

Professional Career Development – BMSW4012

Reflection homework

1. Who has had the greatest positive impact on your personal growth, and what qualities did they demonstrate that influenced you?

My mom has positively impacted my life by always teaching me the importance of being independent. By supporting my family and by giving me motivation to do better in the things that i love to do. My mom always used to tell me to be independent because in life it's not good to rely and trust someone which may lead to disappointment. When i was younger i was dealing with problems such as being very nervous when i was presenting a school project or having problems to focus in class. That's where my mother came in and supported me through good and bad days and showed me how to deal with these problems which I'm forever grateful for that. The most important lesson that i will never forget is what doesn't kill you, simply makes you stronger. My mom always used to teach me to not give up when i get challenges in life and keep trying until i get what i want, and to be able to stand up for myself, and treat other people with respect. Even before my first tear hits the ground my mother is there to wipe them away. She feels my pain before i can even realize it she knows my needs before i know them that's why we call her a mother. I wouldn't be in this position right now without my mother's support and motivation she did all of this and I'm grateful for that. Hopefully one day i will succeed and achieve my goals that I'm following everyday and I'll thank my mother for pushing me towards my goal and telling me to never give up. So to answer your question who has had the greatest impact on my personal growth the answer to your question is my beloved and supportive mother.

2. Reflect on a decision you made recently would you make the same choice again? Why or why not?

Everyone can remember the one decision that changed their life for me that decision was to focus on music. I can remember the time when i told my mother i wanted to build a music career for myself and focus on playing the piano. She told me to sign up for music school i wasn't so sure about it but that choice would impact the rest of my life. From that decision i have learned persistence and motivation and these qualities will help shape my life forever. I decided to try music school because when i was younger i always wanted to try playing on piano since my family are musicians i wanted

to be just like them. People do not realise how much hard work it takes to be good at this and to succeed in this is my dream goal it can be overwhelming when you train for the first time and i know the feeling its horrible. But the more you focus and train the playing will get easier by time. It can be depressing and discouraging to train that hard and not reach a goal is terrible and some people would give up. But that is where persistence comes in even after a terrible session you must get back up and work hard at practice the next day. That's what my mother was always telling me when i struggled she would do her best to motivate me to always work hard and focus on achieving my goals. And i want to thank her for that because i wouldn't be in this position where i would want to build a music career for myself that takes a lot of skill. But it was the best decision i have made in my life and i would happily make the same choice again.

3. Describe a personal strength you are proud of and how has it helped you in a challenging situation?

A personal strength I'm proud of is that i never gave up in tough situations i always found a way to get up and carry on and that's what I'm really proud of. It has helped me in a challenging situation where i was applying for a job i was nervous and i thought i wouldn't make it. But then i remembered all the things my mother told me and how she motivated me to chase my goals and become a better person and that helped me in these challenging situations. My other personal strength is my ability to collaborate and add value to my team. I have always been told by managers and team members that i am an easy person to work with, making assignments easier to complete because we are always on the same page. I think being strong at collaborating has made me more self-aware of what is important in a team. For example i do my best to motivate my partners and support them when the project stalls or if one team member does not agree with another team member i try to find a middle ground for both of them. I also make it my duty to be as flexible as possible jumping into different roles within my team depending on what they need me to complete. And that's my personal strength that i never gave up in tough situations and i got up and moved on and achieved a lot of things. And my other personal strength is that i like to collaborate with other people when we are doing a school project or a presentation. I'm proud of myself that i made it this far and hopefully someday i will achieve a new personal strength that i will be also proud of.