

Personal Development Plan (PDP) Video Submission:

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AI Acknowledgement:

I acknowledge the use of Google Gemini (<https://gemini.google.com/app>) on 25 August 2026 to support my work using the prompts:

1. Please provide an example of the video structure.
2. Please explain what a SMART target is.

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

Link to the video:

<https://canva.link/fsaoghjyxeea7ml>

Script:

To begin with, one of my key strengths is initiating assignments early. Rather than delaying the start, I make it a point to begin planning and working on tasks as soon as they are assigned. I also prefer a sequential workflow where I will be focusing on completing coursework for one module entirely before transitioning to the next. Additionally, consistent active recall has been essential for my exam preparation. I will make detailed notes and take self-assessment quizzes on a weekly basis and will just re-do the quizzes when the final exams approach.

However, alongside these effective habits, there are key areas I need to improve. Reflecting on the past semester, my overall time management lacked discipline. I often misallocated my study hours by spending significant time on distractions while leaving the remaining time burdened by the stress and pressure caused by that avoidance. While I am good at starting early, my main challenge lies in consistent follow-through. I frequently procrastinate during the middle phases of an assignment, failing to stick to my intended completion milestones. If I delay finishing a task for one module, it creates a domino effect by pushing the start dates for other subjects dangerously close to the final submission deadlines and resulting in unnecessary anxiety."

Before I delved further into my goals, let me briefly explain what SMART target is. SMART targets are a widely used framework designed to provide focus, clarity and actionable structure when setting objectives in personal development, academic planning, and organisational management. According to The Open University (n.d.), the SMART criteria require our goals to be Specific: defining what will be accomplished. Measurable: identifying how we know it has been achieved. Achievable: ensuring it is feasible and addressing potential barriers. Relevant: aligning directly with our overall academic aim, and time-bound: setting a clear deadline for when it will be completed.

So to combat my academic issue, my primary SMART target is to complete the assignments earlier than the submission dates. It is measurable by my calendar milestone, it is achievable by spending two hours of work for four nights in weekly basis, it is relevant in improving my time management and I set my own deadline of at least 1 week before the actual submission dates. So the outcome of this, I'm able to use my time wisely and manage to complete my assignments on time, which reduces my anxiety and stress.

References:

References:

The Open University. (n.d.). *Week 8: Planning your next steps – 4.1 Goals as SMART objectives*. OpenLearn. Retrieved August 25, 2026, from <https://www.open.edu/openlearn/mod/oucontent/view.php?id=28154§ion=4.1>