

17 Elm Lane
Milford Haven
Mount Estate
Pembrokeshire
SA73 1BQ
June 2026

Dear Mr Zander,

I achieved my A grade because I tried to ensure I used a growth mindset to the best of my ability. I may not have completely started with a growth mindset however, Carol Dweck is a theorist who supports this she believed that "It's not intelligence, talent or education that sets successful people apart. It's their mindset, or the way they approach life's challenges (Dweck, 2017)." I also thought hard about the bigger picture and looked at the influences I will be making on my future and my child's future, setting that positive example I want to set upon him and the impact I would like to have upon people. My goal was to be able to grow and improve my knowledge on children and young people and expand my horizons when I am ready to do so, I want to be able to have something to be really proud of and know I worked so hard to achieve that.

Going into further detail on the points made above I feel I covered one of the theorists Bourdieu (Ramsey, 2025) as he had a theory that looked upon social and cultural capital because in order to achieve my A grade I thought about my child. I want to make a big influence and show him that there is more to life than being on a screen playing games like some of his other family. There are amazing outcomes and achievements that you can reach when you set your mind to them. For example, with myself, no matter what age and what stage you are in life, you can still turn things around and open new doors. I may not have gone straight from college to university but here I am, completing my degree with an A grade.

In order to achieve this A grade some of the skills and rolls in which I used and took upon myself included time management. This sometimes got tricky due to plans changing and life happening but otherwise it would all work out and time would be made to ensure the work got completed. It was about finding time for work, my son, myself and running a flat by myself. To add to this having support through this degree really helped, and the skill I feel is included in the achievement of my A grade when having these people around me is communication. Having a close group of people who I work alongside and who I also attend this University degree with has been a blessing for sure. Being able to talk to each other if we were ever stuck or unable to find something or simply to have a different perspective on something in order for you to have a clearer understanding. This was a really big help and one I feel had a great impact on the A grade in which I have achieved.

Looking back over the three years I have become a different person. I have gained confidence and self-esteem in being able to allow myself to achieve the A grade. This wasn't how I started off at the beginning of the year, however, I didn't give up and overcome it, I have developed more of a growth mindset. Within this in order to achieve the A grade I developed self-belief and allowed myself to make mistakes and find methods that would work for me to overcome them.

One of the skills that took me a while to develop was the time management and finding the best routine in which supported my home, work and university life. There would be times in which these routines and plans would work, however, commitments change, children have clubs that need to be taken care of, and general home life jobs need to be attended to. From this the plans and routines would have to be changed and adapted, allow my time management to grow and develop. Without overcoming these problems and developing these skills I would not have been able to achieve this A grade. I am very proud and happy with myself for achieving this A grade and wouldn't have been able to do it without the amazing tutors, family, uni team and friends around me. I am very grateful and thankful for them all.

Your Sincerely

Carla Thompson

Reference

Dweck, C.S, 2017, Changing the way you think to fulfil your potential (6th Edn..) London: Robinson (Accessed 21/10/25).

Ramsey, G, 2025, Cultural Capital Theory of Pierre Bourdieu. Simply Psychology. Available at: <https://www.simplypsychology.org/cultural-capital-theory-of-pierre-bourdieu.html> (Accessed 27/10/25).

Carla Thompson

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Career Focus

I am a final year student at the University of Trinity St Davids studying for a Foundation degree in Inclusive education whilst currently working full time in a primary school. My main focus and goals are to provide the best care, support and education I can for children and young people and to learn and develop my understanding of Inclusive Education. I currently work as a Learning Support Assistant in a primary school and I am seeking pathways in which my degree can take me in order for myself to flourish in both my personal and educational life. In doing this I am also a Mum and want to show my son the endless opportunities that can come to you.

Personal Profile

I am a motivated and reliable person who can complete work alone or as part of a team. I enjoy working with others and have good communication skills when doing so. I am also always willing to learn new things and take on trainings in order enhance my skills and knowledge. I have worked in a range of classes that include children with ALN, Behaviour and Nurture, not only that I have also worked in mainstream from nursery up to year 2. I am hard working, creative and always try my best. I have an excellent hands-on and friendly approach that allows me to connect with the children and others around me.

Education

Trinity Saint Davids University- Foundation Degree in Inclusive Education	Present
Pembrokeshire College - Childcare September 2017-2019	Level 3+ Extended
Milford Haven comprehensive School September 2011-2017	Grade A*- C

Vocational Training

Data Protection Essentials.

ALN Transformation Training.

Equality in the Workplace.

Fire Safety Awareness.

Safeguarding Children, Adults and Young People.

Safer Manual Handling.

Manual Handling

Sign-along

Employment

Beggars Reach Hotel- 2017

Milford Haven Golf Club- 2017-2019

Gelliswick VC School- 2022-Current

Volunteering

Portfield School 2020-2021

This involved working with children with a range of disabilities and learning needs. Understandings their ways of communicating, their methods and interests in play and how we could further develop and build their skills and independence through playing and having fun.

Skills- Education Related

Patience- I have the ability to understand children work at different paces and at different levels of abilities. In doing this it encourages children to open up and feel comfortable in asking questions and making mistakes without judgement. I have the ability to be firm but fair in situations when needed.

Communication- I have strong interpersonal skills that allow me to engage well with a range of different age children. Not only this, it allows me to work together effectively with my colleagues and build positive relationships with families. To add to this I am also experienced in adapting communication styles in order to provide the best support for different age groups and cultural backgrounds.

Interests/Hobbies

Colouring/craft- in my spare time I enjoy colouring, this helps my brain rest and allows me to enjoy my time peacefully. To add to this is enjoy making things and being creative in order to make things to decorate my home and to connect with my son.

Socialising with friends and family- a big part of my time when I am free is to see and spend time with my friends and family, going out with our children and spending time together. This is very important to me as I enjoy getting out and it helps my mindset/ mental health stay positive.

Sports and being outdoors- I have always enjoyed sports, it's been something I have done since being a child in school myself. I enjoying playing football, I've played rounders, rugby, cricket, it brings out so much joy in me. I also enjoy going for nice walks and taking in our beautiful surroundings as we are very lucky to live where we are.



Personal Development Plan

Name: Carla Thompson

Student Number: 2316611

Job Title: Learning Support Assistant (LSA)

What do I want/need to learn?	What will I do to achieve this?	What resources will I need?	What will my success criteria be?	Target dates for review and completion
Motivational Skills	• Set goals that are small but achievable. • Ensure I have a positive mindset in order to keep on top and on track. • Allow room for imperfection • Gradually make the goals more complex.	• Set time frames to do the small tasks. • Track my progress and reward myself for the small things.	• To try and complete a section of the next assignment every week to ensure I finish for Christmas. • Put in draft copies to ensure I am on the right track. • Colour code calendar.	14/12/25
Time Management	• Prioritize the task in which I feel I need to carry out first. • Set clear goals • Have time to prepare and ensure you know	• Have a diary to keep track of what happens and when. • Plan tasks and activities in advance so I have time	• Use phone calendar when on the go, use the notification to notify me when its getting close. • Have a visual	09/11/25

	information in advance when possible.	to prepare for them. • When we know something is coming up, get resources ready.	calendar on the fridge so that I can look at every morning to start my day and know where, when and what is happening that day/ • Meal prep ahead of time ready for busy days.	
Coping with stress and overthinking	• Set aside time to take care of myself. • Do something that I enjoy and makes me happy. • Looks for methods for dealing with overthinking • Try different copy methods, but also allow time to try them first.	• Have a calendar to keep track of what happens when and schedule in time for myself. • Get back into sports or some kind of fitness. • Mindfulness techniques.	• Find a team for a sport I enjoy. • Start walking more. • Use my phone calendar and have a visual one at home. • Take on mindfulness or reading to relax my brain.	30/11/25
Reading	• Look into books that involve my interests. • Look for books that are short to begin with. • Read in a different location so that there	• A quiet space to unwind. • Books that focus upon my interest. • Find somewhere where I am comfortable and has	• Allow time to get into it. • Find a safe quiet space.	31/12/25

	are no distractions .	everything I need.		
Confidence	• Focus on my strengths. • Set realistic goals. • Surround myself with positive people. • Accept myself for who I am and the people around me love me for who I am.	• Use daily affirmations • Selfcare routine • Fitness routine • Get back into a sport I used to enjoy.	• Use visuals to support affirmations • Set mini targets to achieve. • Allow myself to go through all of my feelings in order to process them and move forward from them.	31/12/25
Develop more of a Growth Mindset.	• Take on small challenges. • Allow room for learning from mistakes.	• Persevere when it gets hard. • Face challenges and break them down in order to make them easier to face and tackle. • Shift my mindset onto the positives of the situation to help way out the negative.	• To allow myself to take risks and take on challenges. • To ask for support when needed. • To allow room for mistake. • Allow myself time to learn, grow and develop.	31/12/25

Reference

Morin, A, (2024), *How to be More Confident: 9 Tips That Work*. Verywell Mind. Available at: <https://www.verywellmind.com/how-to-boost-your-self-confidence-4163098> (Accessed 25/10/25).