

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**

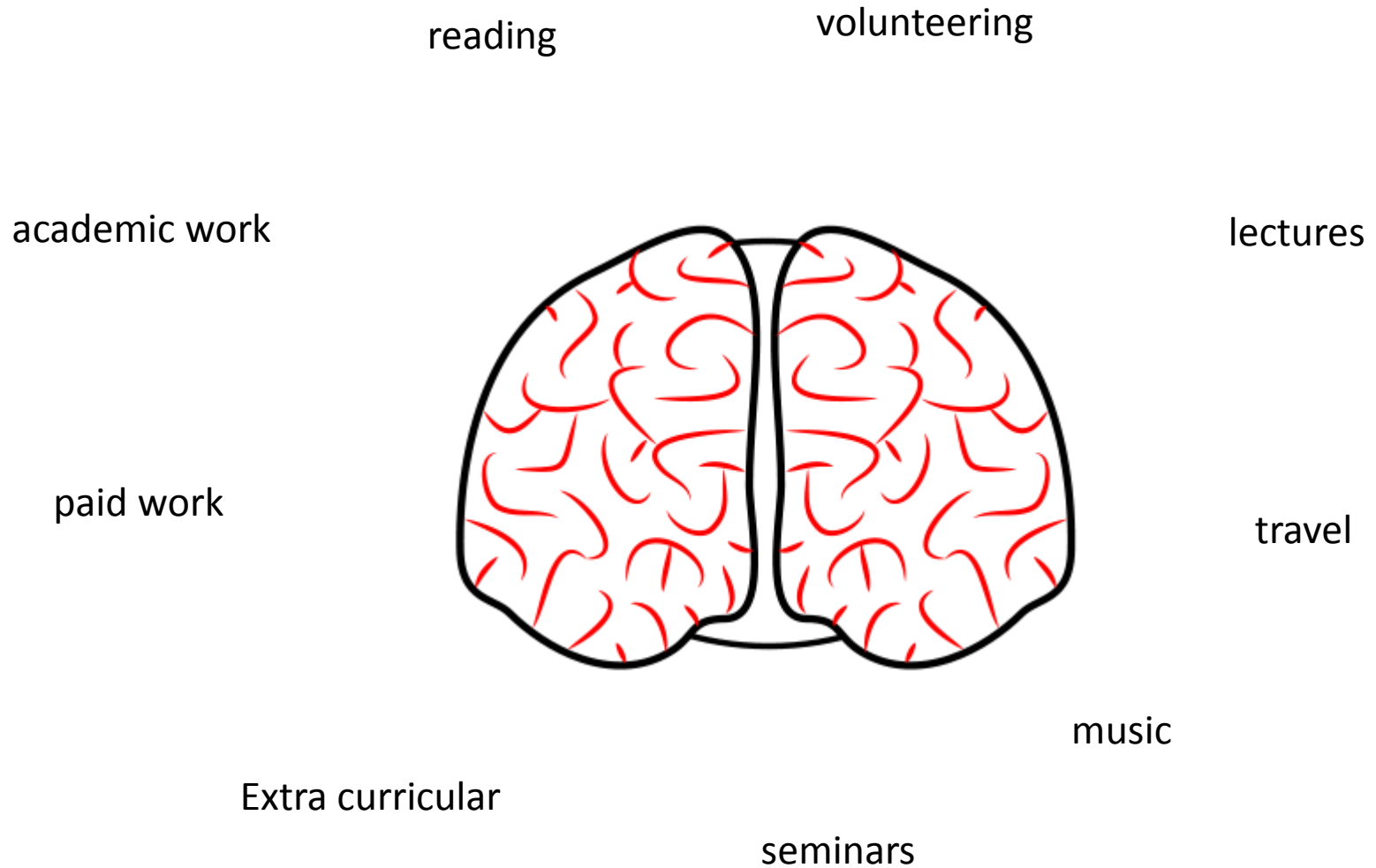
What are the Features of a Personal Development Plan?

- **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?

