

Personal Development Planning

Often students spend

- Lots of time on opportunity awareness gathering information.
- Lots of time trying to implement the decision.
- Not enough time on personal development planning and self awareness.



Steps to making a good career decision.

- Knowing yourself - looking at your skills, values and personality - Analysing where your strengths and weaknesses lie.
- Exploring opportunities Gathering information on the opportunities open to you.
- Taking action.



What is PDP?

- *'A structured and supported process to develop students' capacity to reflect on their learning and achievement'* (Dearing, 1997)



What skills are you developing?

- Communication skills
- Interpersonal skills & team work
- IT skills
- Decision making skills
- Independent working
- Critical thinking
- Research skills
- Reflective learning techniques

How can I reflect on my learning and experiences?



What are the Features of a Personal Development Plan?

- **Where am I now?**
 - Identifying existing **skills/qualifications**
 - Identifying **strengths**
 - Identifying **weaknesses**

What are the Features of a Personal Development Plan?

- **Where do I want to go?**
 - Identifying **long term aims**
 - Identifying **future required skills/qualifications**

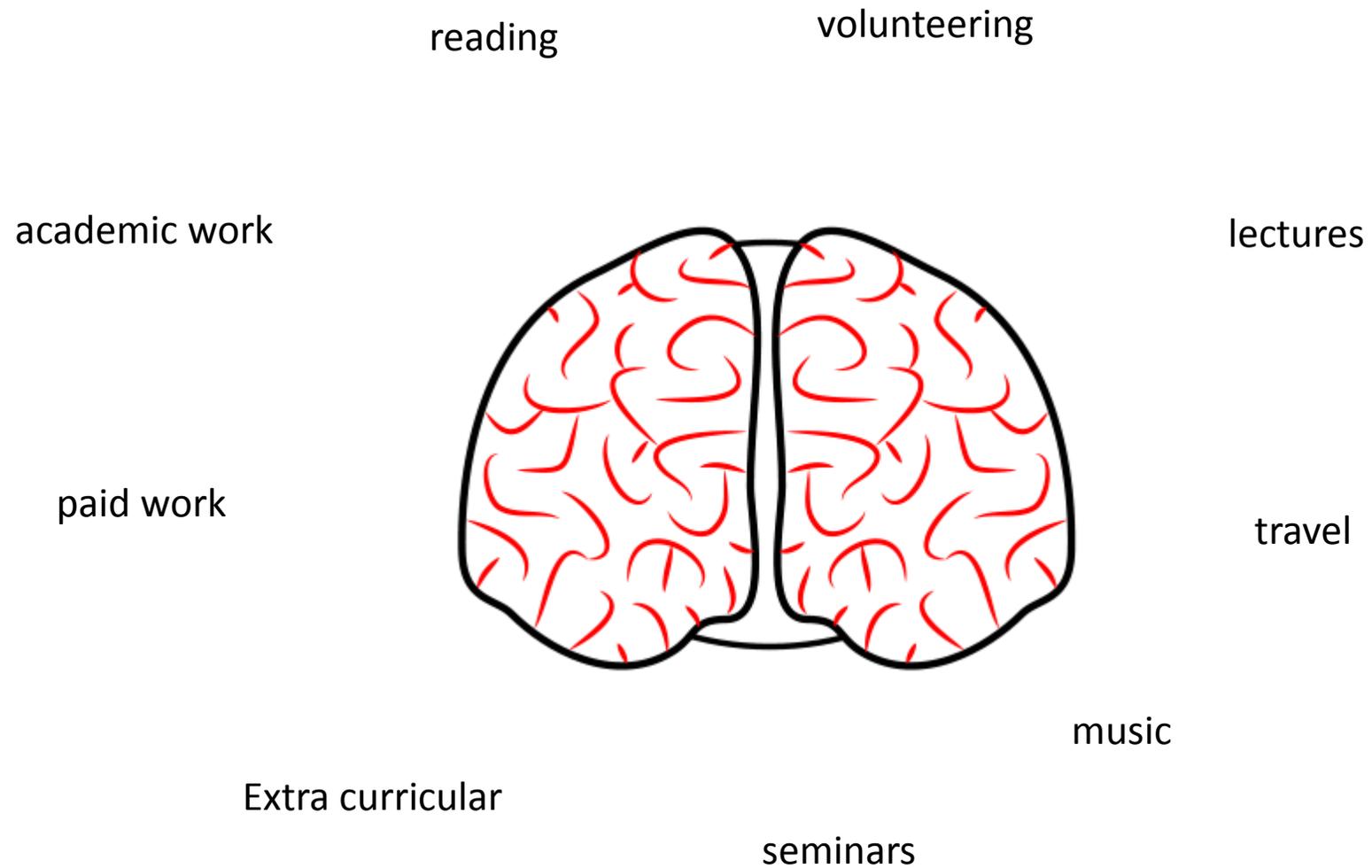
What are the Features of a Personal Development Plan?

- **How am I going to get there?**
 - Setting **timeline**
 - Setting **short-term goals**

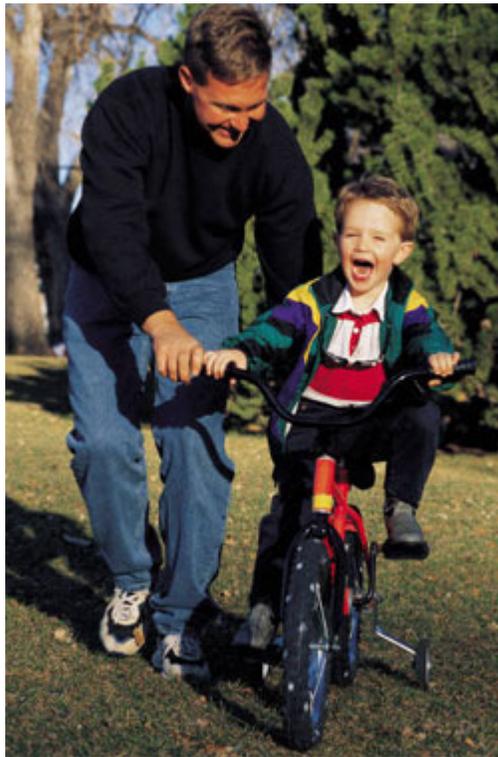
Journal: Action plan (Shared Gdoc)

SMART	
Specific	Is your goal well-defined? Avoid setting unclear or vague objectives; instead be as precise as possible.
Measurable	Be clear how will you know when you have achieved your goal. Using numbers, dates and times is one way to represent clear objectives.
Attainable	Setting yourself impossible goals will only end in disappointment. Make your goals challenging, but realistic
Relevant	Try and step back and get an overview of all the different areas of your life: Academic, Personal and Career. Consider how relevant each objective is to the overall picture.
Time-bound	Set a time scale for completion of each goal. Even if you have to review this as you progress, it will help to keep you motivated.

Cognitive housekeeping



Critical incidents



Benefits of PDP and reflective learning

- *“It makes you think about what you’re doing and how other people see your work.”*
- *“It has enabled me to plan better and organise my thoughts. It gives you the time to say what you truly feel about a particular project or experience.”*
- *“Writing a reflective journal has enabled me to channel my thoughts further, I have been motivated to break-out of the usual mould and really think about ways in which my actions could lead to more success.”*



What I will cover during this 15 minute session following on from your Adviser.

- How personal development planning (pdp) can help you to become an effective career planner and enhance your employability.
- How to make a good career decision.



Any questions?

