

# **Teaching with Artistry and Awareness: Elevating Technique and Wellbeing in Dance Pedagogical Approaches**

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# Overview

01. Introduction

02. Literature Review

03. Research Questions

04. Methods

05. Results

06. Discussion

07. Recommendations

08. Conclusion

# Introduction

**The way a teacher teaches can have a huge impact on a student's technical ability, their choice to continuing dancing, and their mental and physical health.**

**My interst in this topic comes from my experiences with all of my dance teachers, as well as my desire to be a dance teacher.**

**This thesis research focuses on how dance teachers can learn to balance both technique and wellbeing in a dance technique class.**

# Literature Review

**Dance  
Pedagogy**

**Authoritarian Teaching  
vs. Student Centered  
Teaching in Dance**

**Dance  
Technique**

**Dancer  
Wellbeing**

# Research Questions

**What teaching method(s) can a teacher use in order to create a balance between technique and well-being?**

**How do these teaching method(s) create a balance between technique and well-being?**

# Methods

## Parameters

### Student Survey

- 18+
- Someone who has taken at least one dance class per week over the course of at least ten weeks within the last three years.

### Professor Survey

- 18+
- Professor in a higher education setting
- Graduate students were asked to contact the primary researcher on a case-by-case basis.

# Methods

## Survey Content: Definitions

**Technique:** Focus on gaining a foundational set of skills

**Wellbeing:** Focus of taking care of one's mental, physical, and emotional health

**Authoritarian Teaching:** A class in which the teacher is this “master” and knows all; little to no student input

**Student-Centered Teaching:** A class in which the teacher acts as more of a facilitator and gives students autonomy over themselves and what they learn or focus on

# Methods

## Survey Content: MC Questions

**1. How strongly do you disagree or agree with the following statement: The environment in a dance studio during a technique class is challenging, inviting and supportive.**

- a. Strongly Disagree**
- b. Slightly Disagree**
- c. Neutral or No Opinion**
- d. Slightly Agree**
- e. Strongly Agree**

**2. In your experience, do you think the concept of wellbeing influences the teaching approach in technique classes?**

- a. Yes**
- b. No**

# Methods

## Survey Content: Open Questions

3. Please elaborate on your response to question #2.
4. How do your dance teachers measure achievement in a dance technique class?
5. Describe a specific moment in a dance technique class where you felt seen by the teacher.
6. Describe an experience in a dance technique class where the teacher put heavy emphasis on technique. How did you feel about this class? What did you like and/or dislike about this class?
7. Describe an experience in a dance technique class where the teacher put heavy emphasis on wellbeing. How did you feel about this class? What did you like and/or dislike about this class?

# Methods Distribution

Email

Social Media

Newsletters

*Sent on behalf of Lilly Fox*

Hello Dance Students,  
I am currently working on my honors college thesis about teaching methods and the idea of prioritizing both technique and wellbeing in dance classes. I would really appreciate it if you could take 10 minutes of your time to take this [survey](#). You must be 18 years or older and be a dancer. For the purpose of this research a dancer is an individual who has taken at least one dance class per week over the course of at least 10 weeks within the last three years. Feel free to share with your friends, and thanks for your participation!  
Best,  
Lilly Fox

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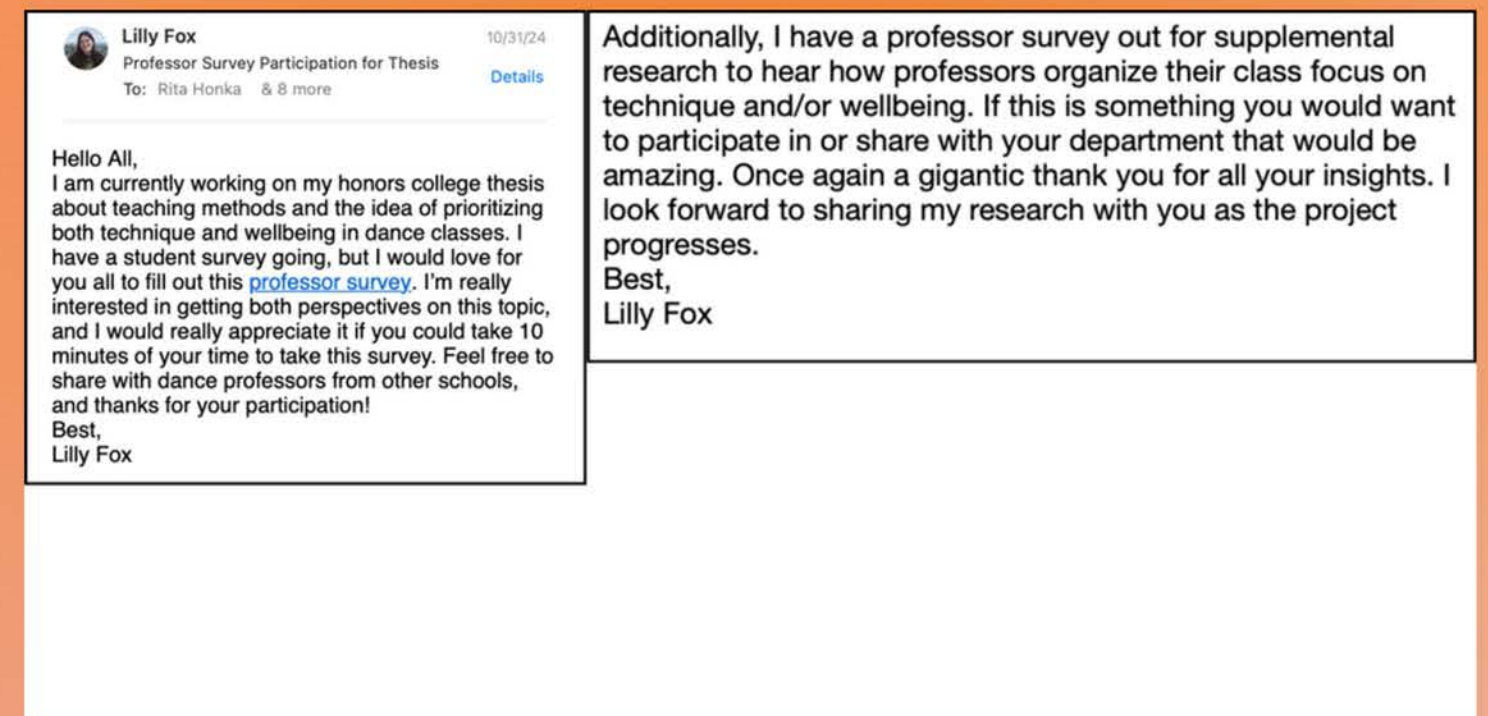
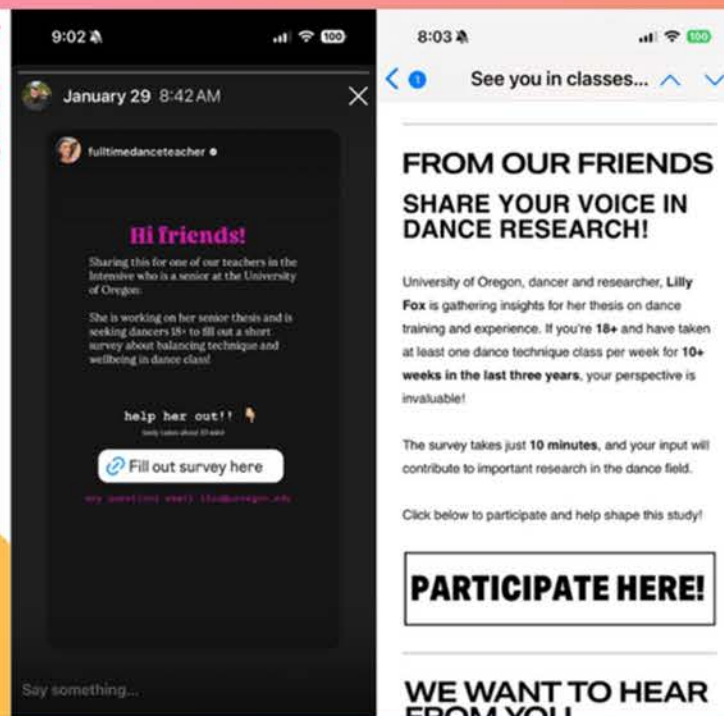
**SURVEY  
FOR  
DANCERS**



**SCAN QR CODE**

Please take a  
moment to fill out  
this survey for my  
thesis!

Have Questions?  
Contact Lilly Fox at  
[lfox@uoregon.edu](mailto:lfox@uoregon.edu)

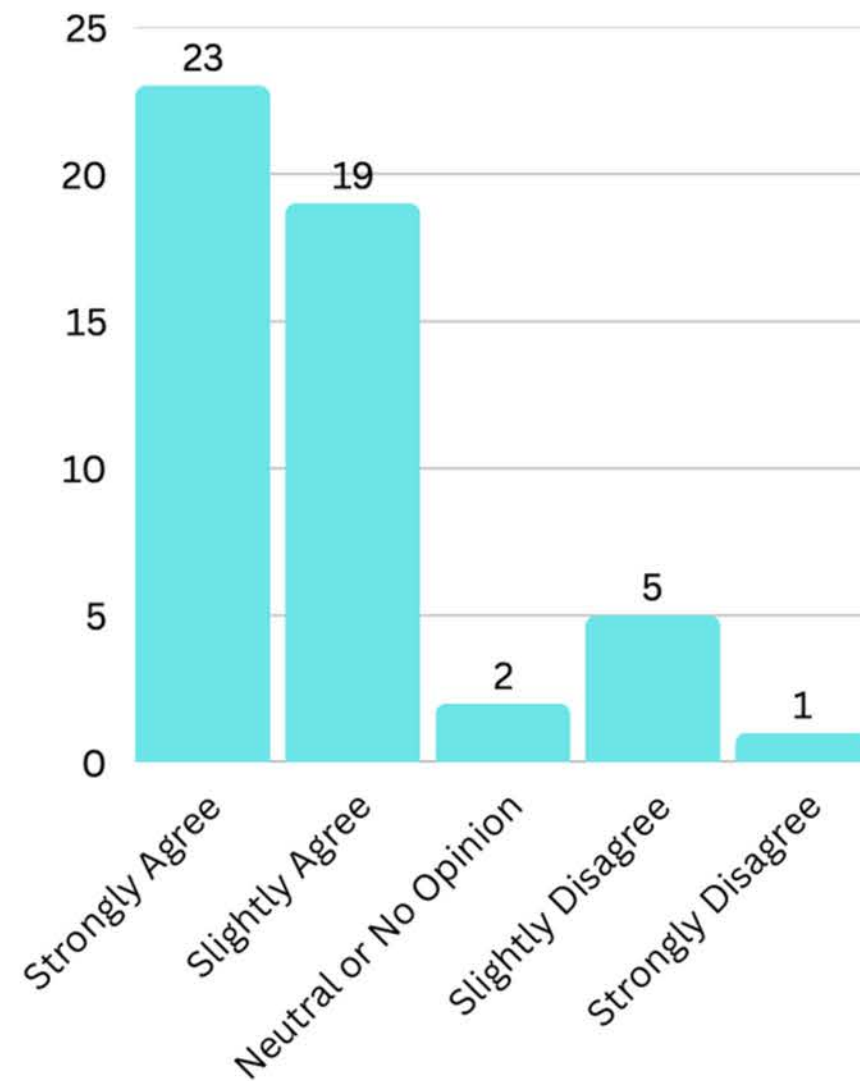


# Results

## Student Survey

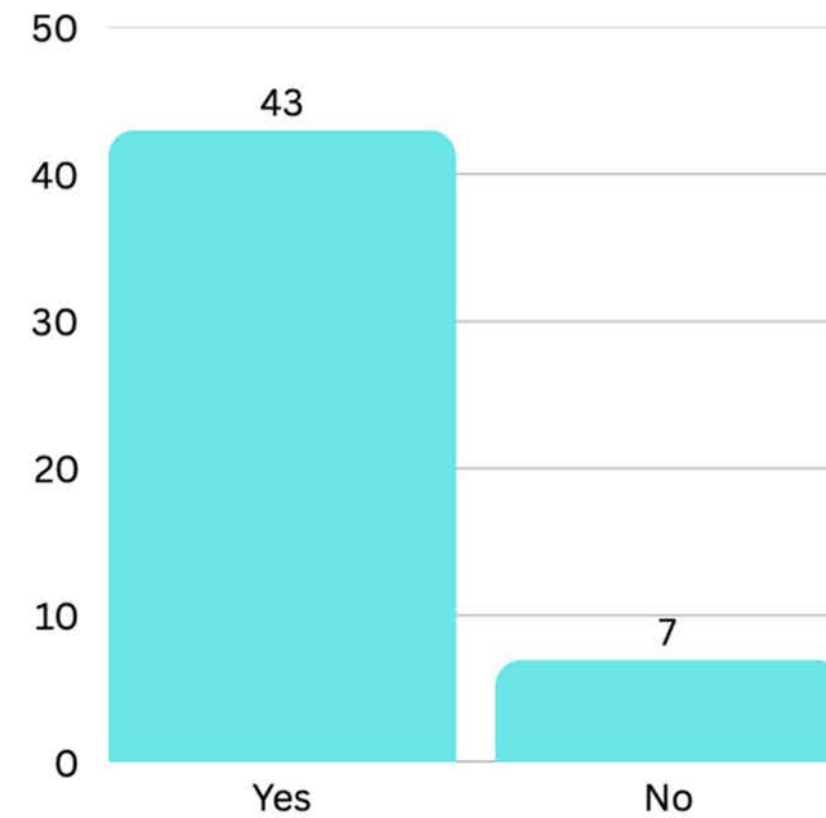
### Question 1

How strongly do you disagree or agree with the following statement: The environment in a dance studio during a technique class is challenging, inviting, and supportive.



### Question 2

In your experience, do you think the concept of wellbeing influences the teaching approach in technique classes?



# Results

## Student Survey

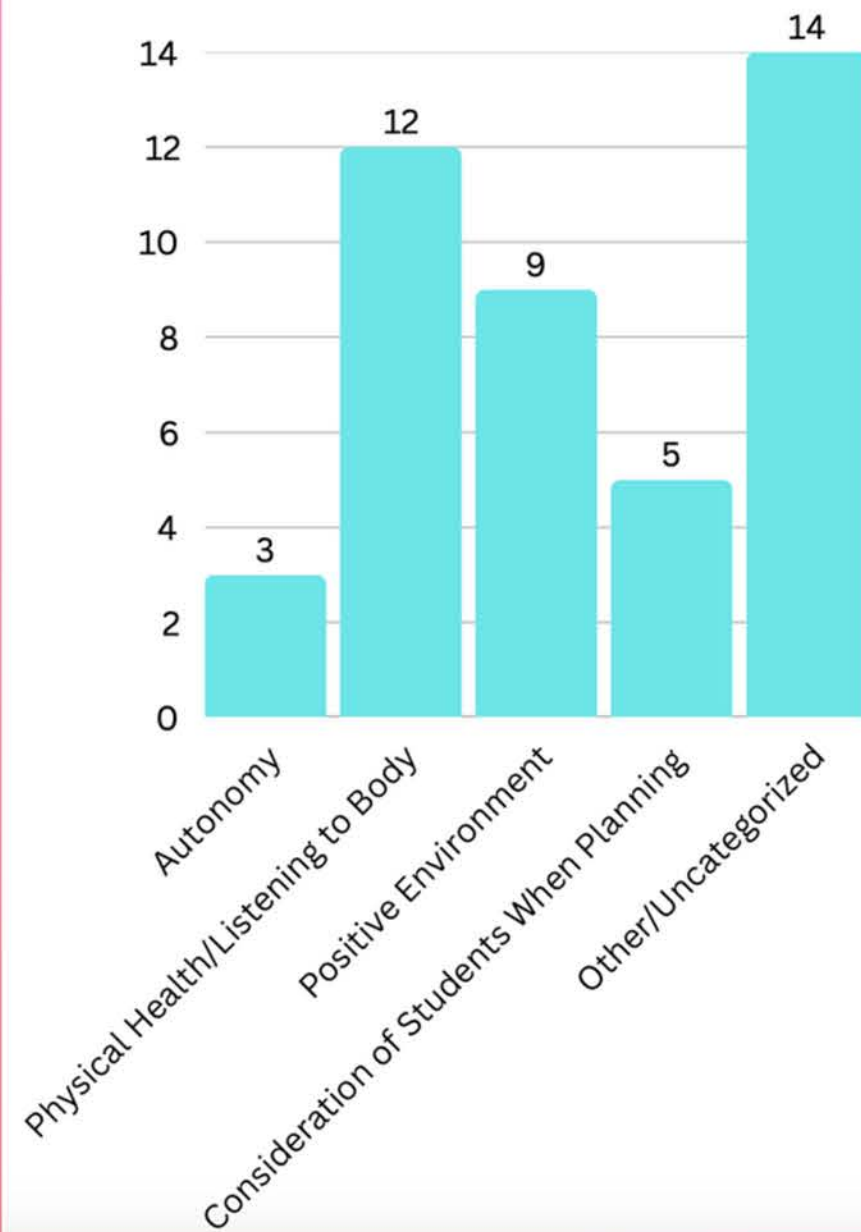
Question 1 (out of 50)	Question 2 (out of 50)	Question 3 (only of those who said yes to question 2) (out of 38)	Question 4 (out of 47)	Question 5 (out of 47)	Question 6 (out of 46)	Question 7 (out of 46)
Strongly Agree: 23	Yes: 43	Autonomy: 3	Mastery of Skill: 11	Advice and Feedback: 13	Leaning Positive: 19	Leaning Positive: 30
Slightly Agree: 19	No: 7	Physical Health/Listening to Body: 12	Growth/Progress: 18	Compliment or Asking to Demonstrate: 21	Felt Mixed: 18	Felt Mixed: 6
Neutral or No Opinion: 2		Positive Environment: 9	Combination of Mastery of Skill and Progress: 7	Understanding and Consideration of Student: 7	Leaning Negative: 9	Leaning Negative: 7
Slightly Disagree: 5		Consideration of Students when Planning: 5	Other/Uncategorized: 11	Other/Uncategorized: 6		No Wellbeing Focused Class Experienced: 4
Strongly Disagree: 1		Other/Uncategorized: 14				

# Results

## Student Survey

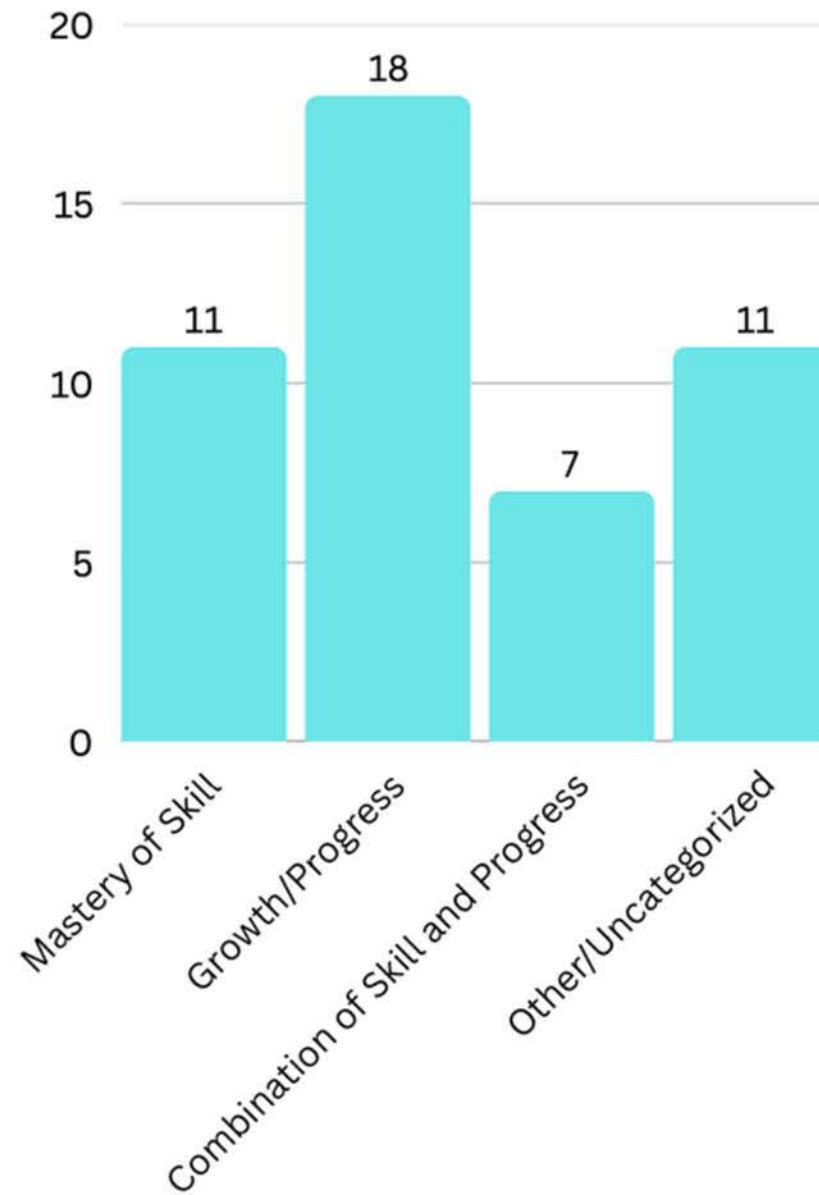
### Question 3 Themes (for those who said yes to question 2)

Elaborate on your response to question 2



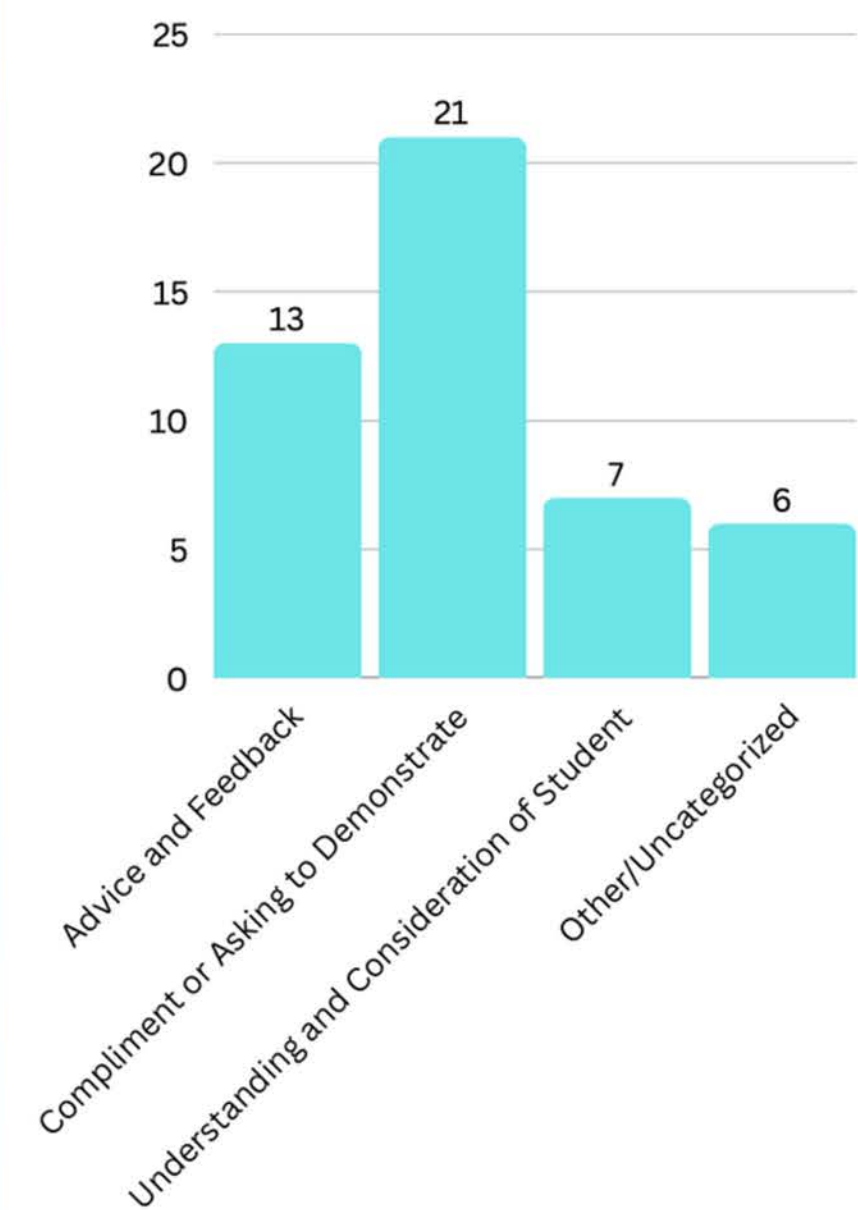
### Question 4 Themes

How do your dance teachers measure achievement in a dance technique class?



### Question 5 Themes

Describe a specific moment in a dance technique class where you felt seen by the teacher.

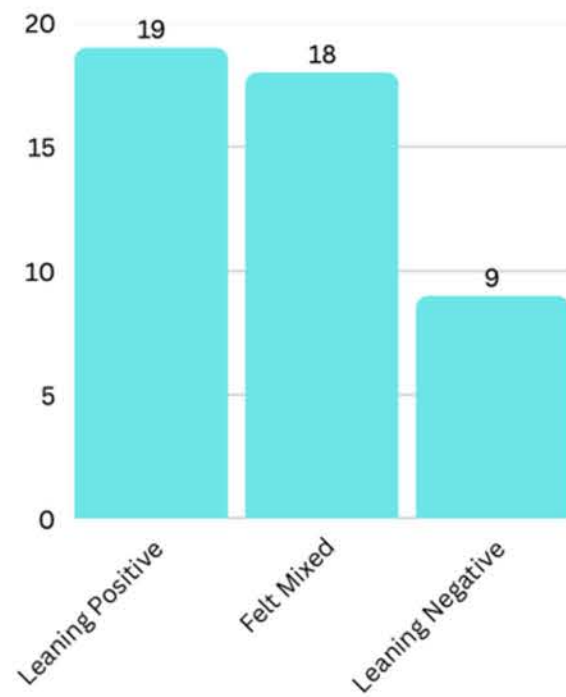


# Results

## Student Survey

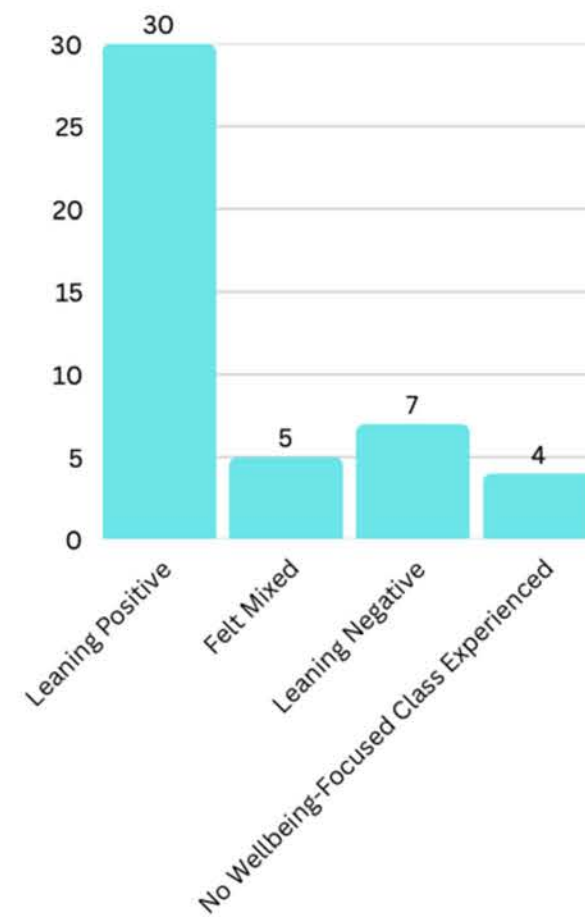
**Question 6**  
**Themes**

Describe an experience in a dance technique class where the teacher put heavy emphasis on **technique**. How did you feel about this class? What did you like and/or dislike about this class?



**Question 7**  
**Themes**

Describe an experience in a dance technique class where the teacher put heavy emphasis on **wellbeing**. How did you feel about this class? What did you like and/or dislike about this class?



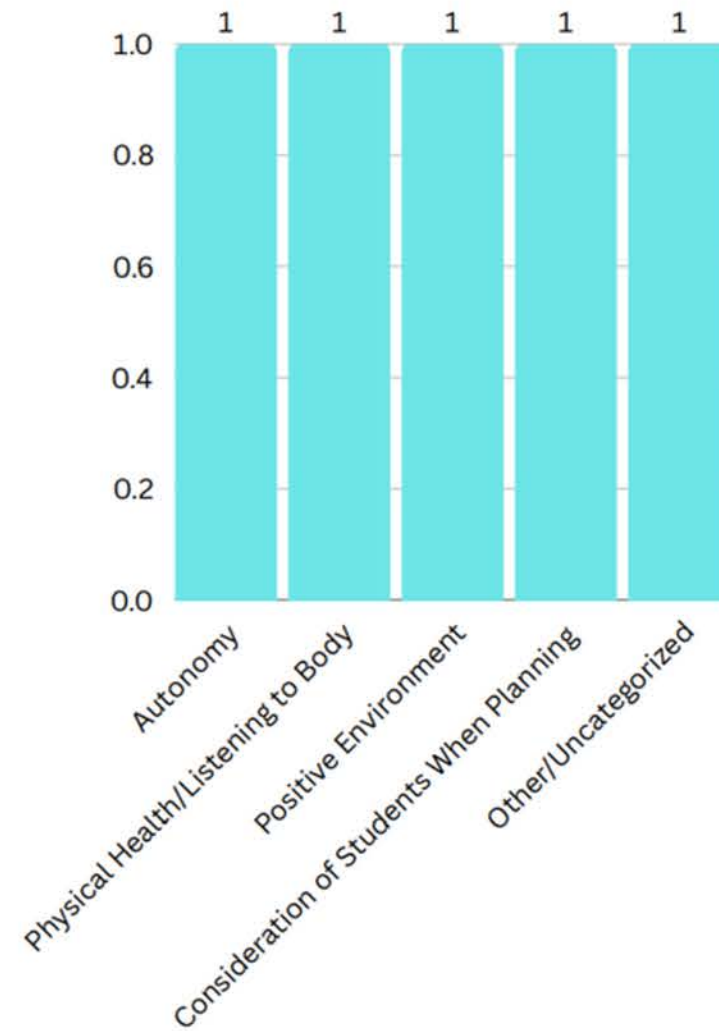
Category	Number of Responses
Mixed, Positive	15
Negative, Positive	6
Positive, Positive	9
Positive, Negative	6
Positive, Mixed	3
Negative, Mixed	1
Mixed, Uncategorized	1
Mixed, Negative	1
Negative, Uncategorized	2
Positive, Uncategorized	1
Mixed, Mixed	1

# Results

## Professor Survey

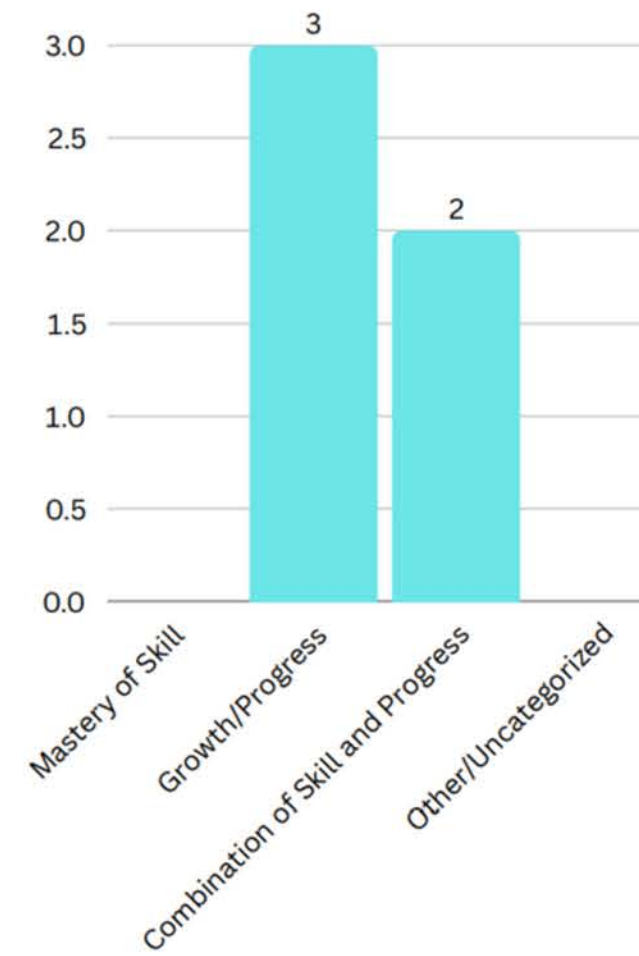
### Question 3 Themes (for those who said yes to question 2)

Elaborate on your response to question 2



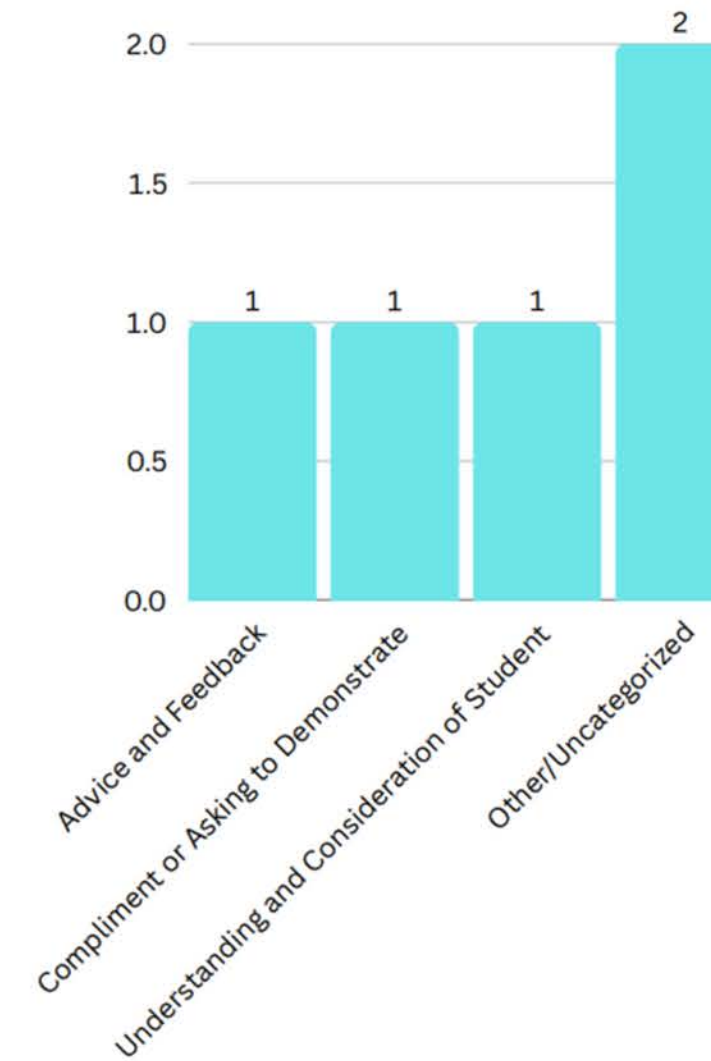
### Question 4 Themes

How do you measure achievement in a  
dance technique class?



### Question 5 Themes

Describe a specific moment in a dance  
technique class where you made a  
student feel seen.



# Discussion

**Positivity and  
Encouragement**

**Acknowledgement**

**Student Autonomy**

# **Discussion**

## **Positivity and Encouragement**

- **Creating a positive environment**
- **Positive remarks and suggestions rather than critiques**
- **Treating dancers as people**

# Discussion

## Acknowledgement

- **How you come into class**
- **Student/teacher goals**
- **Friendly reminders**

# Discussion

## Student Autonomy

- **Options/Modifications**
- **Guided individual warmup**
- **Different approaches to class content**

# Recommendations

**Implementation in  
Technique Classes**

**Further Research**

# Conclusion

**This research has impacted the dance pedagogy research previously done as it touches on current issues of physical health and mental health being prioritized more with new generations. If the dance world doesn't keep up with these trends, it's possible that it will drive future students away. My research allows for teachers to plan accordingly in order to make technique classes a fair, holistic learning experience.**

**Thank You!**  
**Questions?**