

SOPHIA B. McLAUGHLIN
CURRICULUM VITAE

EDUCATION

UNIVERSITY OF IOWA , Iowa City, IA Emphasis: Choreography	MFA Spring 2025
CONNECTICUT COLLEGE , New London, CT Majors: Dance and Botany Pathway: Social Justice and Sustainability	BA May 2020 GPA 3.896
SCHOOL FOR FIELD STUDIES , Paro, Bhutan Research: Plant Regeneration After Forest Fire	Fall Semester 2018

HONORS/AWARDS

Academic	Graduate Fellowship, University of Iowa	2022-2023
	Graduate Teaching Assistantship, University of Iowa	2023-2025
	Presidential Scholar, Connecticut College	2016-2020
	Magna Cum Laude, Connecticut College	2020
Dance	Martha Myers Prize in Dance, Connecticut College	2020
Botany	Anthony Francis Nelson Memorial Prize in Botany, Connecticut College	2020
	Betty Flanders Thomson Prize in Botany, Connecticut College	2019
Funding	Performing Arts Summer Research Grant, University of Iowa (\$2,000)	2023
	Performing Arts Summer Research Grant, University of Iowa (\$3,200)	2024
	Oak Spring Garden Foundation Artist in Residence Grant (\$2,000)	2024
Features	CLAS Student Researcher Newsletter, University of Iowa	2024

CHOREOGRAPHIC WORKS

Here with the Tallgrass • MFA Thesis	2025
Quercus alba • Prompt for the Planet	2024
In the Formal Garden • Oak Spring Garden Foundation Presentation	
Laying Fallow • Hickory Hill Park	2023
Macbeth Witches • University of Iowa's Theatre Mainstage Production, Directed by Mary Mayo	
Winterized Trees • Hancher's Infinite Dream Festival in Collaboration with Moon Boyoung and Ellen Oliver	
Pinus strobus • University of Iowa's Graduate Event	
Wildflower's Movement Guide • University of Iowa's Faculty/Graduate Concert and ACDA Central Conference 2024	
Observations: • University of Iowa's Graduate/Undergraduate Concert	2022
Gleditsia • University of Iowa's Choreography III Showcase	
Plot 1/Plot1.1 • The Sable Project's Food and Art Performance	2021
Water in the Wood • The Sable Project's Water in the Wood Collaborative Performance at Fat Dragon Farm	
orbiculata • Online Connecticut College Thesis Film Performance	2020
Internodes • American College Dance Association Gala Concert and Connecticut College Dance Club Concert	2019
Exuding Drips • Connecticut College's Dance Department Concert and Connecticut College's Dance Club Concert	
Social Justice and Sustainability Pathway Project • Connecticut College's Pathway Symposium at Sprout Garden	
Tock • Connecticut College's Dance Club Performance	2017

PERFORMANCE EXPERIENCE

- Meandering River** • Stephanie Miracle • Iowa River Collaboration 2025
Any for Many • Zena Bibler • University of Iowa Faculty/Graduate Concert 2024
Panorama • Martha Graham, set by Virginie Mecene • Graham100, Hancher Auditorium
Sqe8tyR^y7 (Glitch Code) • Stephanie Miracle • University of Iowa Gala and 2023 ACDA Gala 2022
Water in the Wood • Collaboration by Artists in Residence • Fat Dragon Farm 2021
Untitled • David Dorfman • Connecticut College Senior Thesis Concert (Rehearsal Process Only) 2020
Untitled • Rashaun Mitchell and Silas Riener • Connecticut College Senior Thesis Concert
Objects for Obscenity • Maddy Bank • Honors Thesis
Untitled • Elizabeth Magnan • Connecticut College Senior Thesis Concert
- Cunningham MINEVENT** • Merce Cunningham, set by Brandon Collwes • Connecticut College Department Concert 2019
Weighted Waiting • Lisa Race • Connecticut College Department Concert
“I awoke then” • Eleanor Goudie-Averill • Connecticut College Department Concert
Post-Apocalyptic Rituals • Wideman Davis • Guest Artist in Connecticut College Senior Thesis Concert
Because We Obeyed, Your Mile Went Unwalked • Rachael Leiblien-Jurbala, • Connecticut College Senior Thesis Concert, and Tank Theater, Waxworks in 2020
whatever you want it to be • Angelina Annino • Connecticut College Dance Club Performance
- Daikyu** • Kate Weare, set by Thryn Saxon and Ryan Rouland Smith • Connecticut College Senior Thesis Concert 2018
To Whom it May Concert • Senait Judge-Yoakam • Connecticut College Senior Thesis Concert
Hive X • Kelley Fairman • Connecticut College Senior Thesis Concert
Pigmented Impressions • Emily Chin • Connecticut College Senior Thesis Concert
softly we settle • Kaya Blumenthal-Rothchild • Connecticut College Dance Club Performance
Of Particular Moral Rightness • Rachael Leiblein-Jurbala • Connecticut College Dance Club Performance
- or out the other** • Heidi Henderson • Connecticut College Department Concert 2017
longing differs breath • Shawn Hove • Connecticut College Department Concert
...and I will never ever let you down • Rachael Leiblein-Jurbala, • Connecticut College Dance Club Performance, Connecticut College Department Concert, and Kennedy Center National ACDA Conference 2018
- Echad Mi Yodea** • Ohad Naharin, set by Ya’ara Moses • Guest Artist in Connecticut College Department Concert 2016
us, after • Kelley Fairman • Connecticut College Department Concert, Connecticut College Dance Club Performance, and ACDA New England Concert
How Far Will We Float • Danielle Kaplan • Connecticut College Senior Thesis Concert
Fiest/Feast • Kelley Fairman • Connecticut College Dance Club Performance
On Our Way • Kelli Carlson • Connecticut College Dance Club Performance
Still We Move • Maureen Steinhorn • Connecticut College Dance Club Performance

TEACHING EXPERIENCE

University of Iowa

Beginning Modern Instructor

Spring 2025

- Focused on concepts of contraction, release, swing, and momentum.
- Introduced weight sharing as a practice with the floor and each other.
- Investigated different ways of moving in and out of the floor.
- Prioritized the concept of layering textures and qualities to movement.

Beginning Ballet Instructor

- Entry-level dance class that introduced ballet steps and concepts.
- Focused on proper alignment in rotated positions.
- Prioritized finding joy and moving through space in presentational ballet phrases.

Intermediate Contemporary Movement Practice Instructor

Fall 2024

- Worked with dance majors on concepts of oscillating between form and release.
- Used improvisation to provide somatic and sensation based experiences.
- Practiced basic weight sharing principles.
- Challenged dancers by providing more complicated phrasework.

Yoga Teacher Training *Teaching Assistant*

- Provided feedback for written assignments and exams.
- Gained teaching experience on Ajna chakra and inversions.

University of Iowa Dance Company *Assistant Director/Teaching Assistant*

Fall 2023/Spring 2024

- Worked closely with Stephanie Miracle to assist in the rehearsal process.
- Acted as rehearsal director for work choreographed by guest artist Aaron Samuel Davis.
- Toured with company and aided in the organization and coordination.

Kinesiology *Teaching Assistant*

Spring 2024

- Graded quizzes, exams, and student projects.
- Taught classes on foot, pelvis, and shoulder that incorporated somatic investigation.
- Hosted study sessions for students.

Yoga Instructor

Fall 2023

- Taught beginning level yoga classes focusing on moving with breath and alignment.
- Incorporated readings on history and intention behind yoga practice.

Combined Efforts

2024-2025

Instructor

- Collaboratively taught movement classes for people with disabilities
- Developed movement that combined gentle movement, creativity, and community building.

ACDA

2023

North Central Conference

- Taught and developed movement class titled Root and Reach.
- Integrated creative research on botanical observation through movement into workshop.
- Incorporated plant physiology and improvisational practice of *Embodied Observation*.

Downward Dog Yoga

Spring 2025

Yoga Teacher

- Taught evening Chill Yoga Class.
- Gained experience working in yoga studio setting offering classes that were accessible to beginners.

Holden Village

Summer 2018 and Winter 2020

Volunteer

- Taught dance classes for children and adults with no previous dance experience.
- Concepts of creative movement, improvisation, and phrase learning were introduced.
- Gained skills in clear communication of movement without using codified terminology with students.

SERVICE

University of Iowa

2022-2025

Graduate Student Representative

- Attended faculty meetings and led graduate student check-ins.
- Graduate student participant in tenure-track faculty search.
- Communication point between graduate students and DEO through meetings and written proposals.

Department Support

- Stage managed Graduate Event Performance at Space Place Theater.
- Facilitated feedback sessions and auditions.

THEATER EXPERIENCE

Macbeth

Fall 2023

Choreographer

- University of Iowa's Theatre Mainstage Production.
- Collaborated with full production team and Director, Mary Mayo, on overall artistic vision.
- Designed spacing and choreography for three witches using plants used in witchcraft as emphasis for movement.

Spring Awakening

Spring 2018

Choreographer's Shadow

- Shadowed David Dorfman in his choreographic process of Spring Awakening.
- Attended rehearsals and discussed the reasoning behind the decision making process.

RESIDENCIES

Oak Spring Garden Foundation, Upperville, Virginia

Summer 2023

Interdisciplinary Artist Residency

Five-week residency with access to the formal garden and rare book library of Rachel “Bunny” Lambert, the BioCultural Conservation Farm, and 700 acres of land being managed by conservation ecologists.

- Awarded \$2,000 individual grant.
- Performed durational improvisational work in formal garden.
- Developed choreography for ongoing projects.

The Sable Project, Stockbridge, VT

Summer 2021

Artist in Residence

Six-week residency located off-grid on Fat Dragon Farm. This residency included two weeks of focused individual work and four weeks of collaboration between artists.

- Gained collaboration and communication skills between artists of many disciplines.
- Performed in multi-disciplinary performances as a dancer and puppeteer.
- Choreographed a series of duets in collaboration with screenplay writer, Kevin Renn.

Atland, Chesterfield, MA

Summer 2021

Volunteer Artist

Two-month residency located on forested land where land management, construction, gardening, and dance happened simultaneously.

- Took workshop classes from Jenna Riegal, Katherine Ferrier, Tyler Rai, Melinda Buckwater, Ellie Goudie-Averill, and Tori Lawrence.
- Developed solo work in relation to plant species on land.

ATTENDED WORKSHOPS AND CONFERENCES

Klein Technique Workshop, Arlequi, Spain

2024

Participant

Week-long Klein Technique intensive with Susan Klein.

American College Dance Association

(See choreography, performance, and teaching experience for details.)

New England 2018, *Performer*

National 2019, *Performer*

New England 2019, *Choreographer*

North Central 2023, *Performer and Instructor*

Central 2024, *Choreographer*