

CYNTHIA HENDERSON
Professor, Actor Training
School of Music, Theatre, and Dance
Ithaca College

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Academic Degrees

The Pennsylvania State University, Professional Actor Training Program – MFA 1997

Troy State University, Theatre Major – BS 1994

Professional Membership

1997 – Present **Actor’s Equity Association**

2007 – Present **National Alliance of Acting Teachers**

Awards and Honors

2022 **Dana Teaching Fellow**
Ithaca College
Anti-Racism Institute

2022 **Faculty Excellence Award**
Ithaca College

2022 **Hangar Theatre Tom Niederkorn Award**
Extraordinary contributions to artistic and educational programming

2015 **Fulbright Specialist**
University of Yaounde 1 in Cameroon, Central Africa

2015 **Fulbright Specialist**
Universidade Estadual da Paraíba in Joao Pessoa, Brazil

2011 **Tompkins County Sign of Sustainability (PASC)**

2008 **CSPA-NYS Outstanding Contribution to Social Justice Award**

2008 **20 Outstanding Women You Should Know in Central NY**
Cayuga Radio Group

2004 – 2005 **Who’s Who of American Women**

2003 – 2004 **Fulbright Scholar**
University of Yaounde 1 in Cameroon, Central Africa

1991 **Best Supporting Actress in a Musical**
European Tournament of Plays
Production – *Little Shop of Horrors*; Role - Ronnette

Books

2024 ***Beyond the Studio: a Conversation about Acting***
Cambridge Scholars Publishing, UK

2009 ***The Actors Landscape***
Publisher: Gateways Books and Tapes – Nevada City, CA

- 2004 *Understanding Character Through Self*
 Publisher: Editions SHERPA – Yaoundé, Cameroon, Africa
 Profits from this book fund an arts scholarship at the University of Yaoundé 1
- 2001 *Introduction to Theatre Study Guide* (with Dr. Jack Hrkach)
 Publisher: McGraw-Hill Primus Custom Publishing

Professional Development

Intimacy Directors and Coordinators – August 2023

Consent Forward Artist Certification

Equity Literacy Institute – October 2022

Equity Facilitators Training

NYC Metropolitan Opera – May – June 2022

Opera Boot Camp: Introduction to Operatic Staging

The Actors Center (NYC) – June 2005 and 2007

Teacher Development Program

(Lloyd Richards, Earle Gister, Catherine Fitzmaurice, Per Brahe, Christopher Bayes, Slava Dolgatchev, Ron Van Lieu and J. Michael Miller)

University Teaching

2000 - Present

Professor, School of Music, Theatre, and Dance
 Department of Theatre and Dance Performance

Ithaca College

Ithaca, NY

First Year Scene Study, Sophomore Scene Study, Advanced Scene Study, and Intro to Musical Theatre: Song Performance: Acting courses for the BFA Acting and Musical Theatre training program. Theatre for Social Change: an ICC designated theatre course.

1999 - 2000

Adjunct Professor, Department of Theatre and Dance

California State University, Sacramento

Sacramento, CA

Children's Theatre class designed to teach future educators various ways of working with children using drama as a basis for learning. In this class we created our own text as we worked. The other class was an acting class for non-theatre majors, designed to introduce the beginning actor to the concepts and practices of acting.

1998- 1999

Adjunct Professor, Department of Theatre Arts

Hunter College

New York, NY

Advanced acting techniques for the continuing theatre major. Course combined a variety of acting concepts. Class covered monologues, scenes and some improvisation.

1997- 1999

Adjunct Professor, Department of Theatre Arts

Marymount Manhattan College

New York, NY

Basic and advanced acting techniques for the BA and BFA theatre majors with an emphasis on monologues in the first semester and scenes in the second semester. Course combined a variety of acting concepts with a heavy Meisner emphasis.

1995 - 1997

Instructor of Acting, School of Theatre
The Pennsylvania State University

University Park, PA

Fundamentals of Acting - course designed for college level non-theatre majors, as an introduction to the actor's craft. Basic acting techniques emphasized improvisation, scene and monologue work.

Youth Actor Training

1997- 1999

Instructor of Acting

The American Academy of Dramatic Arts

(Summer Program)

New York, NY

Basic acting techniques for actors at various stages of development, ranging from the professional to the beginner, in a conservatory setting.

Invitational Workshops

June 2023

Guest Artist

Red Mountain Theatre

Birmingham, AL

Invited to teach at a two-week musical theatre summer intensive

July 2022 and 2023

Guest Artist

The College Audition Conservatory

Orlando, FL

Invited by Juilliard alum Tim Evanicki to teach in an 8-day college audition preparatory summer intensive.

May 2021

Guest Artist (Zoom)

High School of Performing Arts

Rockaway, NJ

College audition workshop

November 2020

Guest Artist (Zoom)

RE: Theatre

New York, NY

Masterclass - *RE:envisioning Personal Practices*

Zoom masterclass for acting teachers (national)

October 2020

Workshop Facilitator (Zoom)

National Alliance of Acting Teachers

New York, NY

Values Statement Workshop

Anti-racism workshop for an international gathering of acting teachers

Feb – May 2020

Guest Artist

ICSD: Boynton Middle School

CV: Cynthia Henderson

Ithaca, NY
Performing Arts for Social Change Workshop
Speaking Our Truth
A writing workshop, and devised theatre production based on students navigating middle school while discovering themselves as unique individuals.

- January 2019 Guest Artist
ICSD: Ithaca High School
Ithaca, NY
Acting Workshop: *Embracing Inclusivity*
Student orientation for *Rent* auditions
- April and Oct 2018 Workshop Creator and Facilitator
ICSD: Ithaca High School
Ithaca, NY
Creating A Culturally Responsive Approach to Co-Curricular Activities in the Arts: workshops for ICSD faculty and staff, to encourage an honest look at and making changes as it relates to racial bias in the arts programs.
- September 2017 Instructor, TFC/Acting workshop
The Juilliard School
Two-part workshop series. Theatre for Social Change (TFC) workshop for Juilliard's Morse Fellows and TFC & Acting workshop for all performance areas with a more craft focused workshop for MFA Actors.
- December 2016 Instructor, Acting Workshop
La Compagnie NGOTI
Cameroon Central Africa
Meisner workshop for La Compagnie Theatre Company
- September 2016 Instructor, Theatre for Social Change Workshop
April 2016 **Cornell University**
"Perception and Imagination" September 2016
"Societal Mirror: Privilege and Discrimination" April 2016
- November 2015 Instructor, Acting Workshop
University of Dschang, School of Performing Arts
Foumban, Cameroon Central Africa
"The Actor as Societal Storyteller" for graduate acting program
- November 2015 Instructor, Acting Masterclass
University of Yaounde 1, Department of Theatre and Cinema
Yaounde, Cameroon Central Africa
Masterclass for graduate and undergraduate performance majors
- June – July 2014 Visiting Instructor, Acting Workshop
LaPorarosa Media Project
Bahía de Caráquez, Ecuador
The workshop focused on improvisational scene work, character development and storytelling techniques. Culminated in a 30 minute play focused on issues in Bahía de Caráquez.

June – August 2013 Visiting Instructor, English Immersion Program
Beijing New Oriental School
Beijing, China
Seven weeks teaching English through a series of acting workshops. Emphasis was on immersion in western culture and the intricacies of the English language. We focused our work on improvisational scene explorations, and worked with the play “Proof” by David Auburn to explore the similar family dynamics shared by American and Chinese cultures.

Conferences and Invited Presentations

November 2022 Panelist
SUNY Oneonta
Oneonta, NY
Fulbright presentation on research panelist have done with Fulbright. Also, sharing information about the Fulbright Program with professors who might be interested in applying for a Fulbright.

August 2022 Attendee
National Black Theatre Festival
Winston-Salem, NC
Workshops, panels, and performances centering African American Theatre and artists. I met Ben Vereen at this festival and invited him to give a masterclass at Ithaca College. He accepted and is expected to visit IC in September of 2023.

May 2021 Attendee
Art Equity
New York, NY
Strategies for Becoming an Anti-Racist Organization
Zoom one-day facilitated discussion

March 2021 Panelist
National Alliance of Acting Teachers
New York, NY
Tenure and the Academic Career
Zoom presentation

January 2021 Panelist
New York State Theatre Education Association
The Oasis Panels: Escape the Idea Desert
NYSTEA zoom facilitated state-wide conversation on how to theatre arts to support marginalized communities

Dec 2020 – Feb 2021 Evaluator
The Peabody Awards
One of six evaluators focusing on performing arts across platform venues (TV, radio, podcasting, web). We evaluate music documentaries, broadcasts of theatre, music pieces, podcasts about opera, etc., using a rubric articulated by the Peabody organization.

- August 2019 Presenter
American Alliance for Theatre and Education National Conference
New York, NY
City University of New York
School of Professional Studies MA in Applied Theatre
*The Actor as Change Maker: Creating opportunities for transformation
and proactive change via the arts*
- August 2018 Guest Speaker
Billie Holiday Theatre/Stella Adler Studios
New York, NY
Black Arts Theatre Intensive
Theatre for Social Change within Actor Training
- June 2018 Panelist
Cornell University
Ithaca, NY
Future Professors Institute
Exploring Your Institutional Fit
- May 2018 Keynote Speaker
Federal University of Pernambuco
Recife, Brazil
Gilbreto Freyre Research Symposium
Intersection of Actor Training and Theatre of the Oppressed
- June 2017 Presenter
National Alliance of Acting Teachers Conference
New York, NY
Understanding Your Character via the Self
How self-exploration exercises can help find aspects within the actor's
life and psyche that gives the character a clear sense of purpose and an
active inner life. Lecture with mini workshop for professors from
universities across the nation including Yale, CSU in Long Beach, The
New School and NYU.
- October 2017 Guest Speaker and Panelist
SUNY Oswego
Oswego, NY
A Raisin in the Sun & Clybourne Park: a societal commentary
- September 2016 Keynote Speaker
Cornell University
Ithaca, NY
Women in Public Policy's Global Women Exhibit
- July 2014 Presenter
ATHE Conference
Scottsdale, AZ
*"Shuo Meng Hua (Talking in my Dreams): Using Drama for English and
Chinese Language Learning," Association of Theatre in Higher
Education, Scottsdale, Arizona*

- April 2013 Visiting Lecturer
Cornell University
 Ithaca, NY
 “Transformative Theatre: Using Theatre as an Agent for Social Change,”
 Latin American Studies Program at Cornell University
- March 2009 Keynote Speaker
Ithaca College School of Music
 Ithaca, NY
 “Creating Culturally Affirming Education for Youth of Color: Making a
 Difference in Music and General Education Conference.”
- October 2004 Presenter
U.S. Fulbright Association 27th Annual Conference
 Athens, Greece
 Presented on work in Cameroon, Africa with Theatre for Social
 Development, and on “Politics and Theatre.”
- September 2003 Presenter
Cameroon International Film Festival
 Cameroon, Africa
 Panelist for conference and presented a workshop on professional
 development in the field of acting.

Performance - Theatre (partial listing)

HURRICANE DIANE	Renee	The Kitchen Theatre
AN ODYSSEY	Fate	Hangar Theatre
GOD’S TROMBONES	The Crucifixion	Loaves and Fishes Theatre Co.
GUN HILL	Zoe	Origin Theatre Company
GUN HILL	Zoe	Museum of Literature and Culture, Romania
A RASIN IN THE SUN	Lena Younger	Hangar Theatre
KATRINA: the musical	Violet	WoW and Cherry ArtSpace
GUN HILL (new play workshop)	Zoe	Women’s Projects (NYC)
MARCH ON!	Leah	Hangar Theatre
RAGING OPERA	Ma	Ithaca Fringe Festival
WOMEN’S WISDOM	Actress 2	Purlgut Productions (tour)
MERIT	Janice	IC On the Verge
UNLIMITED YEAR LONG PACK	Candace	OnStage Female Playwright Festival
KING LEAR	Goneril	Nittany Valley Shakespeare – PA
GOD OF CARNAGE	Veronica	Readers Theatre of Ithaca
CV: Cynthia Henderson		

NO CHILD	16 Characters	Readers Theatre of Ithaca
SOMETHING YOU DID	Lenora	Next Stage Theatre – PA
VAGINA MONOLOGUES	Memory/Baptized	V-Day Event – NYC
IT’S ONLY A PLAY	Julia	Midtown International Theatre Festival
TWO ROOMS	Ellen	Kitchen Theatre – Ithaca
<i>PRETTY FIRE</i>	Charlayne	U.S. Cultural Center - Cameroon, Africa
<i>JOY IN THE MORNING</i>	Ruth/Woman	Playwrights Horizon
<i>LIVE AND IN COLOR!</i>	All Characters	Pennsylvania Partners in the Arts
<i>A MIDSUMMER NIGHT’S DREAM</i>	Titania	Hangar Theatre – Ithaca
<i>GOD’S TROMBONES</i>	The Creation	Eisenhower – PA
<i>STOP KISS</i>	Callie	Kitchen Theatre – Ithaca
<i>LIFT EVERY VOICE AND SING</i>	Woman	Shomberg Center – NYC
<i>A WRINKLE IN TIME</i>	Mrs. Whatsit	Lincoln Center – NYC
<i>BROTHER’S KEEPER</i>	Latisha	Samuel Beckett – NYC
<i>DOROTHY</i>	Dorothy Dandridge	Samuel Beckett – NYC
<i>A RAISIN IN THE SUN</i> (w/ Frances Foster)	Ruth	U/RTC – PA
<i>MEASURE FOR MEASURE</i>	Marianna	U/RTC – PA
<i>SWEENEY TODD</i>	Ensemble	Pennsylvania Centre Stage
<i>ALICE IN WONDERLAND</i>	Cheshire Cat	Pennsylvania Centre Stage
<i>MA RAINEY’S BLACK BOTTOM</i>	Dussie Mae	Springer Theatre – GA
<i>CHILDREN OF A LESSER GOD</i>	Sarah	Frankfurter Playhouse – Germany
<i>LITTLE SHOP OF HORRORS</i>	Ronnette	Frankfurter Playhouse –Germany
<i>INTO THE WOODS</i>	The Witch	Frankfurter Playhouse – Germany
<i>DREAMGIRLS</i>	Lorrel	Frankfurter Playhouse – Germany
<u>Performance – Film and Television (partial listing)</u>		
SHORT FILM	Cheryl	Park Faculty film
HOW DO I SAY, “I LOVE YOU” (book)	Voice Actor	Children’s Reading Connection
ALL ARE WELCOME (children’s book)	Voice Actor	Children’s Reading Connection
CV: Cynthia Henderson		

UNTITLED FAITH BASED FILM	Keisha	Park Senior film
AN EAGLE’S FEATHER (animated film)	Voice Actor	Cornell Lab of Ornithology
WOMEN’S WISDOM (film version)	Actress 2	Purlgut Productions
(PRO) CHOICE	On Screen Narrator	Purlgut Productions
GlassART (artist interviews)	Host	Corning Museum of Glass
FINGER LAKES UNCORKED	Judy	Park Productions - Ithaca
Industrial films	Principal	Cornell University
SOUL CONNECTION (TV commercial)	Voice Over	REP Productions – Ithaca
GREEK PEAK (TV spots into 2005)	Voice Over	REP Productions – Ithaca
IPG SOFTWARE	Principal	Industrial – Owego
<i>STEAL AWAY</i>	Narrator	Park Productions
COMEDY CENTRAL	Principal	Commercial - National
ROOMS TO GO	Principal	Commercial – FL
<i>UPFRONT</i>	Principal	MTV Productions – NYC
<i>GHOST STORIES</i>	Starring	Syndicated – National
JENNIFER CONVERTIBLES	Principal	Commercial – NYC

Directing – Theatre Productions (partial listing)

2024	COMFORT FOOD	WoW/Kitchen Theatre
2024	FEVER/DREAM	Ithaca College/Hangar Theatre
2023	NEWSIES	Ithaca College
2022	HIGHWAY 1, USA	Opera Ithaca
2022	PROVING UP	Opera Ithaca
2022	SWEAT	Ithaca College
2021	RENT	Ithaca College
2021	A YEAR WITH FROG AND TOAD	Walking on Water Productions
2021	TRAP DOOR (a walking play)	Cherry Arts Center
2020	SHE KILLS MONSTERS	Ithaca College
2019	EVERYBODY	Ithaca College
2018	THE KID THING	Ithaca College

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2017	IN THE RED AND BROWN WATER	Ithaca College
2016	for colored girls who have considered suicide ...	Ithaca College
2015	6 One Act Plays	OnStage Female Playwright Festival
2014	INTIMATE APPAREL	Ithaca College
2014	IN A FOREST DARK AND DEEP	Readers Theatre of Ithaca
2014	6 One Act Plays	OnStage Female Playwright Festival
2013	FIRES IN THE MIRROR	Ithaca College
2012	MY CHILDREN! MY AFRICA!	Ithaca College
2010	PLUMFIELD: IRAQ	Ithaca College
2008	THE EXONERATED	Ithaca College
2007	DRIVING TO THE END OF THE WORLD	Puerto Penasco, MX
2005	<i>BURN THIS</i>	Ithaca College
2004	<i>for colored girls who have considered suicide ...</i>	U.S. Cultural Center- Cameroon, Africa
2004	TOP DOG/UNDER DOG	Univ. of Yaounde 1 Cameroon, Africa
2003	<i>THE COLORED MUSEUM</i>	Ithaca College
2003	<i>TRIAD</i>	Ithaca College

Creative Works

<i>PHONE DATE</i>	Casting Director/Acting Coach/ Directing Mentor	Coca-Cola Company National Film Competition (2 nd Place 2023)
<i>FAB FIVE</i>	Acting Coach/Casting Director	Coca-Cola Company National Film Competition (winner 2020 – Ithaca College)
<i>THE LIBRARY</i>	Directing Mentor/Casting Director	Coca-Cola Regal Cinema National Film Competition (winner 2018 – Ithaca College)
<i>WE NEED THE TRUTH</i>	Writer/Producer	Documentary Film
Airings and Screenings:		
<ul style="list-style-type: none"> • U.S. Embassy in Yaounde (diplomatic screening for foreign dignitaries) 2015 • CRTV in Cameroon, Central Africa 2015 • Finger Lakes Environmental Film Festival in Ithaca, NY 2016 (peer reviewed) 		
<i>FINGER LAKES UNCORKED</i>	Director	Park Productions

PLUMFIELD, IRAQ: The Documentary co-Producer/Narrator

Park Productions

IndiVisible

Interviewee

Smithsonian Institute
Native American Museum

ROAD TRIP: DEMYSTIFYING HIV/AIDS Writer/Producer/Narrator

Documentary Film

Airings and Screenings:

- CRTV in Cameroon, Africa 2004
- World AIDS Conference in Bangkok, Thailand 2004
- PBS affiliates WCNV and WSKG 2005

Performing Arts for Social Change projects

Collaboration with IC Black Artists United

City of Ithaca

Boynton Middle School

Ithaca City School District

Mental Health Association of Tomkins County

City of Ithaca

LaPodarosa Media Project (Ecuador)

GIAC

Theatre of the Oppressed at IC

Veteran's Sanctuary

Lehman Alternative Community School

Fransiska Racker Center

- This theatre project was also produced as an educational film for the Ithaca City School District

ACS at Louis Gossett Jr. Residential Center

Greater Ithaca Area Community Center

MacCormick Secure Center

Juneteenth Cabaret

The Social Contract workshop/discussion

Speaking Our Truth

Race, White Privilege, and Education

I Out of 7

Trust

Voces de Bahia

T.R.E.E.

Rainbow of Desire workshop

No Longer Your Prisoner

Ruminations

and a One Day Storytelling Workshop

Problems or Possibilities

writing project

Voice Suspended

I Too Am America

Theatrical Skills (partial listing)

Stage Combat - Quarterstaff, Hand to Hand, Broadsword, Rapier and Dagger; Various Dialects

Professional Associations

Kitchen Theatre Company

- Board Member 2021 – 2024
- Inclusion, Diversity, Equity, and Access (IDEA) Committee Chair 2021 - 2023

Fulbright Alumni Association 2004 – present

- Board Member 2017 - 2023

National Alliance of Acting Teachers 2008 – present

- Committee Chair of the name change 2015 – 2016

National Association of Professional Women 2014

National Association of University Women 2005 – 2010