

CURRICULUM VITAE

Bethan Lewis
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Personal Statement

I am a conscientious person and I always strive to do my best. I am a very organised and self-motivated person demonstrating my commitment to any target I set myself. I have excellent time management skills which can be seen through meeting all deadlines for my university assignments, attending classes and working at the same time. I believe I have a mature outlook and am a responsible person which was highlighted in my placement practice during my childcare qualification and in Twickenham and Oystermouth castle more recently. I am dependable, hardworking, honest, and reliable member of any team in both my university studies and my employment at Tesco.

Education

Blaengwawr Comprehensive School/ Aberdare Community School	2011 - 2018
Aberdare College	2018-2019
The College Merthyr Tydfil	2019 – 2021
University of Wales Trinity Saint Davids (Swansea)	2021-present

Qualifications

GCSE in Religious Studies Short Course	A
GCSE in English Literature	C
GCSE in Science	C
GCSE in Mathematics- Numeracy	C
GCSE in Full Course Welsh	A
GCSE in Mathematics	B
GCSE in Religious Studies Full Course	B
GCSE in English Language	C
GCSE in Additional Science	C
WJEC Foundation/National Skills Challenge Certificate (Welsh Baccalaureate)	B
Pearson BTEC Level 2 Diploma for IT users	PASS
NCFE CACHE Level 3 Diploma Children's Care. Learning and Development	PASS
First Aid	PASS
Paediatric First Aid Awareness	PASS
Manual Handling	PASS

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BTEC 90 credit Travel and Tourism first Year- DISTINCTION

Second year PASS

Level 4 International Travel and Tourism Management

PASS

Employment & volunteering

Marriott Hotel, Twickenham

Waitress

2022

I was a waitress for twickenham during the England vs Argentina game. It allowed me to have a taster of what waitressing was like in a very busy and stressful environment. I helped clear tables and set up for different courses. I engaged with a lot of people by serving alcohol and any requests they may have had. I gained many skills such as how to serve from the right and pour different types of drink to a good standard.

Oystermouth Castle, Swansea

Scare Actor

31st October 2022

Working as a scare actor allowed me to be myself. It helped boost my confidence, I was able to see behind the scenes of an event that used smoke and lights to help enhance the experience.

Tesco, Merthyr Tydfil

Customer Service Assistant

2019 – present

As a customer Service Assistant, I have developed my people skills massively by continuously helping customers and providing a good environment. Smiling at customers as this might be the only time it happens. I have gained an impeccable amount of knowledge about Tesco and the products they offer. I listen and help whenever I can. This includes cash handling, food handling within the Bakery and on other departments throughout the store.

Cwmaman Primary School

Child Care & Development placement

2018 - 2019

I was uncertain about my career path when I left school prior to completion of my A levels and chose to do this Level 3 course. I enjoyed my placements within a nursery supporting staff to provide care for very young infants as well as a placement in a primary school where I was responsible for supporting young children as well planning and undertaking activities with them set by either myself or the class teacher.

Rachael's Playhouse, Aberdare

Child Care & Development placement

2018 – 2019

When working within Rachael's Playhouse, I had a lot of responsibility as I had to participate in play that includes mud, heavy objects, paint, and colouring. It also meant that the children's safety was paramount as well as supporting and facilitating their play and the staff. At the end of the day, putting the stuff away was a challenge as it was a pack and play.

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Hobbies and interests

Reading and musical theatre

References

References available on request

CV video- <https://web.microsoftstream.com/video/9d6fb677-26eb-441e-84e3-4c25fe8e3ff2>



CV Script

Hello there, my name is Bethan Lewis, and this is my digital CV. By the end of this video, I hope that you have a better understanding of who I am and what I have to offer.

I grew up in a rather small town called Aberdare in the South of Wales which was one of the many mining villages within the area. From a young age I always enjoyed going on holidays and seeing different cultures and taking part in different activities like swimming with manatees and riding with huskies. From the ages of 5-16 I always loved going to different Disney's like Paris, Florida and California. Which are very special and memorable moments within my life. It has Made me realise how much I wanted to work with children and help create that magical feeling. I completed a Cache Level 3 diploma for children's care, learning and development and I am now a qualified teaching assistant which is something I very much want to continue further down the line. I gained understanding and awareness on first Aid on both children and adults which is a very good skill to have. Whilst completing the childcare qualification.

In 2019, I completed a Btec 90 credit Travel and tourism course In Merthyr Tydfil near my hometown, that was 2 years long. I fell in love with the idea of the tourism industry because it is a challenging and competitive sector and very much a step out of my comfort zone and something that is rather different but can involve working with children whether its abroad or not. This was something I was passionate about.

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In the same year, I applied for Tesco part time just for the Christmas period. As I was a good worker, they extended my contract for a further 3 months and later became a permanent member of the team. I have now worked in various departments with my primary one being the bakery, I have gained skills like food handling and time management. I have worked on most departments within the store such as checkouts, produce, dairy and general merchandising. I have gained good communication skills and cash handling skills.

Recently, I have gained experience within the hospitality industry by working with the Marriott on an International Game Day in Twickenham where Argentina versed England. As a waitress, I helped set up and clean tables with various cutlery and glasses. I helped to serve wine and beverages in a busy environment and overall, it opened my eyes to the operational side of how an organisation/ company works and what can be right and wrong.

Another experience I have recently taken part in a scare acting event in Swansea Oystermouth Castle where I was given a costume and makeup and took on the role as best I could. It was a rather fun and not necessarily something I thought I would have enjoyed but I really did. I would very much like to continue my progression and work with a company I am passionate about. If you would like to connect my LinkedIn profile will appear after this video. Or alternatively you can follow me on my Instagram.

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LinkedIn about me

This screenshot shows the top portion of a LinkedIn profile for Beth Lewis. The header includes the browser address bar with the URL 'linkedin.com/in/beth-lewis-262050224/' and a navigation bar with icons for Home, My Network, Jobs, Messaging, Notifications, Me, and Work. The profile section features a circular profile picture of Beth Lewis, her name 'Beth Lewis', and her title 'Student at University of Wales Trinity Saint David'. Below this, it shows '16 connections' and buttons for 'Open to', 'Add profile section', and 'More'. A banner for 'Share that you're hiring' is visible. The 'Analytics' section displays '15 profile views', '38 post impressions', and '9 search appearances'. The right sidebar contains options to 'Edit public profile & URL', 'Add profile in another language', 'Promoted' content (Grammarly, Mrs Buckett), and 'People also viewed' (Emily Cadwallader, Shauna Whitcombe, Helen Evans).

Beth Lewis
Student at University of Wales Trinity Saint David
Aberdare, Wales, United Kingdom · [Contact info](#)
16 connections
[Open to](#) [Add profile section](#) [More](#)
Share that you're hiring and attract qualified candidates. [Get started](#)

Analytics
Private to you
15 profile views
Discover who's viewed your profile.
38 post impressions
Check out who's engaging with your posts.
9 search appearances
See how often you appear in search results.

People also viewed
Emily Cadwallader · 1st
Student at University of Wales Trinity Saint David
Message
Shauna Whitcombe · 1st
Student at University of Wales Trinity Saint David
Message
Helen Evans · 2nd
Lecturer at University of Wales Trinity Saint David, Assoc. I
Message

This screenshot shows the 'About' section of Beth Lewis's LinkedIn profile. The 'Creator mode' is turned off. The 'My network' section is visible. The 'About' section contains a paragraph about her background as a Level 5 International Travel and Tourism Management student working part-time at Tesco. The 'Activity' section shows a post from 'The Urban Foundry Academy'. A 'Save was successful' notification is displayed. The right sidebar shows a list of people to connect with, including Amanda Lewis, Natalie Morgan, Chloe Speirs, and Rebecca Reynolds. A 'LEARNING' section at the bottom right promotes a course on 'Practice It: Java'.

Beth Lewis
Student at University of Wales Trinity Saint David
[More](#) [Add profile section](#) [Open to](#)

Creator mode Off
Get discovered, showcase content on your profile, and get access to creator tools

My network
See and manage your connections and interests.
[Show all 5 resources →](#)

About
I am a Level 5 International Travel and Tourism Management student that has been working part-time at Tesco for 3 years. Travel and tourism is something that I am extremely passionate about and what it entails. I have previously worked with children as part of my childcare degree as a teaching assistant and this is something I am also very passionate about and plan to carry on with as I progress. I have gained hospitality experience by working for the Marriott hotel on an international rugby match day. This experience has opened my eyes to see how restaurants work on an operational side which is really intriguing to me. I have worked with the local Swansea council with a Halloween event by taking part as a scare actor in Oystermouth which was a unique opportunity that I enjoyed. Moving on into the future, I would really just like to see where the industry takes me and take opportunities as they come and hopefully find my niche through experiences.

Activity
17 followers
Beth Lewis reposted this · 2w
[The Urban Foundry Academy](#) - working with inspiring students | Urban Foundry | Creative regen...
urbanfoundry.co.uk · 1 min read

[Start a post](#)

[Connect](#) [Connect](#) [Connect](#) [Connect](#)
Amanda Lewis
Events and International Festival Management student at UWTS...
Natalie Morgan
Student at University of Wales Trinity Saint David
Chloe Speirs
Student at University of Wales Trinity Saint David
Rebecca Reynolds
Event and Market Coordinator
[Show more](#)

LEARNING
Add new skills with these courses, free for 24 hours
[Practice It: Java](#)
Messaging

Save was successful.

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This screenshot shows the top portion of Beth Lewis's LinkedIn profile. The header includes the name 'Beth Lewis' and the title 'Student at University of Wales Trinity Saint David'. The 'Activity' section shows two reposts from 'The Urban Foundry Academy'. The 'Experience' section lists a part-time role as a 'General Assistant' at 'Tesco' from October 2019 to the present. The 'Education' section is partially visible at the bottom.

Activity
17 followers
Beth Lewis reposted this · 2w
The Urban Foundry Academy - working with inspiring students | Urban Foundry | Creative regen...
urbanfoundry.co.uk · 1 min read
1
Beth Lewis reposted this · 3w
Show all activity →

Experience
Tesco
General Assistant
Tesco · Part-time
Oct 2019 - Present · 3 yrs 2 mos
Merthyr Tydfil, Wales, United Kingdom
Skills: Food Handling · Cash Handling · Customer Service

Education

Connections
Connect
Amanda Lewis
Events and International Festival Management student at UWTSD [...]
Connect
Natalie Morgan
Student at University of Wales Trinity Saint David
Connect
Chloe Speirs
Student at University of Wales Trinity Saint David
Connect
Rebecca Reynolds
Event and Market Coordinator
Connect
Show more ↓

LEARNING
Add new skills with these courses, free for 24 hours
Practice It: Java
Messaging

This screenshot shows the bottom portion of Beth Lewis's LinkedIn profile. The 'Education' section lists 'University of Wales Trinity Saint David' from 2021 to 2024. The 'Skills' section lists 'Time Management' from the university, and 'Food Handling' and 'Cash Handling' from her role at 'Tesco'. The 'Interests' section shows 'Companies' followed by 'UWTSD IMH Swansea, Business, Events, Hospitality & Tourism' and 'Tesco'.

Education
University of Wales Trinity Saint David
2021 - 2024

Skills
Demonstrate skills
Time Management
University of Wales Trinity Saint David
Food Handling
General Assistant at Tesco
Cash Handling
General Assistant at Tesco
Show all 5 skills →

Interests
Companies Schools
UWTSD IMH Swansea, Business, Events, Hospitality & Tourism
Tesco
633,224 followers

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Forums

Forum 1

BMP5014: David Attenborough

moodle.uwtsd.ac.uk/mod/forum/discuss.php?d=92109

Apps Gmail YouTube Maps Booking - Statero... UWTSD Moodle 2... New Tab Library and Learn... GIC Self Catering holid... The Wellness Holi...

Prifysgol Cymru University of Wales 1827 - 2022 Home My Modules Moodle Archives Useful Links English (en)

Beth Lewis

David Attenborough

Display replies flat, with newest first

David Attenborough
by Beth Lewis - Monday, 14 November 2022, 12:00 PM

i think David Attenboroughs 'why' statement is to help the world become a better place for all. he talks about how much he loves our planet and how global warming is affecting everything we do. the series is there to help educate people and hopefully result in a more sustainable and eco-friendly world

Permalink Reply Export to portfolio

David Attenborough

Module Search

Go

Online Resource Lists

BMP5014 - Changemakers: Building a Personal Brand for Sustainable Employment(1) (12 items)

Last updated about 11 months ago

Microsoft

Beth you are currently connected to Microsoft 365

My Delve

My Email

You are logged in as Beth Lewis (Log out) BMP5014

University of Wales Trinity Saint David

https://www.uwtsd.ac.uk/

Forum 2

BMP5014: network Mapping

moodle.uwtsd.ac.uk/mod/forum/discuss.php?d=92162

Apps Gmail YouTube Maps Booking - Statero... UWTSD Moodle 2... New Tab Library and Learn... GIC Self Catering holid... The Wellness Holi...

Prifysgol Cymru University of Wales 1827 - 2022 Home My Modules Moodle Archives Useful Links English (en)

Beth Lewis

Display replies flat, with newest first

Network Mapping
by Beth Lewis - Monday, 14 November 2022, 7:12 PM

```
graph LR
    Beth --- Friends
    Beth --- University
    Beth --- Family
    Beth --- Work
    Friends --- F1[Knowledgeable people within different sectors]
    Friends --- F2[people who know others in other sectors]
    Friends --- F3[their families]
    University --- U1[Lecturers]
    University --- U2[Events]
    University --- U3[students]
    U2 --- U2a[Different locations]
    U2 --- U2b[Managers and organisations]
    Family --- F1a[Parents]
    F1a --- F1a1[their friends]
    F1a --- F1a2[people they know/work with]
    Family --- F2a[Family friends]
    Family --- F3a[extended family]
    Work --- W1[Colleagues]
    Work --- W2[Managers]
    Work --- W3[Customers]
```

Permalink Reply Export to portfolio

Importance of Networking

Jump to...

You are logged in as Beth Lewis (Log out) BMP5014

University of Wales Trinity Saint David

https://www.uwtsd.ac.uk/

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The screenshot shows a Moodle forum page for the course 'Changemakers: Building your Personal Brand for Sustainable Employment (BMTP5014/C)'. The page is viewed through a web browser with the URL 'moodle.uwtsd.ac.uk/mod/forum/discuss.php?id=92163'. The forum is titled 'Unit 2 Forum / Uned 2 Fforwm Importance of Networking'. A post by Beth Lewis, dated Monday, 14 November 2022, 7:24 PM, is displayed. The post content is: 'Networking allows you to connect with people; it can help give you a more robust support network and enable you to be more visible to others through online platforms like LinkedIn, both personally and professionally.' The post has options for 'Permalink', 'Reply', and 'Export to portfolio'. The right sidebar contains a 'Module Feedback Questionnaire', a 'Module Search' box, and 'Online Resource Lists' for BMTP5014.

Forum 3

The screenshot shows a Moodle forum page for the course 'BMTP5014: SOCIAL MEDIA'. The page is viewed through a web browser with the URL 'moodle.uwtsd.ac.uk/mod/forum/discuss.php?id=91983'. The forum is titled 'Re: SOCIAL MEDIA'. There are four posts displayed, all by users named Emily Jones, Beth Lewis, Alex Luke, and Shauna Whitcombe, dated between November 14 and 15, 2022. The posts discuss the benefits of networking and social media. The right sidebar contains a 'Microsoft' section with a list of services: My Delve, My Email, My Forms, My OneNote Notebook, My OneDrive, Microsoft Stream, Microsoft Teams, My Sways, and Install Office. A message at the bottom of the sidebar states: 'The course is not connected to any Microsoft services.'

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Forum 4

The screenshot shows a web browser window displaying a Moodle forum page. The browser's address bar shows the URL: `moodle.uwtsd.ac.uk/mod/forum/discuss.php?d=91980`. The page header includes navigation links like 'Home', 'My Modules', 'Moodle Archives', and 'Useful Links'. The forum post is titled 'Technological advances and their impact' by Criscita De Carvalho Rosa Correia, dated Saturday, 12 November 2022, 10:55 AM. The post content asks: 'How have technological advancements affected employment options and professions? Is it good to adapt to new changes if it endangers millions of jobs?'. Below the main post are three replies, all titled 'Re: Technological advances and their impact'. The first reply is by Beth Lewis (Monday, 14 November 2022, 9:38 PM), the second by Alex Luke (Monday, 14 November 2022, 7:14 PM), and the third by Shauna Whitcombe (Monday, 14 November 2022, 10:05 AM). Each reply contains text discussing the impact of technology on employment and the need for adaptation. The right sidebar contains a 'Module Search' box, 'Online Resource Lists' for 'BMT5014 - Changemakers: Building a Personal Brand for Sustainable Employment(1)' (12 items), and a 'Microsoft' section showing the user is connected to Microsoft 365 with links to 'My Delve', 'My Email', 'My Forms', 'My OneNote Notebook', and 'My OneDrive'.

Display replies flat, with newest first

Technological advances and their impact
by Criscita De Carvalho Rosa Correia - Saturday, 12 November 2022, 10:55 AM

How have technological advancements affected employment options and professions?
Is it good to adapt to new changes if it endangers millions of jobs?

Permalink Reply

Re: Technological advances and their impact
by Beth Lewis - Monday, 14 November 2022, 9:38 PM

Technological advancements are essential to the 21st century as they create new job opportunities and help fuel economic growth. In some cases, technology has helped with the productivity of companies—for example, within the health industry. Technological advancements can also highlight companies that cannot adapt and, therefore, go into liquidation, which can sometimes be the best option. The most significant advantage of adapting to new technology is that it can give a competitive edge.

Permalink Show parent Reply Export to portfolio

Re: Technological advances and their impact
by Alex Luke - Monday, 14 November 2022, 7:14 PM

Technological advancements have allowed people to get jobs they never would have dreamed of a few years ago, many jobs have been created, but also have been automated as advancements have been made.
It is a good thing to adapt as long as we are continuing to make progress and it is causing a positive impact for the human race.

Permalink Show parent Reply

Re: Technological advances and their impact
by Shauna Whitcombe - Monday, 14 November 2022, 10:05 AM

Technology has both created and reduced job opportunities. Certain job roles can now be replaced by machines or computers. The digital world has also seen the end of companies that failed to adapt to a digital setting such as Thomas Cook

Permalink Show parent Reply

Module Search

Online Resource Lists

BMT5014 - Changemakers:
Building a Personal Brand for
Sustainable Employment(1) (12
items)

Last updated about 11 months
ago

Microsoft

Beth you are currently **connected**
to Microsoft 365

My Delve

My Email

My Forms

My OneNote Notebook

My OneDrive

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Zander Letter

Dear Miss Lewis,

I finally managed to build my confidence and speak in front of a group of people without fumbling on my words!!!!

The first thing I did to get the ball rolling was to picture my success and to solely believe in my ability to improve.

When it came to facing challenges being pessimistic was the best way to describe how I handled situations. Feeling as though I'd never make it or be able to gain that confidence I have been longing for as there was a never-ending fear of failure. You did it!

Having the motivation to become confident was the first step in the right direction as it is all about drive. Relaxing your mind is also an important skill to be able to fully commit to something and move forward.

By finding events and different activities to take part in over the years, it pushed you entirely out of your comfort zone. It helped you learn so much about yourself in regard to what you are passionate about like sustainability and adaptations. How it mostly came down to anxiety and feeling humiliated if you got something wrong. Productivity also seemed to be an important part of this growth process. According to Amy Adkins TedTalk 'confidence is the belief that you are valuable, capable this is otherwise known as self-esteem'. As stated in this verywell mind(2019) article that people tend to beat themselves up internally and that subconsciously you will be focusing on self-defeat and all your limitations. Rather than what you can do. With people saying words like 'be more confident' which results in feeling overwhelmed you took control and forced yourself out of your comfort zone and started to change your mindset from a negative one to a positive. Through watching several tedtalks it helped change your way of thinking by practising positive self-talks for example instead of saying I have never done this before, and I won't be great at it to this is a great opportunity and will help me grow long-term. Holland,K.(2020)

A big part of gaining confidence was to eliminate all the negative thoughts and learning that saying no is okay too. To stick up for yourself and not let others walk over you. Education support indicates that everyone should get comfortable with saying no and that it is a vital tool within the workplace when it comes to self-confidence. As this can help with the fear of letting people down and evidentially help. As previously stated, productivity was important as you felt you were unable to get the validation you needed, you simply switched off whenever you could.

By learning and understanding what my limitations were, it helped me re-evaluate the issues I have within. In a TedTalk activist Brittany Packnett Cunningham says that 'confidence is the necessary spark before everything that follows.' This had stuck throughout the confidence boosting process. To fully feel comfortable with talking to others you must feel that confidence/motivation within and that's what you did. You had to relearn what it meant to be a person who enjoyed talking to others rather than fearing it and expecting the worst. Although, With the mindset of being a perfectionist and wanting everything to be perfect, this almost felt impossible. To speak my mind and not worry if I say something wrong.

References

Meek, W. *Generalized Anxiety Disorder and Self-Esteem*. 2019. Very Well Mind. Available at: <https://www.verywellmind.com/anxiety-and-self-esteem-1393168> (Date Accessed: 10/11/22)

Adkins, A. *3 tips to boost your confidence*. 2019. TedTalks. Available at: https://www.ted.com/talks/amy_adkins_3_tips_to_boost_your_confidence?language=en
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Cunningham, B. 2019. How to build your confidence. TedTalks. Available at: https://www.ted.com/talks/brittany_packnett_cunningham_how_to_build_your_confidence_and_spark_it_in_others?language=en
(Date Accessed: 10/11/22)

Holland, K. 2020 *Positive Self-Talk: How Talking to Yourself Is a Good Thing*. Available at: <https://www.healthline.com/health/positive-self-talk#examples-of-positive-self-talk> (Date Accessed: 10/11/22)