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University of Wales
Trinity Saint David

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LEVEL 6: ADPA6008

Professional Practice for Performance

REFLECTIVE ESSAY

2500 words

What Is This Assessment?

- Critical reflective essay based on professional experience
- Focus on learning across the module
- Professional practice and industry standards
- Level 6: analytical, evaluative, theory-informed

What You Are Reflecting On

- Dance for Film
- Creative Direction / Brand Pitch
- Professional conduct
- Teamwork, leadership, adaptability
- Feedback and decision-making

Purpose of Reflective Practice

- Analyse professional experience
- Identify strengths and development needs
- Connect practice to theory
- Inform future career pathways

How are you assessed

- Engagement with Literature
- Knowledge and Understanding
- Cognitive and Intellectual Skills
- Transferable Skills for Professional Practice

Engagement with Literature



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Knowledge and Understanding

- Professional dance contexts
- Industry standards
- Professionalism and collaboration

Cognitive and Intellectual Skills



- Analyse challenges
- Evaluate decisions
- Justify choices
- Draw conclusions

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Transferable Skills

- Initiative and responsibility
- Communication and teamwork
- Organisation and planning
- Employability focus



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Reflective Models

- Gibbs' Reflective Cycle
- Schön's Reflection-in/on-action
- Rolfe's What? So What? Now What?
- Moon

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Recommended Structure

- Introduction (10%)
- Background and Context
- Industry Context
- Reflection Framework
- Critical Reflection
- Evaluation
- Conclusion (10%)



Strong Reflection

- Specific examples!!
- Theory-informed analysis
- Learning over time
- Future application



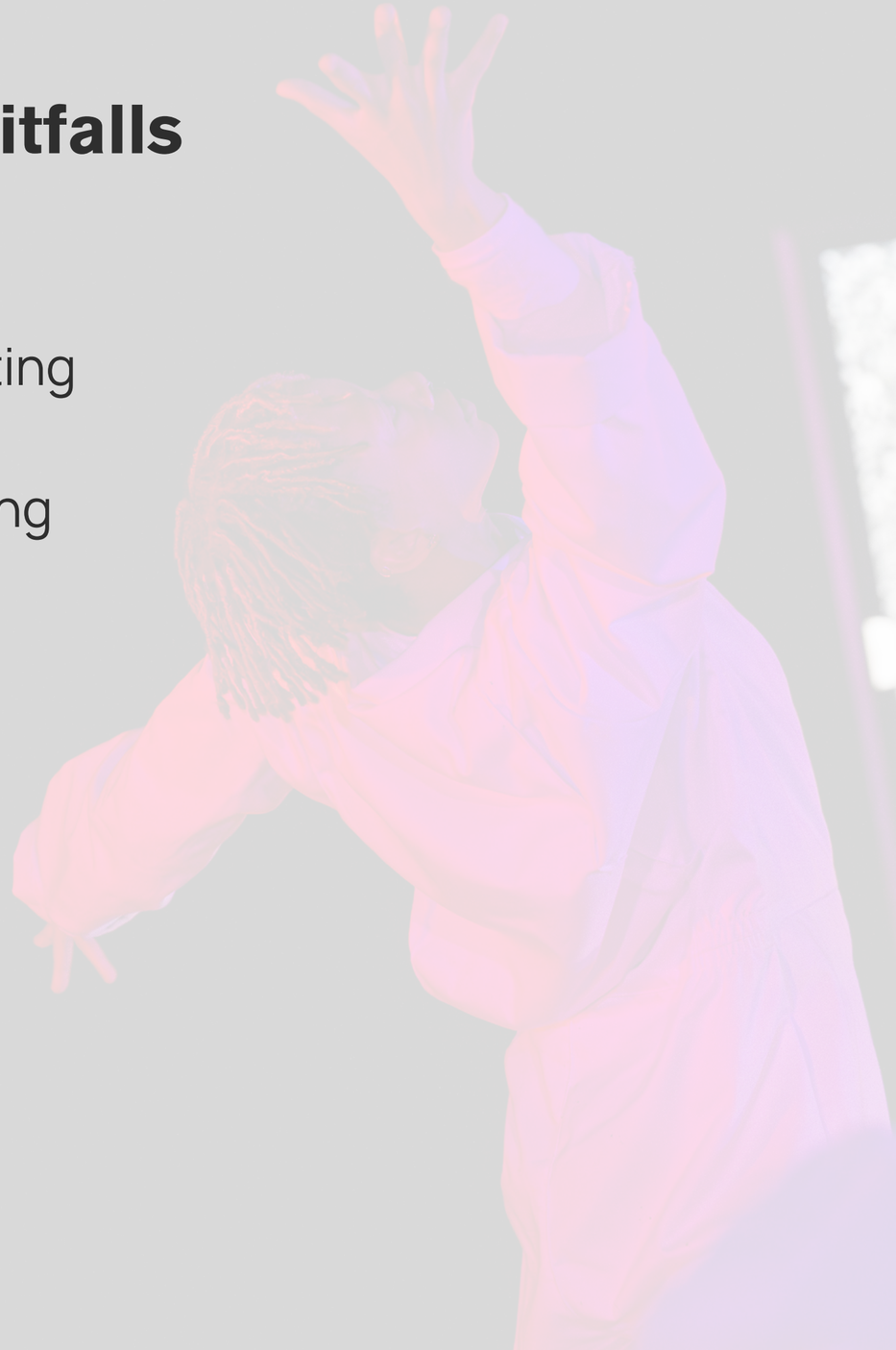
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Common Pitfalls

- Descriptive writing
- Weak referencing
- Informal tone
- Poor structure



Academic Requirements

- Formal tone
- Clear structure
- Harvard referencing
- AI acknowledgement



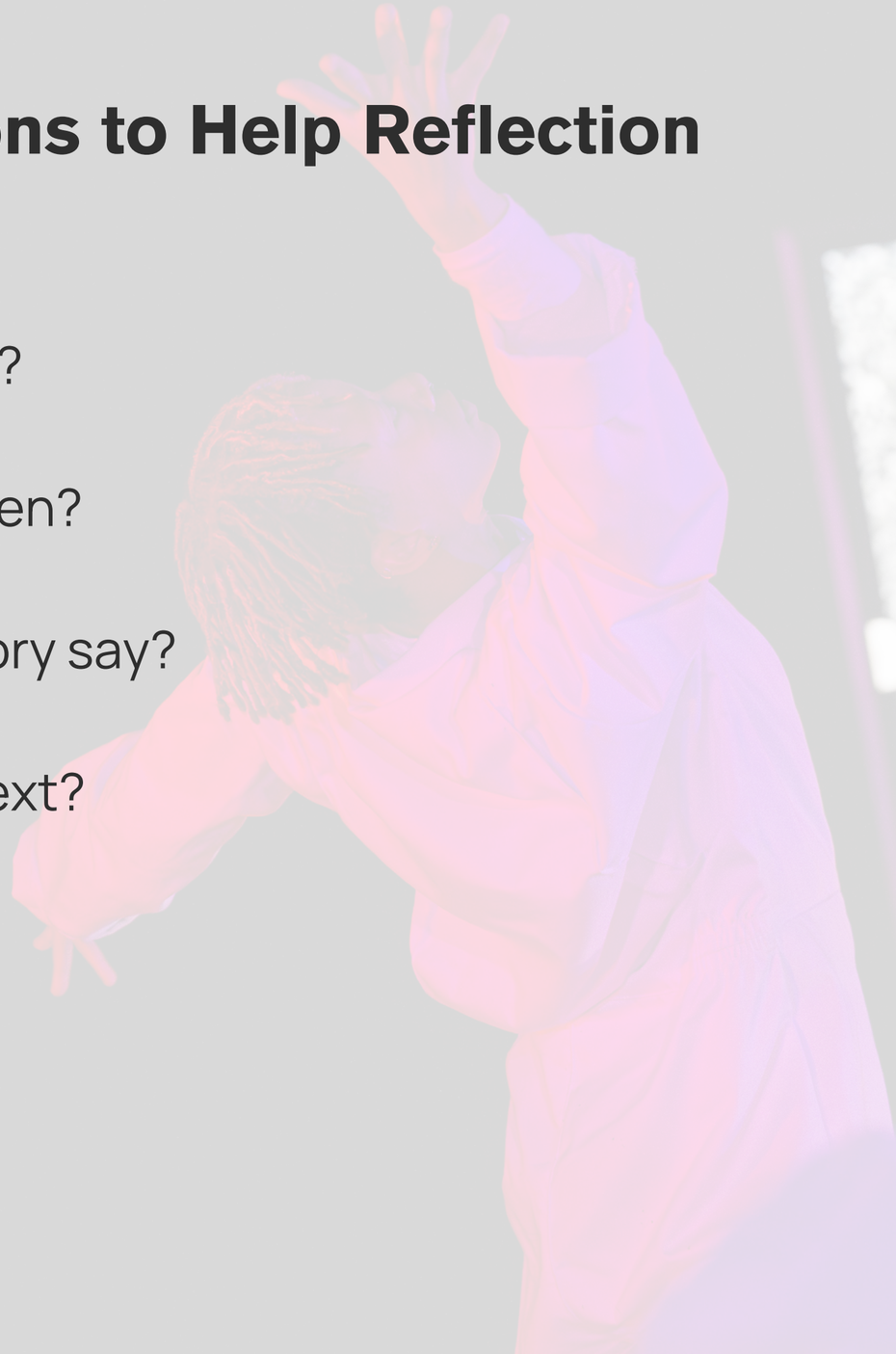
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Key Questions to Help Reflection

- What did I learn?
- Why did it happen?
- What does theory say?
- What will I do next?



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Submission Summary

- 2500 words
- 25% of module
- Submit via Turnitin
- Deadline: 27 March 2026



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References

Gibbs, G. (1988) Learning by Doing. Oxford: Oxford Polytechnic.

Moon, J. (2013) Reflection and Employability. York: Higher Education Academy.

Schön, D.A. (1983) The Reflective Practitioner. New York: Basic Books.