

STEP **AFRIKA!**

STEP UP TO COLLEGE



STUDENT ACTIVITY JOURNAL

HIGH SCHOOL EDITION

Student

School

Grade

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All About Step Afrika!

C. Brian Williams, the founder and executive director of Step Afrika!, attended Howard University in Washington, D.C., where he learned how to step. Later, he visited South Africa, and saw a young boy dancing a style that looked very similar to stepping. Recognizing the connection, Brian sought to find a way for Africans and Americans to bridge the gap between their dances, music, and culture. In 1994, he founded Step Afrika!, the first professional company dedicated to the tradition of stepping. Step Afrika! ranks as one of the top ten African American dance companies in the United States.

The collaborative nature of our work teaches the dancers three-core values:

Teamwork: working together to accomplish a goal

Discipline: having the self-control and focus necessary to achieve

Commitment: being dedicated to something

Today, Step Afrika! is known not only for its engaging, high energy performances, but for its artistic innovation as well. Most recently, Washingtonian christened Step Afrika! a showstopper – “one of twenty exciting performers and groups well worth a trip to the theater!”

We Step

We promote an appreciation for stepping and its use as an educational, motivational and healthy tool for young people. We structure our performances and programs to connect intimately with our audience and create a positive influence on students’ lives.

We Tour

Step Afrika! performs in more than 50 U.S. and Canadian cities each year. As a cultural ambassador, Step Afrika! also partners with various organizations to perform for audiences all over the world. During international visits, Step Afrika! joins local dance groups and other arts organizations to develop performances that blend the styles of different cultures and create a unique experience for the audience. Step Afrika! programs are a testament to the power of the arts; bringing communities together and building tolerance, unity and acceptance among young people everywhere.

We Teach

Step Afrika! has been dedicated to arts education since its inception. We present the art, values, and culture of stepping to students of all grades and backgrounds. We have become a model for using stepping as an educational tool. Exhibiting the organization’s core values of teamwork, discipline, and commitment, Step Afrika! presents the following programs:

- Stepping with Step Afrika! in-school performance
- Step Up to College residency program
- Master Class Workshops
- Summer Steps with Step Afrika! summer camp
- Step Afrika! Scholars Program

For more information about our arts education programs, visit www.stepafrika.org, or email info@stepafrika.org.

What is Stepping?

Stepping is a dance that uses the body as an instrument. It combines footsteps, claps, and spoken words to produce complex rhythms, and has roots in African dance and military marching. In stepping, the dancers wear hard-soled shoes that create loud sounds against the floor. Step Afrika! is a dance company committed to furthering the tradition of stepping.

Stepping is a dance form full of energy, pride, and tradition. As you learn how to step, remember to display confidence and trust not only in yourself but also in your step team. Stepping requires teamwork, discipline and commitment – three principles that all steppers must have and that the pioneers of stepping embodied.

College: Where Stepping was Born

In the early 1900s, African American students who became members of college organizations called sororities and fraternities developed stepping. (Sororities are for women and fraternities are for men.) Stepping became a way that members could show pride and love for their organizations.

It's Everywhere!

Though stepping is traditionally associated with college groups, the art form is universal and highly appealing to young people. Today, stepping can be found in elementary, middle, and high schools across the United States as well as in churches and community-based organizations. Are there step teams in your community? Where?

What Makes Up a Step?

There are many different moves that make up a step. Let's learn and demonstrate these moves together:

Blade – To make a BLADE, extend all your fingers, but keep them close together. Straighten your arms so it does not bend at the elbow or wrist. A BLADE can be thrown at many angles.

Punch – Extend your arm forward and close your fist. Make sure to keep your arm straight when you throw a PUNCH. Place your left hand, fist closed, across your chest. This is the classic PUNCH position. Switch positions with both arms to punch each side.

Spin – When you turn around while stepping, it is called a SPIN. You can SPIN all the way around and back to the front. Stomp one foot on the floor in front of you, and then turn your body in the opposite direction. (If you stomp on your left foot, SPIN right. If you stomp on your right foot, SPIN left.) Use your arms in the air to help you balance. You can SPIN fast or slow.

Clap – Extend your fingers and slap your hands together. A CLAP can be done in front of you, behind your back, underneath your leg or even with someone else.

Kick – Use one leg to leap in the air. With the other leg, KICK your foot back toward the floor behind you. You can do a KICK behind you or in front of you. You can do many KICKS together. A lot of steppers clap under their leg when they finish doing KICKS.

Stage Directions

Use the following diagram to write the universal theatre stage directions.

Please write the entire word, not just the number or letters.

Audience

Upstage	Center Stage	Downstage Right
Upstage Right	Upstage Left	Downstage Left
Downstage	Stage Right	Stage Left

The Greek Alphabet

Αα

ALPHA [a]
ἄλφα

Ββ

BETA [b]
βῆτα

Γγ

GAMMA [g]
γάμμα

Δδ

DELTA [d]
δέλτα

Εε

EPSILON [e]
ἕψιλόν

Ζζ

ZETA [dz]
ζῆτα

Ηη

ETA [eː]
ἦτα

Θθ

THETA [tʰ]
θῆτα

Ιι

IOTA [i]
ιώτα

Κκ

KAPPA [k]
κάππα

Λλ

LAMBDA [l]
λάμβδα

Μμ

MU [m]
μῦ

Νν

NU [n]
νῦ

Ξξ

XI [ks]
ξεῖ

Οο

OMICRON [o]
ὀ μικρόν

Ππ

PI [p]
πεῖ

Ρρ

RHO [r]
ῥῶ

Σσς

SIGMA [s]
σίγμα

Ττ

TAU [t]
ταῦ

Υυ

UPSILON [u]
ὔ ψιλόν

Φφ

PHI [pʰ]
φεῖ

Χχ

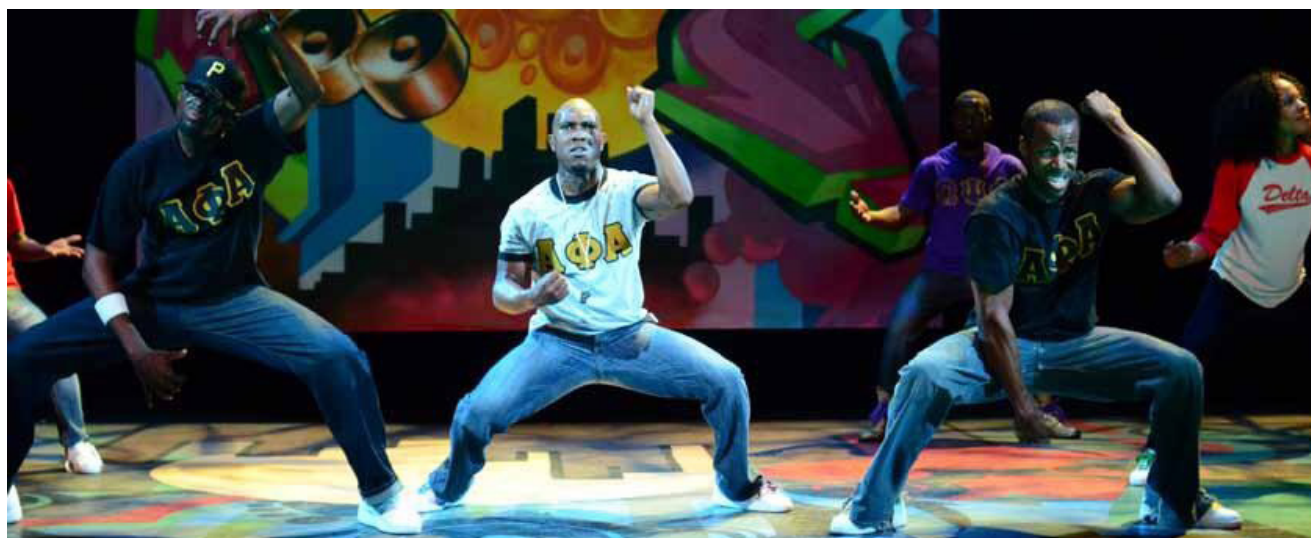
CHI [kʰ]
χεῖ

Ψψ

PSI [ps]
ψεῖ

Ωω

OMEGA [oː]
ὦ μέγα



The Greek Alphabet Exercise

INSTRUCTIONS: The letters below represent the names of the historically African-American fraternities and sororities who practice stepping. Three letters of the Greek Alphabet represent each name. Using the Greek Letter Chart provided, write out the full name of each of the organizations listed below.

Fraternities

ΑΦΑ _____ Fraternity, Inc.

Founded: 1906 Colors: Black and Old Gold

ΚΑΨ _____ Fraternity, Inc.

Founded: 1911 Colors: Crimson and Cream

ΩΨΦ _____ Fraternity, Inc.

Founded: 1911 Colors: Purple and Gold

ΦΒΣ _____ Fraternity, Inc.

Founded: 1914 Colors: Royal Blue and Pure White

ΙΦΘ _____ Fraternity, Inc.

Founded: 1963 Colors: Charcoal Brown and Gilded Gold

Sororities

ΑΚΑ _____ Sorority, Inc.

Founded: 1908 Colors: Salmon Pink and Apple Green

ΔΣΘ _____ Sorority, Inc.

Founded: 1913 Colors: Crimson and Cream

ΖΦΒ _____ Sorority, Inc.

Founded: 1920 Colors: Royal Blue and Pure White

ΣΓΡ _____ Sorority, Inc.

Founded: 1922 Colors: Royal Blue and Gold

Write your own name using the Greek Capital and Lower-case letters:

Is College Right for You?

Do You Want To...

1. Find your passion?
2. Grow in a supportive environment?
3. Uplift your family?

How Does College Help You Find Your Passion?

College helps create endless possibilities. Some people simply have “jobs,” while others have “careers.” What is the difference? With a career, the kind of work you do is based on your interests. It is a path you have chosen. College can help you turn your passions and interests into a career you love. College also helps you discover what you would like to do.

Choosing a college major does not limit you to one type of career.

What Kind of Supportive Environment Can I Find in College?

College is more than training for a career and attending classes, it's also about discovering yourself and learning to think and live independently. A lot of these experiences occur outside of the classroom. The new people you meet; the new environments you visit; the new ideas you find. There are many supportive environments to help you become a successful student and person:

Study Groups – partnering with other students to study can help grow into lifelong friendships. Even in college, “teamwork” is still an important key to success.

Tutoring – there is additional help that can be found in all fields of study, for no cost. Getting one-on-one help can improve your GPA and boost confidence; most often you are paired with an upper classman which can be advantageous to learning how to create good study habits.

Mentorship – You can find support in your academic counselor, who will help with overcoming test-taking anxieties, improving study habits, and selecting the right classes every semester. Your academic advisor is also a mentor that you can speak to directly about the simple challenges of the college atmosphere.

Extracurricular activities – Joining clubs and organizations are a definite way to meet people that share similar interests with you. Participating in the Sustainability Council, Student Government, Student Activities Committee, and Greek Letter organizations are just a few ways that may help you become more involved with campus life.

How Does Going to College Lift Up my Family?

If you go to college, statistics show your children and even their children are more likely to go. Being a first-generation college student sets a standard for your family and reveals the attainability of reaching this milestone. You will create a better life for yourself and in return a better life for your family.

Higher education enables you to help your family. Families with more education tend to have a better standard of living. Plus, with more earning potential, you can give back to your community. If you are the first in your family to consider college, don't hesitate to tell everyone, “I'm going to college.”

More education can mean more opportunities!!!

The Perfect Ten: Ways to Select the “Perfect” College for You!

To successfully choose the “perfect” college to attend, begin by preparing a list of schools that interest you. Before deciding where to attend, you must first determine what factors will affect your decision. To guide you along the way, we have gathered “The Perfect Ten” ways to select the college that is right for you.

1. Academic Focus/Curriculum

One of the most important criteria you must consider when selecting a college is determining your academic focus (major/minor). Some schools may not offer your intended course of study or may only offer limited curriculum in that field of study. Choosing a major may not cover all of your academic interests, so most schools will allow students to declare a minor field of study. When choosing a minor, make sure you investigate the requirements against the requirements of your major. Some majors may have restrictions on declaring a minor, so be sure to find out for certain.

Once you have determined your academic focus, request a detailed description of the curriculum for your chosen program(s). In reviewing the curriculum, you should be able to get a good snapshot of what you will learn and the requirements to earn your degree. When making your final evaluation, ask yourself the following questions – Does the curriculum cover your interests? Will the curriculum make me competitive in the job market of your desired career field?

2. Geographic Location/Campus Setting

Many aspiring college students select schools based on its location like maybe the Virgin Islands or Hawaii because of the scenic views. While this may sound appealing, more research is needed to determine whether the school is right for you. It is important that you consider your field of study, for example if you want to be a nurse, don't choose a college in Florida just because of the proximity to beaches. Research colleges in Florida and find a college with a great nursing program. Try not to limit your options until you have had a chance to get more information about the school overall. As a young adult, you are eager to be on your own, but some students will prefer to be close to home; this is also a factor in determining your ideal college.

In addition to the geographic location, some people consider the local neighborhood of the campus. Some students prefer to live and study on campuses located in rural areas while others prefer big cities. When considering the location and setting of your preferred school, you should also consider the safety of the campus – this can help calm any fears that your parents may have about your well-being.

3. Tuition/Financial Aid

You have found the “perfect” school but now you are pondering how to pay for your education. When you are researching colleges, be certain to look into financial aid and scholarship packages they offer students. Also consider applying for other grants and scholarships not offered by the school. Many nonprofit organizations, foundations, and social groups offer scholarships to college students. Step Afrika! even offers scholarships to students that have attended a performance.

4. Graduation Rate

When reviewing schools, it is important to think about the four-year graduation rate. While there are colleges that have graduation rates in the single digits; a 30% graduation rate is not unusual – especially among regional public universities. However, if the majority of students don't graduate in four years (or ever); you may want to reconsider attending that particular school. A great source to look up graduation rates for school is <http://www.collegeresults.org>

5. Public vs. Private Schools

The school you attend will either be a public or private school. Public schools are subsidized by the state, whereas, private schools are privately owned. In some cases, it is more expensive to attend a private school, but these colleges tend to have more resources for students. Public schools may have lower tuition costs, but resources may be restricted because of public funding restraints. Private schools also often have smaller student bodies while public schools have larger enrollments.

6. Gender-Specific/Religion-Focused Institutions

In your search for a school, you may run across gender-specific or religion-focused institutions. These types of institutions offer specialized learning environments that are tailored toward their target demographic whether it be all-male, all-female, catholic, Baptist, etc.

7. Enrollment

Many students decide where to attend college based on the number of other students enrolled at the school. If you use this approach, select a variety of schools with enrollments within your preferred range. Be sure to visit a few schools with slightly larger enrollments before deciding since you may change your mind.

8. Internship/Research/Career Opportunities

When senior year of college rolls around and you start applying for jobs, nothing helps more than having hands-on, practical experiences listed on your resumé. As you choose the colleges to apply for, consider schools that have robust programs for experiential learning. You should be prepared to ask questions like: Does this college allow students to assist professors with research? Does the college have funds to support independent undergraduate research? Does the college have relationships with companies and organizations to help students get meaningful summer internships? Does the college have a strong alumni network to help students get work experience in their fields of study?

9. Student Activities and Clubs

Most colleges offer a wide variety of student activities and clubs. In choosing a college make sure the school has your extracurricular interests. Nearly all four-year residential colleges offer wide-ranging options for clubs and activities, but different campuses do have very different personalities. You'll find schools that place a lot of emphasis on the performing arts, outdoor activities, intermural sports, volunteerism, or Greek life. Find schools that complement your interests. While the curriculum may be the most important feature of college, you'll be miserable if you don't have a stimulating life outside of academics.

10. Studying Abroad

Let's face it – the world's countries are remarkably interconnected and interdependent. A good education gets us thinking beyond our immediate surroundings, and employees often look for applicants who are worldly, not provincial. Find out about travel opportunities for students. Travel does not need to be a semester, or a yearlong study abroad experience. Some courses will have shorter trips scheduled during breaks. Studying abroad can give you a chance to learn more about your major in a different setting, curating your learning experience and broadening the scope of your academic journey.

HBCU vs. Majority Institutions

Historically Black Colleges or Universities

Historically black colleges and universities (HBCUs) are institutions of higher education in the United States that were established before 1964 with the intention of serving the African American community. There are 105 historically black colleges (HCBUs) in the United States today, including public and private, two-year and four-year institutions, medical schools and community colleges.

Examples are: Howard University, Hampton University, Elizabeth City State University, and Morehouse College

Majority Universities

Major Institutions are colleges and universities that are of higher learning that grant bachelor's, master's, and Ph.D. degrees in liberal arts, science or both. These schools are usually funded by state governments and have general-public enrollment for those student's that meet the school requirements.

Examples are: University of Maryland, University of Virginia, Virginia Tech

Four Primary Factors to Consider When Choosing Between a Historically Black College and a Major Institution

List one Major Institution that you are interested in attending and one HBCU that you are interested in. Use the chart on the next page to weigh out the pros and cons for yourself.

What was your high school like?

Do you want an environment different from your high school? Did you like your high school experience? Would you prefer to see different kinds of people from the ones that you saw in high school?

What are your social needs as a college student?

What opportunities are available for you to express yourself? Is there a social environment that allows you to grow by joining various organizations that meet your interests? Will the environment be conducive to your cultural expression?

What school will best meet your emotional needs?

What types of support systems are in place at the schools that you are considering? Are there professors who will mentor you? Can you talk amongst peers who share similar concerns?

Does this school have the best academic/career goal for me?

Is the major that I am interested in available at this school? What internship/study abroad opportunities are available for me? It is important to do your research and find out if your program of choice is ranked high, accredited and prestigious. Many colleges offer similar major courses, but it is your job to ensure that the college you choose is renown and respected in your field of study.

Picking the “Perfect” College

INSTRUCTIONS: After reviewing “Ways to select the “Perfect” College for You” and “HBCUs vs. Majority Institutions,” you are ready to consider schools that fit your interest and future goals.

- Make copies of the following sheets so that you can conduct several comparative analyses for the colleges and universities that you are considering.

NAME OF INSTITUTION: _____

IS THE SCHOOL PRIVATE OR PUBLIC? _____

IS THE SCHOOL A HBCU OR MAJORITY INSTITUTION? _____

IS THE SCHOOL GENDER-SPECIFIC OR RELIGION-FOCUSED? _____

WHAT WILL BE YOUR MAJOR? _____

WHAT WILL BE YOUR MINOR? _____

LOCATION: _____

STUDENT POPULATION: _____

TUITION: _____

COST OF LIVING: _____

WHAT IS THE STUDENT TO FACULTY RATIO? _____

WHAT IS THE FOUR-YEAR GRADUATION RATE OF THIS INSTITUTION? _____

DOES THE SCHOOL OFFER FINANCIAL AID/SCHOLARSHIPS? _____

LIST THE FINANCIAL AID AND/OR SCHOLARSHIP OPPORTUNITIES THE SCHOOL PROVIDES:

LIST THREE THINGS THAT YOU HOPE TO LEARN WHILE ATTENDING THIS INSTITUTION THAT WILL AID YOU IN YOUR FUTURE CAREER GOALS:

LIST THE TYPE OF SCHOOL ACTIVITIES AND CLUBS YOU ARE INTERESTED IN JOINING:

LIST THE TYPE OF INTERNSHIP/RESEARCH/CAREER OPPORTUNITIES YOU ARE INTERESTED IN HAVING WHILE ATTENDING THIS INSTITUTION:

LIST THE TYPE OF STUDY ABROAD OPPORTUNITIES YOU ARE INTERESTED IN WHILE ATTENDING THIS INSTITUTION:

LIST OTHER CONSIDERATIONS SPECIFIC TO THIS INSTITUTION:

30 Ways to Pay for College

Scholarships are a great way to pay for college. Unlike loans, you do not have to repay scholarship funds. Scholarships are financial assistance given by various institutions and organizations to reward students who have done well academically, served their community, or have a special talent or skill. Below are 30 ways you can attend the university of your dreams. This is a short list, but there are thousands of scholarships available out there, for which you can apply.

- | | | |
|--|---|--|
| 1) Ron Brown Scholarships
http://www.ronbrown.org/ | 13) First Generation Student Scholarship
https://www.scholarships.com/financial-aid/college-scholarships/scholarships-by-type/first-in-family-scholarships/ | 22) Scholarships for Women
http://www.collegedegrees.com/financial-aid/scholarships/specialty/scholarships-for-women/ |
| 2) FastWEB Scholarship Search
http://www.fastweb.com | 14) Scholarships for Hispanics
https://www.bestcolleges.com/financial-aid/hispanic-latino-scholarships/ | 23) Federation of Musicians Scholarships
https://www.thebalance.com/college-financial-aid-basics-4073358 |
| 3) Jackie Robinson Foundation Scholarships
http://www.jackierobinson.org | 15) International Students Scholarships & Aid Help
http://www.iefaf.org/ | 24) Scholarships for Student with Disabilities
http://www.disabled-world.com/disability/education/scholarships/ |
| 4) Thurgood Marshall Scholarship Fund
http://www.thurgoodmarshallfund.org/ | 16) Minorities & Disabilities Scholarships
http://www.collegescholarships.org/disabilities.htm | 25) Minority Scholarships
http://www.free-4u.com/minority.htm |
| 5) United Negro College Fund
http://www.uncf.org/ | 17) Presidential Freedom Scholarships
https://www2.ed.gov/programs/psp/index.html | 26) Multicultural Scholarships and Opportunities
http://www.collegescholarships.org/scholarships/interracial.htm |
| 6) Gates Millennium Scholarships (Annual)
http://www.college-financial-aid-advice.com/gates-millennium-scholarship.html | 18) Girls Going Places Entrepreneurship Scholarship
http://www.guardianlife.com/womens_channel/girls_going_places/girls_going_places.html | 27) Marine Corps Scholarships
http://www.marine-scholars.org |
| 7) Scholarships for Study Abroad
https://www.studyabroad.com/ | 19) Student Inventors Scholarships
http://www.invent.org/collegiate/ | 28) Students With Autism Scholarships
http://www.autism-society.org/ |
| 8) National Merit Scholarships
http://www.nationalmerit.org/ | 20) Coca-Cola Scholarships
https://www.coca-colascholars.org/ | 29) Scholarships for Single Mothers
http://www.collegedegrees.com/financial-aid/scholarships/specialty/scholarships-for-single-mothers/ |
| 9) College Board Scholarship Search
http://appscollegeboard.com/cbsearch_ss/welcome.jsp | 21) Alphabetical Lists of Scholarships by Field of Study
http://www.collegescholarships.org/scholarships/subject-specific.htm | 30) Nursing Scholarships Opportunities
http://www.aacn.nche.edu/Education/financialaid.htm |
| 10) FAFSA (Free Application for Federal Student Aid)
http://www.fafsa.ed.gov/ | | |
| 11) Scholarship & Financial Aid Help
http://www.blackexcel.org/fin-sch.htm | | |
| 12) NAACP Scholarships
https://www.naacp.org/naacp-scholarships/ | | |

Daily Reflections

Think about your day today. What was one person, place, object, or situation that made it good. Write out the story to help you remember this day.

Date: _____

Date: _____

Date: _____

Date: _____
