

Learning in the Digital Era (ADPA4001/C)

Essential Skills

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The creative industry is a field which requires an array of skills in order to work professionally and successfully, many of which can be applied both during our time of study as well as our everyday lives.

Dance isn't just purely a physical art form, a great dancer can also be characterized by their personal qualities that drive them in their careers. An example of this would be a dancer using . As well as this the dance industry within itself as well as auditions have a competitive nature meaning we must be able to pick up choreography as quickly as possible (Rain Frances, no date).

In order to truly hone your skills as a dancer one must apply discipline not just through their training but also within themselves and how they manage their habits and everyday lives. An example of this is applying discipline when taking care of your body. It is known that dancers have been pressured overtime to obtain a certain physique, however losing weight does not equal an improvement in performance and can lead to disordered eating, amenorrhea and bone loss, otherwise known as the female triad (Dance Anatomy, 2018). One must apply discipline to ensure they are giving their bodies the nourishment they need.

Commonly overlooked is the ability to have confidence in oneself and your skills in order to present them to the world, dancers may often perform in TV, films and music videos as well as participating in live performances. Networking and marketing yourself may also be a part of thriving within the dance community (Ivory Howard, 2023), both of which require a certain level of confidence.

their intellect and knowledge of their craft in order to carry out skills such as quickly picking up choreography and reversing combinations- in order to enhance your chances of success knowledge is power (Michelle Potterf, 2014). This is an incredibly useful quality particularly when working in professional productions as an understudy or swing who has to learn multiple roles

References

Francis R (No date) 8 Reasons why dancers are smart. Dance Informa
Potterf M (2014) The four things you need for a successful career in dance. NYFA
Howard I (2023) Dance skills you need to get a job of any seniority level. Skill Hub
Haas J G (2018) Dance anatomy. Human Kinetics

Reflection

I believe that when completing my assignment in order to improve my work I could have used a wider range of essential skills in order to give a more thorough analysis of dance within the creative industry. Next time I will incorporate skills that are more danced focus rather than widely ranged throughout the creative industry in general. My similarity score (4%) is very low showing a good understanding of using sources within my work, however I do believe I could have been more specific with this and delved deeper into my research. If I were to give this assignment a score out of 100 I would give it 60/100.