



Prifysgol Cymru
Y Drindod Dewi Sant
University of Wales
Trinity Saint David

Module Name: Professional Career Development

Module Code: BMSW4012

Assessment 1: Reflection on career journey to date and future professional development

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Word Count: 1183

AI Acknowledgement

I acknowledge the use of ChatGPT (<https://chat.openai.com>) on 26th of February 2026 for counting my words, and checking my writing for clarity and academic tone. I used the prompts:

- **"Count how many word have this Reflective Essay"**
- **"Check this Reflective Essay's writing clarity and academic tone"**

I confirm that I have not presented any AI-generated text as my own work. I confirm that I have retained copies of my drafts, notes, and other resources used before and after the use of AI tools, which may be requested as evidence.

Professional career development is an amazing growth journey shaped by personal experiences and challenges embracing the learning process and small victories on the way. As a student with currently studying Employability Skills CertHE and Business within the Professional Career Development module, at University of Wales Trinity Saint David, I have been encouraged to reflect on my aspirations, aims and targets. My long-term goal is not to progress within my current employment but to establish myself within the music industry and create my personal brand. The reflective essay uses Gibbs' Reflective Cycle (1988) as a framework to explore my evolution so far and analyse how key models, including Kolb's Experiential Learning Cycle (1984) and SWOT analysis, fill in my future professional actions and help me improve myself.

Description

My education background includes completing primary school and secondary education at Mihai Eminescu High School in Constanta, Romania. Following this, I entered the workforce rather than pursuing immediate higher education. Over the years, I have worked in coffee shops, bars, clubs, restaurants, casinos, cleaning roles, factories and currently within a police station environment.

Although my current role provides financial stability, it does not align with my long-term aspirations. Working in a police station brings up daily stressors being exposed to prisoners in a loud and aggressive environment although mean while I have adapted to these circumstances, I do not see this as my future career path.

Parallel to my employment, I have developed a strong passion for music since I was a kid. I consistently write lyrics, record tracks and recently invested in building a home studio. Learning to use professional equipment was a significant challenge due to technical complexity and additionally, creative blocks and lack of inspiration have challenged me in way that I can't really explain and sometimes it still does.

Being enrolled to study the Employability Skills CertHE and Business course represents a turning point in my life. It demonstrates my desire to improve my long-term career direction and challenge me to get out of my comfort zone.

Feelings

Troughout my career journey, I have experienced a lot of mixed emotions and being early employment gave me financial independence and self-confidence. However, working in high-stress circumstances such as clubs and police facilities also led to anxiety and emotional exhaustion.

In my current job, I usually feel detached from important things that i must concentrate more and i also feel unfulfilled. I feel like i'm not prgressing at all with my life. The stress from noise, conflict and repetitive tasks sometimes affects my motivation. However, I also feel proud of myself because i have this ability to adapt in any envoriement that i can find myself in.

In contrast, music excite me and make me feel alive, it gives me motivation and has amore personal deeper meaning. When I am finalising a track successfully I feel proud and confident.

Starting this academic course initially made me feel uncertain due to my limited education background, but engaging in classroom discussion and reflective activities has increased my self-confidence. I feel ready to think strategically about my career rather than relying on passion only.

Evaluation

There are some aspects in my career development that worked really well for me. First, my work experience background has helped me to strenghten several skills such as communication, stress management, teamwork, and discipline.

However, working in stressful and challenging envoirments such as working in a police envoirement as this is my current job, has helped me develop emotional control and adaptability. Secondly, investing in my home studio demonstrates iniative, problem-solving, and also long-term thinking as i'm saving more money by finding this alternative solution and taking action acordingly. However, there have been multiple challenges such as the lack of inspiration and not having a structured plan have slowed my progress in music and additionally, remainigin in a job that does not align with my long-term goals risks to put myself in a zone of stagnation if i do not actively plan my transition. Classroom activities within the Professional Career Development module, particularly self-assessment tasks, have highlitghted the importance of reflection and goal-setting.

Analysis

Using Gibbs' Reflective Cycle (1998) has allowed me to move beyond simply describing experiences to analysing their meaning. Reflection helps transform experience into learning. Kolb's Experiential Learning Cycle. Kolb (1984) argues that learning occurs through four stages: concrete experience, reflective observation, abstract conceptualisation, and active experimentation. I often find that my career journey can reflect this model. For example, building my home studio was a concrete experience. After that I could reflect on technical mistakes that I've made and start making research for improvements and then after applying them new techniques. This cycle continues as I work on my music production. Being similar, working in stressful environments has followed Kolb's model too. Putting myself in a challenging situations developed coping and mechanical strategies over time which can demonstrates that even roles unrelated to music contributes to my professional growth.

SWOT Analysis. Making a SWOT analysis during the module helped me evaluate my position realistically and practically. The strengths are resilience, adaptability, creativity, practical problem-solving, investment in equipment and the weaknesses are inconsistent inspiration, limited industry connection, limited formal education. Thanks to the Digital Era there are a lot of opportunities that can help me achieve my goals such as having access to online music platforms and digital tools, networking through social media, academic development through out the current Course. The SWOT framework increased my awareness of strategic planning rather than relying on my talent, it showed me that progression in my career requires branding, networking, marketing, and consistency as it requires almost any careers jobs.

Learning Profile - Visual Learner and Reflector. According to Honey and Mumford (1992), reflectors prefer observing and thinking carefully before acting. This aligns strongly with my personality, I tend to analyse situations in silence, especially in stressful work environments. As a visual learner, I understand concepts better through demonstrations and visual examples. Understanding this profile helps me adapt my learning strategy. For example, watching tutorials for music production is more effective than reading manuals. In academic study, mind maps and diagrams help structure my ideas.

Recognising my learning style increases self-awareness, which is a key employability skill (Yorke, 2006).

Conclusion

Reflecting on my career journey has revealed that although my employment history

appears unrelated to what i want to actually follow wich is music, it has significantly shaped my professional identity aswell as in my personal identity too. My experiences have built resilience, discipline, emotional control, and adaptability. These skills are essential not only within the competitive music industry but in general in personal life aswell in the real world. This module helped me understand that career progression requires strategy, reflection, and also planning. Using Gibbs' model improved my critical thinking. Kolb's cycle demonstrated how i naturally learn from experience. SWOT analysis increased my strateguc awareness and understanding my learning profile strenghtened my academic confidence aswell as personal confidence and most importantly, i have learned that my current job does not define myself or my future. However, without a structured action and plan, ambition and talent alone are not enough.

Goal	Specific	Measurable	Achievable	Relevant	Time-bound
Clarify long-term	Conduct a detailed personal	Completed SWOT	Yes - Tools already introduced	Supports trategic	Within 4

music career direction	SWOT analysis on music industry entry	document+written 1-page career direction statement	in class	transition from current job into music industry	weeks
Develop consistent music production	Create a structured weekly schedule for recording, and skill development	Minimum 3 studio sessions per week tracked in journal	Yes - Home studio already built	Supports strategic transition job into music	Within 6 months
Building professional music portfolio	Record and professionally mix at least 5 high-quality tracks	5 completed, mixed tracks ready for sharing	Minimum 2 completed online courses applied techniques in projects	Essential for industry entry and networking	Within 6 months
Increase industry knowledge and skills	Complete online tutorials/courses in music production, branding, and music marketing	Complete online courses+applied techniques in projects	Yes - access via online platform	Strengthens competitive advantage and business awareness	Within 3 months
Develop industry network	Create professional social media/music platforms profiles, and connect with artists/producers	Active profiles on 2+platforms+applied techniques in projects	Active profiles on 2+platforms+10 meaningful industry connections	Expends time and consistency	Within 3 months

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