Irvine

Porter / Lady MacDuff / Duncan
Macbeth | dir. Phil Thompson
University of California, Irvine

Olivia
Twelfth Night | dir. Phil Thompson and Andrew Borba
University of California, Irvine

Jacques
As You Like It | dir. Lilian Wouters
University of California, Irvine

AWARDS

Dynamic Womxn's Awards - Academic Achievement	2021
Dean's Honor Roll	2021
Research and Travel Grant (Rocketman with David Shire)	2021
Research and Travel Grant (Oma Ghost)	2020
Medici Scholarship (Oma Ghost)	2020
Art in Challenging Times Grant (SMC)	2020
Diversity and Inclusion Fellowship (SMC)	2020
Dean's Scholarship	2019
AGS Symposium Honorable Mention (Grotowski and the Cyborg)	2019
The Foundation for the Advancement of Protestant Education Awards	2018
Elsie Stephen Reford Scholarship	2018
ARIA Grant (Montreal English Theatre with Erin Hurley)	2017
Lang Family Text in Performance Award	2016

CREATIVE PROJECTS

Performance art and installation

[dream](#)

Writer, creator, performer | 2021

With Brown Bag Theatre, Los Cuentos De Nuestra Gente Festival

University of California, Irvine

[chiffon and indiscreet glitter](#)

performer and co-creator | 2019

MFA Thesis - Michael Thurin

University of California, Irvine

[i don't sleep i dream](#)

performer | 2019

Part of the Gassman Series with Mari Kimura and Hunter Shelby Long

University of California, Irvine

Podcasts and Audio Fiction

[Oma Ghost](#)

Writer, creator, performer | 2020

University of California, Irvine

[Next Girl](#)

Writer, creator, and editor | 2020

University of California, Irvine

CONFERENCES

Metcalf, Sophia (2019). "Musicos: A Case Study of Gender Solidification." Paper presented at Pacific Ancient and Modern Language Association.

Metcalf, Sophia (2019). "Grotowski and the Cyborg." Paper presented at UCI AGS Symposium.

Metcalf, Sophia (2019). "Fembots Have Feelings, Too: Grotowski in the Cyborg Age." Paper presented at CalState Fullerton's Acacia Conference.

PUBLICATIONS

"Adolescence and Academia: Three Case Studies." [Channel Undergraduate Review](#). 2018.

"Fembots have Feelings, Too: Grotowski in the Cyborg Age." [Acacia: Lenses Conference](#). 2019.

"Three." [UNDERexposed Stories](#). 2019.

"Three." Tidbits: One Page Story Anthology. 2019.

OTHER SKILLS

Devising and Performance Creation: Juliette Carillo (Cornerstone Theatre), Mihai Maniutiu (National Theatre of Cluj), Annie Loui (Counterbalance Theatre), Tectonic Theatre Masterclass, Frantic Assembly Masterclass, David Shiner Workshop

Digital Media: Basic graphic design (Canva), social media, Zoom, Google suite, Microsoft suite, basic photo and video editing (iMovie), audio editing (Reaper, Garageband), podcasting (Anchor, Streamyard, YouTube)

Equipment: Newer stand lights, ring light, Audiotechnica 2100x USB microphone, Powerdewise lavalier microphone, Sony MDR-V6 headphones, iPhone 8, tripods

Other: Mentoring, event planning, management, self-starter

Languages: English (native), French (basic), German (basic)