

Module name: Professional career development

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Recently I have joined the University of Wales Trinity Saint David,

for me to fully learn the skills and setting required for a successful business career, I am currently researching professional career development. Despite working to develop stronger and more balanced behavior in any workplace, I'm also trying to expand my understanding on how to build an effective business career. As of right now, I've been studying about what to expect from our lectures and, above all, how to interact with one another. We need to speak more freely and with confidence during most of our courses.

In many ways, these lectures and the tasks we do in class have been helpful to me. I truly believe that they have helped me realize a lot of positive and negative points of myself that I have been taking responsibility for. In the first many classes I attended, we all had to introduce our selves to each other so then if we have any upcoming group presentations, we'd be familiar with one another. I think that this exact lecture helped me because I didn't know anyone from my class and didn't feel completely comfortable with anybody that was there. Having to introduce ourselves made me realize how many people were so similar to me and my aspects also allowed me to make some friends that I wasn't really expecting.

The aim of employability skills is to provide people with information and skills needed to improve their chances of finding employment in a range of professional settings. To allow students to explore a variety of work-related courses and develop a range of employment-based skills, each qualification's content and structure are designed to be flexible. Although I can follow instructions and take notes, I am not able to know exactly what to do when I am not on campus, so I need to make sure I cover this topic a little more because I think I can become more confident in it, which will make it easier for me to continue in our lectures and avoid falling behind.

One of methods we used during one of our lectures was the SMART method, I believe that the smart method is quite reliable, but I didn't understand it well at first. Smart methods allow you to focus on the subject you're talking about and help track the process. It increases motivation and productivity. (Sotoudeh, B (2023). I believe that this method is one of the most reliable methods you can use but isn't the best one.

We also talked about the types of personalities we have during the lecture, meaning if you'd be an introvert or an extroverted person. I personally believed that I was introverted but after that individual test we took, I unexpectedly turned out to be an extroverted person but only realized after taking the test. The questions we were asked in the test made me realize that I tend to think a lot more differently based on situations and who I have around me but get used to my surroundings quite quickly since I like to be more communicative. People who are extroverts find that social interaction helps them refuel. They tend to be braver and have larger communities. (Guy-Evans, Olivia (2020).

I believe that having a growth mind set really does a lot since you think quite differently rather than if you were to have a fixed mindset since you tend to think very differently and act/respond differently But I really aren't quite sure on which one I'd be since I'd say I'm quite of a loud and bubbly person in some situations but get very quiet when ever the situation gets too serious or quite, I also tend to lose focus when I don't understand something which will then lead me to stress and ask around my surroundings which I believe would be a fixed mind set statement. "Those same qualities are seen as naturally unchanging and inviolable over time by someone with a fixed mindset." (Cote, Catherine(2022).

We also covered Harvard referencing which I never knew about at first, I never knew it would be so important yet so confusing but eventually I understood the meaning of them and how to exactly use them. As many lessons went by and had a few assignments which would have to include them, I slowly knew how to write them in my assignments properly. This made me realize that there's a lot more to business itself, which to me is quite intriguing. (Cottrell, 2021).

In one of my recent lectures, we covered what kind of leadership we have. I had democratic leadership which means that I'm very good at making sure that everyone gets to speak and that I have ideas of my own which could help my group get more creative which I believe because I try to make sure everyone is engaged during our group task as such. There are many more types of leadership which I will introduce below.

"Laissez-faire" refers to a hands-off approach where the leader gives the team a great deal of autonomy; "authoritarian" means a leader makes all decisions with little input from others; "democratic" means a leader actively solicits team members' opinions before making decisions; and "coaching" refers to a leader who focusses on helping people reach their full potential, frequently through active feedback and support. (BBC. (2021). I believe that knowing this made me a bit more confident, but I'll try to make sure that I don't waste time since it can be time consuming to gather everyone's information and get straight to the group task assigned to us.

We also covered Maslow's hierarchy of needs. Maslow, who was an American psychologist, developed Maslow's hierarchy of needs, an idea of the requirements (or objectives) that drive human conduct. Five categories of basic needs are

identified in Maslow's original formulation, and they are connected to one another in a hierarchy of potential (or strength). "Maslow believed that a person cannot fulfil their higher standards unless their basic needs are met. Because of the environmental and social challenges that unavoidably upset us, meeting those standards related to a higher level of the hierarchy becomes more challenging." (McLeod, Saul (2024). I didn't quite understand this subject because there are quite a lot of needs a person would need to do anything in life. One of the needs that interested me the most was Esteem needs, this specific need stood out to me the most because I related to it quite a lot but what it basically means is that typical human needs to be liked and respected by others is known as self-esteem. People frequently seek a career or hobby in order to be recognized, which makes them feel valuable or like they've made a difference. I completely agree with this since I myself can't seem to feel recognized unless I have something to brag my self out, I don't feel valued within having something your good at or proud of.

There was a time where we covered the subject Johari window. I think that this subject was quite interesting since we all had to find out our individual traits, The Johari Window is a visual design that views individual development and improves relationships and interactions between individuals. People classify their own traits in four sections: open area, blind area, hidden area, and unknown area. I found this method very fun because I got to find out what my blind area was which I didn't think was much of use. I hope to find more unknown traits about my self so I can use them in needed situations. (*The Decision Lab*, (2021).

Another subject that we covered was Hollands theory of career. This specific subject helps you in selecting a career or course of study that matches your interests and personality. According to research, doing so is a critical step towards professional success and well-being. This subject helped me understand what type of career suits me based on what I like and how personality wise I am, which I think is quite incredible because everyone gets to have a career of some sort that they would enjoy doing and learning more about. From a young age I have been quite interested in business, but I was never taken seriously since I am such a bubbly person, I didn't really think this course was for me anymore but ever since I got this opportunity, I am now only been able to see a clear path for a successful business career of my own. During this lecture I realized I have a lot more potential and that there were a lot more people searching for this type of pair as well as me. "People look for situations in which they can express their opinions and beliefs while also using their skills and abilities. " (Career Key, (2023) I think this is true because i am most comfortable to talk about things as long as i know what am talking about or if am interested so then i can be able to use skills of my own to enhance the group task as such.

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