



Wales Academy of Voice and Dramatic Arts
Academi Llais a Chelfyddydau Dramatig Cymru

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Learning in the digital era

ADPA400 I

Reflective video & E-portfolio submission

REFLECTIVE VIDEO LINK

<https://youtu.be/3ErfV5jqNo8>



SCHON'S REFLECTIVE MODEL (1983)

MY TRAINING ENVIRONMENT

Fast paced

Taxing

Exposing

Disciplined

Immersive

Rigorous

RESILIENCE

What is resilience?

The ability to recover from challenges, setbacks or demanding situations.

Essential in performing arts due to constant feedback, auditions and physical/mental demands.

Why it matters

Supports independent learning.

Helps maintain motivation.

Enables sustained progress despite obstacles.



RESILIENCE

Reflection in action (Schön, 1983) – Tap → I struggled with the steps of a cramp roll specifically to the left. I notice myself becoming more frustrated, so I take some deep breaths, and focus on correcting one mistake at a time by slowing down the movements and asking a peer or my tutor for help. I can't just pretend to fix something and hide my mistakes behind everyone else; I need to take responsibility, stay present and fix my wrong doings in the moment. Being resilient allows me to recover from setbacks, manage pressure and maintain motivation in classes – qualities that Dweck (2017) links to a growth mindset and long-term development. It supports my wellbeing in an industry where feedback, rejection and rapid change are part of everyday life.

Reflection on action (Schön, 1983) – I stay after hours to practice and go over routines and exercises thinking about feedback I was given in class. Instead of going home and giving up, I take a break to recenter myself and try to go back to it when I feel calmer and less frustrated and try different approaches. Being able to push myself and not give up on elements I find difficult and struggle with demonstrates how critical resilience is to be able to grow as a performer. This helps me to become more self-aware of how I learn and become a more independent student.

ADAPTABILITY

What is adaptability?

The capacity to adjust to new demands, environments, or expectations.

Crucial in musical theatre where styles, directors, and creative visions constantly shift.

Why it matters

Enhances employability.

Supports collaborative work.

Enables flexible artistic responses.



ADAPTABILITY

Reflection in action – Sometimes I get stuck in the mindset of trying to be perfect and doing things ‘right’. In reality, being adaptable and willing to try new things means I can push myself to improve in my disciplines. For example, in my singing lessons I can use reflection in action again to add more nasal quality or cry etc into my songs to allow me to perform them better and with more ease without straining my voice. Adaptability aligns with what Kolb (2015) describes as experiential learning, which is the ability to respond to new situations by experimenting, reflecting and trying again. In practice, this means I can respond creatively and stay open to artistic directions.

- More examples like:
 - Performance class → Taking on criticism and making character choices in the moment → implementing feedback from tutors.
 - Ensemble work improves when you adapt quickly. You communicate better when you're open to change. You collaborate more effectively when you don't cling to your first idea.

Reflection on action – In my singing lessons I tend to use voice notes to record myself singing or any vocal exercises that my tutors have told me to use so I can go back and listen and reflect on my performances and practice my songs by myself and think about how I can implement new emotions for the characters I am portraying by or vocal techniques to strengthen the style of song I am singing, whether that legit or contemporary. I have realized that being adaptable and responding to new feedback allows me to grow, take risks, take myself out of my comfort zone and let go of trying to be perfect.



PERSONAL SHORTFALLS & DEVELOPMENT PLAN

As a whole, I think I am very self-critical and find it difficult to separate perfectionism with progress. I occasionally have a tendency to focus on the negatives when I struggle with something like not picking up choreography quickly, I sometimes fall into the mindset of focusing on what I keep doing wrong over what I'm achieving. I also think I can take criticism too personally and I am learning that it is never about me as a performer and that criticism is a tool I can use to improve constantly and make better choices.

To combat this, I have started writing a reflective journal, advised by my acting teacher, so I can think back on moments that went well and things that didn't quite go the way I'd hoped and how I can improve in the future, learning to see challenges as learning opportunities and track patterns in criticism. I have also started to practice improvising more when performing my songs and monologues, learning words not performances and go with my natural instincts, helping to further improve my adaptability.

CONCLUSION AND TRANSFERABLE SKILLS BEYOND UNIVERSITY

Overall, developing resilience and adaptability has shaped not only who I am as a performer, but also who I'm becoming as a person. Through Schön's reflective model, adjust in the moment and make sense of my experiences afterwards. These two skills have boosted how I learn, grow and handle challenges.

Reliability

Constant feedback

Navigate unexpected changes

Rejection

Auditions

Rehearsals

Performance schedules

Managing stress

Staying motivated

Set backs

Long days

Adaptability

Working with different directors/tutors

Adjust to new environments

Collaboration

Flexibility

Creative problem solving

Work well with different personalities

Learn new systems

Quick adjustments

Last minute changes

Touring schedules

Resilience and adaptability are qualities I'm continuing to build on, and will not only help in my profession practise, but also in my personal life and will support me wherever my life/career takes me. Duckworth (2016) highlights that perseverance and resilience can contribute to long term success in any field, not just the arts.



THANK YOU FOR
LISTENING!

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