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Adam Pawlak, 2508253, BMLC4007, 4 element portfolio

Hello, my name is Adam Pawlak, and I will be providing a portfolio about my hobbies, life outside of university, motivations, personal background, my achievements and my short term and long-term goals.

I grew up in a very supportive family and since I can remember my parents always taught me that education and focusing on myself is very important and it will always shape myself and my future. I was originally born in Poland but moved to the UK when I was just 11 months old and grew up in Llanelli. Throughout my childhood I was really interested in playing football and it developed my teamworking skills extremely quickly but eventually was getting tired and bored of it so ended up quitting it. I always enjoyed playing football when I was younger, so I never understood what drove me to boredom when playing it.

I have many hobbies I really enjoy playing basketball and playing for my team as it helps me physically and mentally. Basketball for me is a safe place getaway whenever I go play in training or games, I instantly forget everything going around me and I only focus on basketball which clears my mind and helps me be more relaxed and calmer. It also required a lot of teamwork, communication, and hand to eye coordination without them it's extremely hard to be able to be good at the game. I also enjoy playing on the PC with my friends it also allows me to relax and forget all the bad things that might have happened throughout the day. Not only that but I enjoy going to the gym it really improves my mental health and my overall health making sure I work out get stronger and eat healthier in my life.

My life outside of university is not at all interesting its mostly what I do in my hobbies I don't really do anything else rather than spending time with my friends whenever we can and just working my job and trying to get my overall health better I have been trying to go on a diet and eat healthier to improve myself. I try to spend more time with my family as that is the most important thing to me in my life.

I have a lot of motivations but most importantly for me now is making sure I have good education and making sure I have a good future in the career that I want resulting in making myself proud but not only that making my family proud of me. Making sure I stay healthy and on top of my basketball learning new skills every single day and constantly

getting better the more I play with training, games and friends or even myself. I always want to improve on myself in everything I do. I want to be able to prove to myself that the things that I want in life I can get.

I have many achievements in my life for example a lot of my achievements came from college as I wanted to become a firefighter, and I tried doing everything I could to try and achieve that. I went to every opportunity that was provided to me like the Phoenix Project, trips, days out and just anything I could in the time that I had in college. Another big achievement was in basketball where I play for the first team and get a lot more game time that I used to get so I am extremely happy about that.

My short-term goals are getting good grades in the three years that I am studying in university on my course making sure I pass all my assignments. To gain more confidence in class overall and speaking in front of my class to be able to answer questions when the teacher asks without having the thought of people judging me. Have my teacher help me build a strong CV for the future. My long-term goal is to be able to have a job within the police like a detective or even something like border patrol in a different country. The way to become a detective within the UK is to apply and we can see in Police Now 2025 it shows that you must be over 17 years old, UK resident for over 3 years, Indefinite leave or settled status, 2:2 or above university degree and a UK full driving license. Finally, to become a border patrol we can see Nationalcareers states you can get a job through many ways such as a college course, apprenticeship with two or more GCSEs graded A* to C, working your way up when you apply for a Civil Service or just simply applying directly but you must have 5 GCSEs graded A* to C.

Referencing

Nationalcareers. (2019). *Border Force officer*. Available at:

<https://nationalcareers.service.gov.uk/job-profiles/border-force-officer> [Accessed 12 December 2025]

POLICE NOW. (2025). *Become a detective*. Available at:

<https://www.policenow.org.uk/detective/> [Accessed 12 December 2025]