



*The*  
**LEE STRASBERG**  
THEATRE & FILM INSTITUTE

# METHOD IN FOCUS: ONLINE COURSE DESCRIPTIONS

## INTERMEDIATE SENSORY

**Intermediate Sensory** is designed to deepen actors' practice of Relaxation and Sense Memory through eight intensive 2-hour sessions. Building on Method 101, students work with intermediate-level exercises and challenging combinations, including childhood places, personal objects, and the application of sense memory to a short monologue, strengthening their ability to create and interact with complex imaginary stimuli in scene work.

## SCRIPT ANALYSIS

**Script Analysis** guides actors in integrating Stanislavski's foundational script analysis with Lee Strasberg's Method over eight 2-hour sessions. Students learn to apply Stanislavski's seven questions through Sense Memory exercises, developing practical tools to break down stage, film, and television scripts into clear, relatable, andactable components, and to approach any genre with confidence and authenticity.

## CHARACTER DEVELOPMENT

**Character Development** explores practical and theoretical approaches to creating fully realized characters through Lee Strasberg's technique over eight 2-hour sessions. Students work on specific roles while learning to draw on their own personal resources to craft truthful, memorable characters and performances.

## AUDITION TECHNIQUE

**Audition Technique** is designed to equip actors with the skills needed to excel in TV, film, and commercial auditions. Working with real-world breakdowns and sides, students learn the complete audition process—from understanding requests and preparing material to creating polished, professional self-tapes. The course emphasizes script analysis, organic acting choices, and practical self-taping skills, including camera setup, lighting, editing, slates, and proper exporting—giving actors the tools to deliver confident, consistent, and standout auditions.

## SCENE STUDY FOR TV

**Scene Study for TV** takes the concepts of Script Analysis and applies them to TV sides. Learn the difference between a Procedural vs a Relationship Drama, or Single Cam vs Multi-Cam. Through class readings and discussions, students will begin to understand the different styles, timing, and structure that make each genre unique.



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## 2026 SCHEDULE

All classes meet from 10 AM - 12 PM PST/PDT(UTC -7)

<b>JANUARY</b>	<i>NO METHOD IN FOCUS OFFERED</i>
<b>FEBRUARY</b>	<b>INTERMEDIATE SENSORY WITH LOLA COHEN</b> Mondays & Fridays   February 2, 6, 9, 13, 16, 20, 23, 27
<b>MARCH</b>	<b>SCRIPT ANALYSIS WITH ALANI iLONGWE</b> Mondays & Wednesdays   March 2, 4, 9, 11, 16, 18, 23, 25
<b>APRIL</b>	<b>CHARACTER DEVELOPMENT WITH LOLA COHEN</b> Mondays & Fridays   April 6, 10, 13, 17, 20, 24, 27, May 1
<b>MAY</b>	<i>NO METHOD IN FOCUS OFFERED</i>
<b>JUNE</b>	<b>AUDITION TECHNIQUE   WITH CHRIS PRINZO</b> Tuesdays & Thursdays   June 2, 4, 9, 11, 16, 18, 23, 25
<b>JULY</b>	<i>NO METHOD IN FOCUS OFFERED</i>
<b>AUGUST</b>	<b>SCRIPT ANALYSIS   WITH ALANI iLONGWE</b> Tuesdays & Thursdays   August 4, 6, 11, 13, 18, 20, 25, 27
<b>SEPTEMBER</b>	<b>SCENE STUDY FOR TV   INSTRUCTOR TBA</b> Tuesdays & Thursdays   September 1, 3, 8, 10, 15, 17, 22, 24
<b>OCTOBER</b>	<b>CHARACTER DEVELOPMENT   WITH LOLA COHEN</b> Mondays & Fridays   October 5, 9, 12, 16, 19, 23, 26, 30
<b>NOVEMBER</b>	<i>NO METHOD IN FOCUS OFFERED</i>
<b>DECEMBER</b>	<b>AUDITION TECHNIQUE   INSTRUCTOR TBA</b> Tuesdays & Thursdays   December 1, 3, 4*, 8, 10, 11*, 15, 17

\*Friday