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Personal project and skill development 1. - Improvisational skills and creativity

Classroom ☐
 Studio or workshop ☐
 External venue ☐
 Online ☐

Codes

M-FR-103-2

Host

MOME Future School

	Type	ECTS	Contact hours	Homework hour	Course type	Semester	Unit
Basic info	Practice	n/a				fall	

Recommendation	This training is a compulsory part of the Personal and project and skill development 1. course
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Short description	The purpose of the course is to explore the principles of improvisational theater and to familiarize oneself with the characteristics of present-moment creative processes and collaboration. Through practical exercises, the course helps participants acquire improvisational theater techniques, experience the state of spontaneity, cultivate the necessary attitude for exploration, and analyze the interpersonal
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Teachers	Name	Contact	Bio	Opening hours
	Nóra Palkovits	palkovits.nora@gmail.com	She graduated in psychology and communication in the University of Pécs. She researches and applies improvisational theatre techniques for artistic and educational purposes. She works on the development of improvisational and performance skills at MOME. Her focus is on the practice of presence, creative thinking and collaboration in performative situations.	-

Semester schedule	<table> <tr> <th>Course scheduling</th><th>Class appointments</th></tr> <tr> <td>Tuesdays</td><td>16.30-19.30 // Classroom B001</td></tr> </table>	Course scheduling	Class appointments	Tuesdays	16.30-19.30 // Classroom B001
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#	Date	Educational content
1	2025.09.17.	The basics of improvisation Introducing the core principles of improvisation: spontaneity, acceptance, risk-taking, support, and attention. These elements are also essential in developing a creative, design-oriented mindset. We will explore how our personal attitude influences the way we approach unknown or uncertain situations. Instead of distancing ourselves or focusing only on problems, we will learn to embrace uncertainty and accept the possibility of mistakes as part of the learning and creative process.
2	2025.09.24.	The state of spontaneity and the creative process We will focus on the state of spontaneity and its physical, emotional, and cognitive aspects. We will explore how spontaneity supports creativity and how it can be cultivated. Special attention will be given to understanding the creative process itself — how it flows, where it often gets stuck, and how to recognize and work through creative blocks.
3	2025.10.01.	Collaboration in the creative process

		<p>This session explores how collaboration plays a vital role in creative work. We will focus on how inspiration and support can emerge through working with others, and how a shared process can strengthen individual ideas.</p> <p>A key concept will be the principle of "Yes, and..." – a core idea in improvisation that encourages accepting others' contributions and building on them. This mindset fosters openness, trust, and collective creativity.</p>
4	2025.10.08.	<p>Tools for building and discovering narrative by not wasting mistakes</p> <p>In this final session, we will explore different tools for creating and uncovering stories on stage. We will look at how problems can serve as narrative drivers, and how mistakes or breaks in routine can open new directions in storytelling.</p>

Requirements and evaluation	Assignments	Evaluation criteria	Deadline	% in evaluation

Compulsory readings

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Recommended readings

Johnstone, Keith (1979) Impro. Faber and Faber Limited 3 Queen Square, London.
 Spolin, Viola (1999) Improvisation for theater. Northwestern University Press, Evanston, Illinois.

Recommended Literature:
 Halpern, C., Close, D., Johnson K. (1994). Truth in comedy. Meriwether Publishing, Denver, Colorado.
 Johnstone, Keith (1999) Improvisation for storytellers. Faber and Faber Limited 3 Queen Square, London.
 Laukka, Saija (2017). The art of making mistakes, Dramatyö

Moshavi, Dan (2001) "Yes and...": Introducing Improvisational Theatre Techniques to the Management Classroom. Montana State University. Volume: 25 issue: 4, page(s): 437-449.

Learnings

Knowledge	<p>Will be knowledgeable about the theatrical improvisation techniques associated with Keith Johnstone and Viola Spolin and the principles of improvisational theater.</p> <p>Gains personal experience through practical exercises related to these theories.</p> <p>Analyzes and becomes aware of the interpersonal and intrapsychic factors involved in improvisation and successful collaboration.</p> <p>Gains insight into a specific example of the creative and receptive process through the construction of real-time narratives in improvisational theater.</p>
Skills	<p>Develops initiative and the ability for free thinking.</p> <p>Practices mobilizing lexical and skill resources for creative problem-solving.</p> <p>Develops interpersonal skills for effective collaboration.</p> <p>Activates flexibility and adaptability required for teamwork.</p> <p>Enhances versatile problem-solving abilities.</p>

Attitude	Accepting and supportive of oneself and partners in collaboration. Takes a constructive approach to unfolding the creative process. Approaches challenges with an approximating attitude. Open and exploratory in approaching problems, seeking unknown solutions. Inspiring and focused on building the task and the collective outcome.
Responsibility	Develops initiative and the ability for free thinking. Practices mobilizing lexical and skill resources for creative problem-solving. Develops interpersonal skills for effective collaboration. Activates flexibility and adaptability required for teamwork. Enhances versatile problem-solving abilities.

Exemption

- ☒ Exemption from attending and completing the course cannot be granted,
☐ Exemption may be granted from the acquisition of certain competencies and the fulfilment of tasks
☐ Some tasks can be replaced by other activities,
☐ A full exemption can be granted

Curriculum link

Subject	Related courses (paralells)	Merit rate in the subject
Personal Project and Skill Development 1.		
Course prerequisites	Prerequisites in case of elective	Is it available as an elective?

TechPark

	Resources	
Requests	Personal (expert consultation)	
	Tools	
	Materials	
	Space	

Misc. information

Topics and themes to be covered in the course:

- Principles of improvisation: spontaneity, acceptance, risk-taking, support, attention.
- The mindset of a creator and the characteristics of the necessary personal attitude. The relationship to the unknown solution (avoidance, evasion, problem focus) – embracing the possibility of failure.
- The state of spontaneity (physical, mental, cognitive components). Characteristics of the creative process, with a particular focus on creative blocks.
- Collaboration in the creative process – inspiration and support. The concept of "yes, and" as the foundation of improvisation.
- Tools for constructing/discovering narratives:
 - Using problems as building blocks of narratives on stage.
 - Mistakes/breaking routines as tools for narrative construction.

- Storytelling through the eyes of characters.
6. External and internal motivation in stage work – analysis of "audience-actor-audience," "actor-actor," and "in-actor" dynamics.