

## WHAT TO EXPECT AS A LIVE MODEL

The nude is one of the oldest objects of Western art. It is a unique personality that makes for a successful nude model. Models are very aware of themselves as a topic, and don't take the images personally, like a person would for a photograph. The models don't do this because they need attention or are exhibitionists. They actually like art and artists. They never criticize and they know how to be still.

From an artist's perspective: The only way to make life appear in your drawing is to study and draw from life. There can be a sense of deep meditation and a transcendence that happens when working from life. It's like a runner's high, or yoga.

From a model's perspective: You get to see and hear the makings of art, be influenced every day and practice how to look objectively at yourself. You get to live art. One of the best parts of class is walking around the studio and seeing all the individual styles and techniques and the different perspectives of you. The modeling may provide personal insight, but one can also enjoy seeing oneself through others' eyes. Modeling can give you a feeling of vulnerable empowerment and humble awareness.

## ART MODEL WORK INSTRUCTIONS

- All studio art classes, which are two or three hours long, are held Monday through Friday. Morning classes begin as early as 8AM and afternoon classes end no later than 5PM.
- Unless a model schedule has already been created, the model coordinator will usually contact you the Monday prior to potential sessions for the following week. If you cannot be reached, a message will be left for you regarding what sessions are available. In addition, a calendar may be posted in the studio with model assigned times and dates. Confirm these sessions (date, time, location) with the model coordinator at 229-293-6239. Feel free to call at any time if you are interested in extra work or in scheduling for over a week in advance. Most models are scheduled to work one to two sessions a week.
- Be on time. This is very important, as you will not get paid for time missed. Models are paid \$60.00 per session and deducted quarterly (every 15 minutes) for time absent. If your class ends early, you will get paid for the full 3 hours.
- Should you have to cancel your session, call well in advance. Call the model coordinator at 229-293-6239 or the art department office at 229-333-5835 between 9:00 AM-5:00 PM, Monday-Friday. If you call before or after these hours, please leave a message on the voice mail.
- You do not have to contact the instructor ahead of time about class requirements. Each instructor has different expectations but is flexible and will let you know at the beginning of the session what the class needs are for that day.

## PAYMENT

- You are not responsible for filling out your own time sheets. Every two weeks or per the request of the model, the instructor will complete and submit a payment request for you. You may have your paychecks mailed to an address you provide or pick them up in the art office.

- If the instructor cancels a class that you are scheduled to model for without at least 24 hours notice, you will be paid for that class. However, if you cancel without at least 24 hours notice you will not be paid for that session. The model coordinator will try to reschedule you for another session but can make no guarantees.



## CLASSROOM REQUIREMENTS

- Generally, models are required to pose in 30-minute sittings or quick 30-second poses (gesture posing) with a couple of short breaks during the session. Variations may be established with each instructor; however, there must be a reasonable balance between modeling periods and breaks. Each model is entitled to a total of a 21-24 min. break during the 3-hour sessions.

- Use the changing station in the studio or the restrooms to undress and wear a robe or similar clothing during breaks and trips to and from the classroom. Don't undress in the middle of the classroom or walk around the classroom without a robe.

- Photography of a model is not allowed in the classroom without the model's permission. Any photography arrangements are strictly between the model and students and/or faculty. Valdosta State University does not endorse or condone the photography of hired models and will not be held liable for such.

## SPECIAL ATTENTION

Models must conduct themselves in a professional manner at all times. Modesty and discretion are required. Inappropriate comments or activities from models to students or faculty, or from students or faculty to models may be grounds for a complaint, disciplinary action, or termination. If you have any questions, complaints or conflicts, let the model coordinator know immediately.



## HOW LIFE DRAWING CLASSES WORK

A typical life drawing session will happen in an art studio with a single model, who holds poses on a broad stand or platform. Students can sit all around if the platform is in the middle of the room; if the stand is against a wall, students will sit in a semicircle. Either way, each participant should have an unobstructed, unique view.

The model will typically hold a variety of poses over the course of the class. A series of short poses, lasting no more than a few minutes, are often held as a warm-up. Then, the model will stand, sit, or recline in poses lasting ten or twenty minutes each, or even longer.

Because they are tiring, dynamic or balance poses usually occur during the warm-up, while long poses tend to be more sedate. Breaks for both the artists' model and the students usually occur between the long poses.

## INTERACTING WITH ARTISTS' MODELS

Students shouldn't talk to, or otherwise distract, the model while he or she is holding a pose. This includes talking with other students or moving to another seat, activities which should be limited to breaks. Not only are such distractions rude, they cut into the valuable time with the model (which students are paying for).

If there are specific requests for poses, they are usually made beforehand by the class instructor, or the organizer who hired the model. Any props or specialty costumes should also be arranged in advance. If there are no specific poses or theme, the model will usually hold a random selection.

During breaks, the model will put on a robe and relax, at which time students need not be so detached. There's nothing wrong with a polite chat with a model during a break, if he or she shows a willingness to socialize. However, small talk must be kept within the bounds of professionalism – i.e., no come-ons.

## OTHER TIPS FOR LIFE DRAWING CLASSES

Students shouldn't be picky about the age, sex, or other physical characteristics of artists' models. In fact, a good instructor will hire a wide range of models, to give participants the most experience in figure drawing. Only showing up for the nude women is the most obvious sign of a student who isn't serious.

A common fear for art students is that their skills aren't good enough to justify attending a life drawing class. But only by drawing live models can artists practice and improve. So as long as students approach classes seriously, following these guidelines, they should be welcomed and have a productive experience.

## TIPS FOR NEW MODELS

1. Study classical painting. Become familiar with a variety of poses from that research.
2. Be aware of your body in space and comfortable in your own skin. Yoga and dance can help build a more conscious awareness of your body.
3. Show up on time
4. Do not engage in conversation while posing, even if some of the artists are talking among themselves. Your job is to remain motionless and not distract the artists from their work. Save your conversation for breaks between poses.
5. Be aware of the clock during a break.
6. Always change into your bathrobe before the session in a designated changing area. "Stripping" out of your clothes in front of the artists sets the wrong tone for the session, and many consider it unprofessional.
7. Always wear your robe during breaks, especially when walking around the room and among the artists. Many artists in group settings find it uncomfortable and unprofessional for models to not wear a robe during breaks. Also, wearing a robe makes it clear to the artists when you are on a break.
8. Avoid looking around the room when during a pose, which can really distract from the pose. Select a general reference point to look at. However, use a general focus; it's not a good for your eyes to stare intently at one spot for long periods.
9. When posing, never stare directly at an artist. This can be very unnerving.
10. Always bring something (towel, pillow case, robe) as a barrier between you and the model furniture, blankets, sheets, pillows, etc.
11. When taking a break or finishing a long pose, be sure to initially move slowly. Being motionless can lead to poor blood circulation and parts of your body may have "fallen asleep." Also flex your muscles to help you transition out of the pose.
12. Check out more tips at [www.artmodeltips.com](http://www.artmodeltips.com)