Encouraging Process over Product: The 90/10 Idea
Tip Sheet

Using your rehearsal schedule, sit down with your students and count how many hours are spent rehearsing versus how many hours are spent performing. For example:

- 3 rehearsals a week x 2.5-3 hours per rehearsal = 112 rehearsal hours
- 6 performances x 2 hours per performance = 12 performance hours
- The numbers don't lie – encourage the 90/10 idea.
o 90% of theatre time is spent in rehearsals while only 10% of theatre time is actually spent performing in front of an audience.

If 90% of the time is being spent in the rehearsal room, use it in the best possible way!

- Work with your students to treat rehearsals as if they were performances.
- How are students expected to behave during performance time?
o Emphasis is on focus, efficiency, being quiet backstage, and giving their best effort.
- Treating rehearsals as performances would require less need for constant repetition, more focus on "going deeper" with characters, and less stress on everyone.
o By giving their full effort in rehearsal, students are better able to display their abilities, develop their endurance, and show their dedication to the show. By only giving a half effort, they are essentially holding themselves back from their true potential.

Discuss with students:

- What is the purpose of rehearsal? Why do we rehearse?
- If we spend 90% of our total theatre time rehearsing, how can we best use that time? How can we focus on both efficacy and fun?
- Why do you do theatre? Is it just to perform? Or is it for another reason?

Use the 90/10 idea to address student concerns about their performance:

- How can you grow and improve as a performer?
- How can you get off-book more quickly?
- Do you truly love the thrill of performing?
- Is the show honestly ready for an audience, right this minute?

Answer to all of the above: Get rehearsing! Use that 90% of your theatre time to practice how you'd like to perform and ensure you are ready to go on with the show.