

Through this essay I will discuss my education, hobbies, achievements and aspirations for the future. The assessment is about understanding what makes me, me. This assignment will allow me to reflect on my past and delve into the skills and attributions that I possess.

I attended Ysgol Gyfun Gymraeg Bro Myrddin where I studied History, Drama and Religious Studies for my GCSEs. I thoroughly enjoyed learning, but the Covid 19 pandemic added challenges to my education and millions of others that no one knew how to prepare for (Sharp *et al.*, 2020). I went on to study Religious Studies, Welsh Baccalaureate and Criminology at A Level. Not knowing how my education was going to look because of the pandemic made me question what was best for me then and in the future. Settling into sixth form and getting back into proper education was a welcomed return and I soon found joy in studying again. Studying Criminology was incredibly enjoyable and solidified the foundation of my desire to continue studying in further education. Although my experience in sixth form was very positive and full of fond memories, I decided, along with advice and support to take time out of education after completing my exams. I decided it was best to rest, gather my thoughts and to make sure I was making the correct decision. I gained so much from doing this and the biggest change was to my confidence.

Over the two years after leaving school, I continued my work as a cleaner in my chapel and started working in a coffee and ice cream shop in my local town. Working there gave me the foundations for various skills such as communicating with a variety of people. I will take these skills forward with me and apply in my professional and personal life. Working alone in the shop made me understand how to deal with difficult or distressed customers and remaining calm under that pressure or threat (Clare, 2025). It was a critical skill to master and is something that will appear in my career. Although barista was my job description a lot of my days were filled with helping the elders, answering questions about the town to tourists and having conversations with people who needed a chat.

Outside of university, my time is filled with being with my family. My relationship with my siblings, my parents and my grandparents is incredibly special to me and it's something I don't take for granted. My hobbies include reading, women's football, music and theatre. At home, I attend a Women's book club where we all get to know

each other, catch up and read our own books. It's a low-pressure environment where I get to enjoy the company of my friends and new people. Music and musical theatre play a significant role in my life and it's where I find a lot of comfort and happiness. My love for drama started from a young age where I attended drama clubs but my love for watching it on stage has grown with time. My favourite shows include Billy Elliot, Come from Away and Hamilton. Although it may be niche, I thoroughly enjoy Geography games such as Globble and Flagle. Football has played a substantial part in my life. Playing for my local club and school has given me experiences and friendships that I value deeply. Through this, I developed and strengthened skills such as teamwork, leadership and communication. I began in the under 8s team and continued until I was 16, playing as the goalkeeper. I was lucky enough to represent Swansea and in turn Wales with my school in 2018, competing at Stamford Bridge in London. It was an incredible experience as a 13-year-old when my biggest passion and goal was to play football. Although I no longer play, I follow the Wales Women's team and went to Switzerland in the summer to watch them compete in their first ever major tournament. Trialling for different academies and clubs was a tremendously nerve-wracking experience but helped me massively to learn what more I could do to improve my game and meeting people my age with similar goals made the experience a competitive but supportive one.

Despite not knowing exactly what job I want to do in my future I know that I would like to work with young people. Whether that be in the criminal justice system, in schools or via the counselling route. Understanding what makes a young person behave in a certain way, supporting them and giving them power and a voice is incredibly important. I have always had a strong passion for advocacy especially in terms of mental health and wellbeing and was something I worked on in school as a mentor and a representative on the Mental Health Forum. Being able to be in a challenging yet rewarding career like a counsellor or a youth justice worker appeals to me greatly. According to research (HM Prison and Probation Service, 2023) undertaking the role of a Youth Justice Worker will allow me to work with individuals and groups of young people in custody and giving them the tools to work towards a better future, whether that be by attending activities, training or education.

Going forward, I am incredibly excited to continue my studies at UWTSD, the birthplace of higher education in Wales (University of Wales Trinity Saint Davids, 2025) and to see what my future holds.

I confirm that I have not used any AI tools in the research and creation of this assignment. I confirm that I have not presented any AI generated materials as my own work. I confirm I have copies of my drafts, notes, and other resources I used, which I may be asked to provide in evidence.

Reference list:

Clare, J. (2025) *Keeping Calm Under Pressure In The Workplace*. Available at: <https://www.ukcareersfair.com/news/keeping-calm-under-pressure-in-the-workplace#:~:text=We%20can%20actually%20become%20proficient,on%20the%20situation%20in%20hand>. (Accessed: 19 October 2025).

HM Prison and Probation Service (2023) *What does a Probation Services Officer do?* Available at: <https://www.youtube.com/watch?v=e8YKI0Ttqoc> (Accessed: 18 October 2025).

Sharp, C., et al. (2020) *The challenges facing schools and pupils in September 2020*. Available at: <https://files.eric.ed.gov/fulltext/ED608738.pdf> (Accessed: 19 October 2025).

University of Wales Trinity Saint Davids (2025) *About the university*. Available at: <https://www.uwtsd.ac.uk/about#:~:text=It%20enjoys%20the%20accolade%20of,Cardiff%2C%20London%2C%20and%20Birmingham>. (Accessed: 18 October 2025).