

Basic training of dancers instills the following

- Listening and observation skills
- Focus and concentration skills
- Strong sense of commitment and responsibility
- Ability to work individually and in groups
- Discipline and dedication
- Ability to follow directions
- Quality of persistence
- Ability to respond under pressure
- Adaptability to quick changes
- Working hard qualities
- Work ethic in striving for excellence
- Vitality, energy, and physical stamina
- Awareness of their own and other's bodies
- Sense of self-presentation
- Awareness of, and skills to achieve physical beauty
- Awareness of design and layout
- Have a strong connection to the creative and artistic self
- Memorization skills
- Ability to organize and use time efficiently

Skills provided by the University of Utah Ballet Department

- Ability to creatively express self through Choreography class and performance opportunities
- Awareness of body through Kinesiology and Body Conditioning
- Understanding injury prevention and nutrition through Care of Injuries/fitness
- Ability to work well with others through group choreography, Adagio class, and performances
- Knowledge of historical events and how those pertain to the arts world through Ballet History
- Ability to structure and write a paper through Teaching Essentials and performance critiques
- Understanding of music through Elements of Music
- Ability to express feelings and emotions through Acting for Dancers
- Skills to produce a performance through Lighting Production
- Experience in teaching many age groups of children through Ballet Essentials

Skills learned through the Ballet Department combined with general university requirements create a dancer that is prepared for any aspect of today's world.