

Reflection of my prior learning which led me to university

Events in my life have created many opportunities that have led me on my learning journey. Through experiencing live theatre and concerts my love for performing has been magnified and reinforced my desire to perform in some way shape or form.

Over the years I have had many encounters that have augmented my love for performance and has given me a fire in my belly. I have discovered, through trial and error, throughout college by studying several different subjects that acting, and performance, is the one true calling I have. Experimenting and evolving my learning journey has proved a true character-building adventure, it has firmly established my desire to help others in a creative manner. Performing has allowed me to express my creative ideas and has become a strong healing outlet for me. I have danced, sung and participated in many concerts, plays and performances developing my creativity and giving me a sense of belonging. My path to university has also been molded by participating in multiple choirs with my five siblings. Choral and ensemble experiences have filled me with a real sense of freedom and enrichment. I have experienced first-hand the power of performance and the release it can gift from everyday worries. As a result, I seek to further develop such influences and aim to help others in similar situations to empower and encourage healing through a variety of performance elements.

For many years I have aspired to be a voice actor, creating an assortment of works from audio books to radio plays. My inspiration came from interactions with elderly and vulnerable persons in church and the local community. This resulted in researching the production of audio bulletins for newspaper and magazine articles to assist the visually impaired. My work with a youth group reflected how performance can improve an individual's health and wellbeing. It has proven to be a strong element for boosting confidence and communication skills.

The turning point in my journey was the bereavement of a close friend. This was a trying time for me where I felt I had very little support, services or venues to draw upon. This has led me to seek to gain appropriate qualifications to reach the level of knowledge and understanding required in order to open a retreat for mental health and bereavement. Gaining qualifications in Applied

Drama and Counselling will enable me to achieve my aspirations, to help and support people through using drama therapy in years to come.

I heard about the Applied Drama course in college and found the modules compelling and intriguing. Upon reflection, research of the course and attending an open day at University of Wales Trinity Saint David, I decided to commit to university life.

I chose this course to develop my skills as an actor and to obtain the essential skills required to assist vulnerable people of all ages, where performance is used to create safe spaces, where individuals can explore other avenues of release as part of the healing process.