

Reflective Essay

Introduction

My development since 2013, the beginning of my university career, has been sizeable not only in physical and mental ability, but also in cognitive shifts, career development, skills acquirement (physical, academic, interpersonal and intra-personal) and subject knowledge. Personally I feel I have improved mostly in my personal development, as I started uni with a good foundation of knowledge that I have since built on. The contacts and connections I have formed over the past few years have been invaluable to me and the network I have created will be equally valuable for future employment. This essay will highlight in more detail my personal and professional development, and what issues I feel might affect my future career prospects.

Professional

I've always been a physically able person and I've always loved the challenge of physical activity. Since I was young I've been an avid climber of all things, mostly trees until I was a little older and I discovered rock climbing. I had acquired my three star kayak qualification (BCU, 2011) by the age of 15, the motivation being a two week trip kayaking down the Kali River in North India. There are many other outdoor experiences I had the opportunity to take part in whilst I was young, for example, a four day trip canoeing in Sweden and acquiring a high rank in both the army and navy sections of the CCF (Combined Cadet Force) in my secondary school Mill Hill Foundation (Mill Hill School Foundation, 2012).

During the summer of 2012, once I had finished sixth form, I worked at GoApe! (a high wire course) (Adventure Forest Ltd, 2015) and was climbing two to three times a week indoors. I then spent my gap year working in an outdoor centre in North Devon called Yenworthy Lodge (Yenworthy Lodge, no date), where I had my first outdoor climbing experience. I completed my BASI 2 (British Association of Snowsports Instructors) (BASI, no date) snowboard coaching qualification in Switzerland, and completed a 3 month solo walk from Lands End to John O'Groats for charity (raised £3000) (Greaves, 2013). Based on these adventures, it is clear that I have a passion for the outdoors and therefore plenty of outdoor experience before I came to university, even if at the time I was putting all my efforts into being a professional musician.

During the first year of university I had the opportunity to explore lots of different outdoor sports that I hadn't done before, so I could decide from an informed point which ones I wanted to specialise in. Caving and bushcraft became prevalent sports and are probably now my most favoured, whereas climbing and kayaking (the sports I had most previous experience in) surprisingly took a back seat. I have completed my cave leader training for both Level 1 and Level 2 (Evans, 2015), and I'm looking towards achieving the assessments this year. Caving is something I was always curious about, and to move through the sport from beginner, to advanced, to being able to facilitate other peoples caving experiences, has been a great source of joy for me.

I've also completed the training for my practitioners qualification for bushcraft (Institute for Outdoor Learning, 2015). Like caving, I've always had an interest in the natural world, however with bushcraft I've had lots of previous experiences where I've used bushcraft skills, even though I perhaps wasn't aware of it at the time. Having a bushcraft skill and being aware of all the deeper intricacies of the skill are very different, and I feel that I now have a deeper understanding of many bushcraft skills. Not only do I feel that I can complete a bushcraft related task but I am confident I would be able to pass those skills on to others.

Although climbing has not been a huge focus for me over the past three years, my skill set has still progressed. I have completed my SPA (Single Pitch Award) training with the hopes of completing

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