



Prifysgol Cymru
Y Drindod Dewi Sant
University of Wales
Trinity Saint David

MODULE NAME: STUDY SKILLS IN PSYCHOLOGY

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LECTURER'S NAME: KAREN EATON THOMAS

ASSIGNMENT 2 (PERSONAL DEVELOPMENT PLAN)

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AI Acknowledgement

I acknowledge the use of ChatGPT [<https://chatgpt.com/share/6a9a3995-913c-83ec-bcf3-92271032d183>] on Friday, 4 September 2026 at 11.10am to check my structure and timing. I used

the prompt(s):

1. Is this Structure ok for a 3 min PDP video or is it too long? (Includes my slide notes for the PDP)
2. This is the slides. I just want to know if it is okay. (Includes a file of the PDP Slides)

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

Link to Video:



Clarisse Yeo Wei
Ling_Assignment 2_Pe

Script

Slide 1

Hello. My name is Clarisse Yeo Wei Ling, and I'll be sharing my Personal Development Plan. The verse on my title slide is from 1 Timothy 4:12. I chose it because it reminds me that being young does not mean I cannot make a positive contribution or be a role model to others. As a student, leader, volunteer, and someone who hopes to work in psychology in the future, I want my actions, character, and attitude to reflect the values described in this verse

Slide 2

When I reflect on my journey so far as a Psychology student, I realise that I've grown a lot compared to when I first started university. I've challenged myself to get involved in different activities, including serving as the Student Council Secretary, volunteering at my former kindergarten, participating in church ministries, and working part-time in the university's Marketing Department. These experiences have helped me become more confident, responsible, and organised.

Slide 3

At the same time, they have also shown me some areas where I need to improve. One challenge I've faced is balancing my many commitments. There were times when I felt overwhelmed because I thought I had more time than I actually did. Sometimes I left assignments too late or underestimated how much revision I needed. Looking back, I realised that being busy isn't the same as being productive. This reflection helped me understand the importance of planning ahead and managing my time more effectively.

Slide 4

Because of this, my first SMART goal is to improve my time management. I want to create a weekly study schedule and start assignments at least two weeks before the deadline. I believe this goal is realistic because I already use digital calendars and planners. More importantly, I think it will help me feel less stressed and more in control of my responsibilities.

Slide 5

My second goal is to improve my SPSS and academic writing skills. As a Psychology student, I know that both of these skills will become increasingly important throughout my degree. Sometimes I still lack confidence when working with data analysis software or writing

academic reports. To improve, I plan to complete one SPSS tutorial each week and apply the feedback I receive from lecturers to strengthen my writing. I hope this will help me become a more capable and independent learner.

Slide 6

My third goal focuses on professional development. My long-term ambition is to become a Clinical Child Psychologist. Because of this, I want to gain more exposure to the field while I'm still studying. I plan to attend workshops, webinars, volunteer activities, or other professional development opportunities each semester. I believe these experiences will help me better understand the profession and confirm that this is the career path I want to pursue.

Slide 7

Overall, creating this Personal Development Plan has encouraged me to think more deeply about where I am now and where I want to be in the future. While I'm proud of the progress I've made so far, I know there is still a lot for me to learn and improve on. By focusing on better time management, stronger academic skills, and continuous professional development, I hope to become not only a better student but also a future psychologist who can make a meaningful difference in the lives of others.

Thank you for listening.

References

- 1 Timothy 4:12 Don't let anyone look down on you because you are young, but set an example for the believers in speech, in conduct, in love, in faith and in purity. | New international version (NIV) | download the bible app now.* (n.d.). Retrieved 3 September 2026, from <https://www.bible.com/bible/111/1ti.4.12>
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