

Personal development plan

1. Develop my skill knowledge

I need a understanding of anatomy, physiology and rehabilitation because these are important requirements for physiotherapy. I will achieve this by attend all lectures and practical session, revising and reading.

2. Improve communication skills

Physiotherapists need to communicate clearly with patients, families and other healthcare professionals. I will work on this by taking part in group presentations and practical activates at university. I will also practise listening carefully and explaining information in a simple way.

3. Gain practical experience

Experience in a healthcare setting would help me understand what working as a physiotherapist is really like. I plan to look for volunteering or hopefully work experience in a hospital, clinic, or sports setting. This will allow me to develop my confidence when working with different people.

4. Develop teamwork and professional skills

Working as part of a team is an important part of physiotherapy. I will improve my teamwork by completing group assignments and taking part.

About me

My name is Umar Chowdhury i am 22 years old and i am currently studying healthcare at university. I chose to study this course because i have a strong interest in heath and i would like to build a career where i can help people improve their health wellbeing and quality of life.

My long-term goal is to be a physiotherapist. lfor the past five years i have been interested in the body and how it works how injuries can happen and how to recover etc. I think physiotherapy is a rewarding career because it combines healthcare with practical work and gives you the opportunity to work in most cities. I would like to develop the knowledge and skills needed to help people manage injuries improve the movement and become more confident in their physical abilities including myself so I can help myself.

My interest is connected to my involvement in my sport of mixed martial arts. I train regularly and understand how physically demanding the sport can be. During my time at university i want to gain as much knowledge and experience as possible. I hope to develop my understanding of healthcare and build the skills that will help my progress towards becoming a physiotherapist. I am looking Forward to learning about the human body rehabilitation and how healthcare professionals work together to support patients.

Overall, i would describe myself as hardworking, motivated and willing to learn. My goal is to use my education to build a successful career in physiotherapy. I hope that in the future i can get this job for myself because no other subject interests me and it something that i can benefit from as I would really enjoy it.