



GOAL: To create a short “time capsule” of your intentions for this college audition process (or careers). It is like a vision board but in audio form.

USAGE: This is a “project” that I’d love all of our listeners to do and save to reflect upon after you have completed all your college auditions. If you are willing to share your Time Capsule, [Mapping the College Audition: An MTCA Podcast](#) is accepting submissions to air on a few of our episodes!

Artistic Instructions:

FOR PROSPECTIVE COLLEGE STUDENTS:

- Speak to yourself right after completing your college auditions, and have chosen the school you will be attending
- Feel free to use as many of these prompts to inspire you, or only choose one, or create your own. You also can just speak to your future self extemporaneously. Choose your own adventure! But if possible, let’s try to link the first and last bolded lines into your answers (or something like them).
 - **“I am proud of myself for...** (**insert an awesome way you handled the process**)
 - **”I forgive myself for...** (**something that was hard for you in this process**)
 - **”I want to thank...** (**Parents, Mentors, Support System, Resources...**) **for...** (**try your best to get specific*!*)
 - **”I learned this about myself...** (**what did you learn about yourself from doing this?**)
 - Optionally, can insert a goal that you like from below:
 - I successfully shared my joy of this art form in those audition rooms.
 - I vulnerably revealed my best, truest, most authentic self in my auditions.
 - I let myself be messy and imperfect in my auditions, letting down my walls of protection to have an authentic experience, and not just a performance.
 - I brought 100% of myself to this process, and left it all on the field
 - I trusted myself and trusted my work, and that I was enough, with just where I was in my process
 - **”I am so glad to say that I found a program that is a great fit for me!”**
- Feel free to write it down first and then read it to us/your future self if you prefer!

FOR COLLEGE STUDENTS & YOUNG PROFESSIONALS

- You can do this same exercise (or modify it how you like) for your careers!
- Speak to yourself a year [or more] in the future, at a different place in your educational/artistic growth, or a new plateau of your career

EXAMPLES:

- **I am proud of myself** for the curious way I handled this process. I stayed open to new possibilities and discovered a lot about myself along the way.
- I forgive myself for taking the rejections so hard along the way -- this was my first time doing this, and it was harder than I realized it was going to be! I may have understood it intellectually, but I didn't really understand how hard that part would be.
- I want to thank my parents for supporting me financially throughout this process, and specifically my Dad for enduring all my late night venting sessions!
- I learned what it was to dig deeper artistically in my work, and I successfully shared my joy of this art form those audition rooms! I'm going to try to carry that forward into my work at college.
- I also brought 100% of my myself to this process, and trusted myself that I was enough.
- **I am so glad to say that I found a program that is a great fit for me.**

Technical Instructions:

- Record your time capsule
 - Record a short "Voice Memo" on a [iPhone](#) or [Android](#)
 - Or record an audio file on a [computer](#), [Garageband](#), [Zoom](#), etc.
- *Optionally:* Send your time capsule to us!
 - Email audio file to Mapping The College Audition: An MTCA Podcast at mailbag@mappingthecollegeaudition.com
 - Or submit your time capsule through our [Google Form](#)