



Academi Llals a Chelfyddydau Dramatig Cymru
Wales Academy of Voice and Dramatic Arts

BA (HONS) Musical Theatre

Assessment Cover Page

Student name: Jessica Evans

Student number: 2500434

Module name: Learning in the digital era component 2

Module code: ADPA4001/C

Assessment: Reflective essay



Reflective Practice-
Transferable skills
development.



Where I am as an artist/performer.

- My main discipline is musical theatre, focusing on acting, singing and dance.

My strengths as a performer.

- Teamwork.
- Creativity
- Communication
- Confidence
- Physical movement

Current level as a performer.

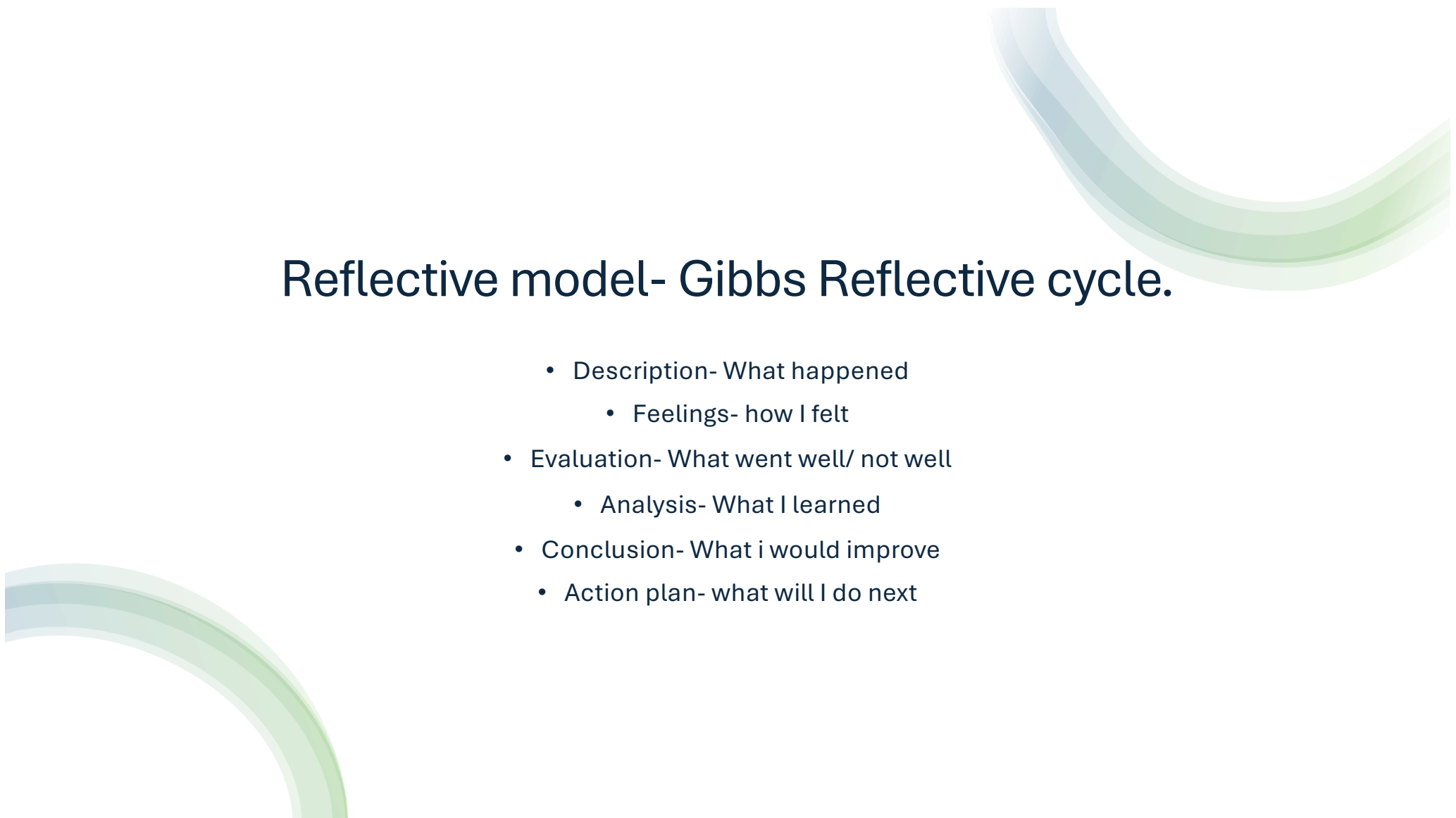
- developing my skills through training
 - Motivated to improve and gain experience
 - work well in group rehearsals
 - Strong teamwork and communication skills
 - Dance is where I perform at my best
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Transferable skills developed

Transferable skills I have developed

- Communication
 - teamwork
 - Time management
 - Organisation
 - Problem solving
 - Creativity
 - Adaptability
- 



Reflective model- Gibbs Reflective cycle.

- Description- What happened
 - Feelings- how I felt
- Evaluation- What went well/ not well
 - Analysis- What I learned
- Conclusion- What i would improve
 - Action plan- what will I do next



Weaknesses/ skills to improve

- Confidence in acting
 - Performance anxiety
 - Taking directions and feedback
 - Improvisation skills
 - Overthinking during performances
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Theories that helped my learning

- Gibbs Reflective Cycle
 - Feedback and self evaluation
 - Peer feedback
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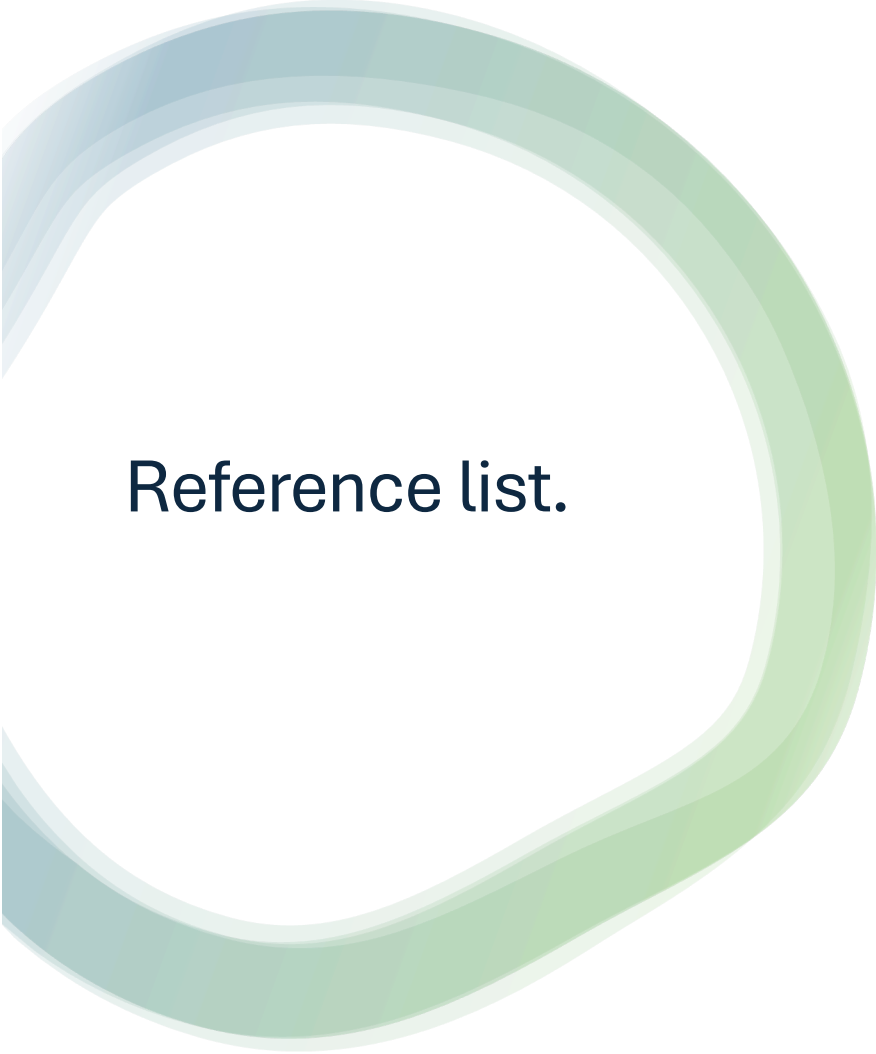
Action plan

- Attend more rehearsals and practice regularly
 - Improve vocal training
 - Build confidence through more performances
 - Improve time management and organisation
 - Set personal goals for improvement
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conclusion

- Developed transferable skills for employment in the future
 - Improved my communication skills, teamwork and confidence
 - Used reflection and theories to support my development as a performer
 - Continuing to develop as a performer
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Reference list.

- Gibbs, G. (1988) *Learning by doing: A Guide to Teaching and Learning Methods*. Oxford: Oxford Polytechnic.
- Dweck, C. (2006) *Mindset: The New Psychology of Success*. New York: Random House.

Video Link.

<https://youtu.be/QRn4jfWE8G4>