

Professional Career Development

Reflective Report

Teodora Galis

Student Number:2113344

November 2021/11/05

University of Wales Trinity Saint David (Cert HE) level 4

Words :2000

Main Content

1 Cover Page	1
2 Executive Summary	2
3 Terms of Reference	3
4 Procedure	4
5 Contents Page.....	5
6 Introduction	6
7 Findings	7
8 Conclusion	8
9 Rferences	9
10 Appendices	10

Terms of Reference

University of Wales Trinity Saint David

Teacher : Melanie Squire

Module : Professional Career Development

This report is for testing the Knowledge gained from the Professional Career Development .

Procedure

In this report I will mostly use the knowledge gained from the Professional Career Development module and The book Stella Cottrell.

Contents Page

In the last 5 weeks in the Professional career development module we discussed and learned about:

Weeks:

- Introduction to the module
- Personality Profiling and Learning Style
- Employability Skills
- Personal Development Planning
- CV's and Job Applications

This module is present by the University of Wales Trinity Saint David.

Also, I using the book Stella Cottrell 2019 for my own development .

Introduction

Study is important – of course, I would say that . But college life is about much more than that . I can and should be a life- changing experience -a time to have your ideas challenged ,to meet people from an incredibly wide range of backgrounds,to think how your education could change your own life and that of others . (Cottrel 2019 p12)

Matt Gavin says in a video interview for Management Essentials , HBS Professor Amy Edmondson says ,“Reflections is crucial to learning” (Harvard Business School 2020 online)

Career development represents a deliberate and progressive engagement with work that has the potential to reach beyond economic imperatives and social status and into well-being, life satisfaction, and identity (Abele et al. 2016 ; Law et al. 2002)