

Activity 1.3 -Personal Development Planning Quiz: (For Classroom delivery)

1). Personal development is about accumulating wealth in the society.

A). TRUE

B). FALSE

2). You should only be worried about personal development if you can't get a promotion at your work

A). TRUE

B). FALSE

3). What would NOT be a benefit of adopting a constructive approach to personal development planning (PDP) for an individual's?

A). Consider where they are now, where they want to go and how they can get there

B). Revitalise technical skills that date very quickly. Monitor and evaluate achievements

D). Compare yourself with other so that you can make judgement on what they have achieved and what you have achieved.

E). Build up transferable skills (such as self-awareness, ability to learn, adaptability to change, empathy and good management

4). Pick the most appropriate answer Personal development planning is the process of:

A). Establishing aims and objectives (or goals) - what you want to achieve or where you want to go, in the short, medium or long-term in your career

B). Assessing current realities

C). identifying needs for skills, knowledge or competence

E). All of the above

5). Which of these is not a personal development process

- A). Look at the development opportunities
- B). Formulate a plan
- C). Identify development needs
- D). Adaptability to changes
- E). Review and evaluate plan

6). Would you benefit from PDP and why?

7). A personal development plan is work document What is meant by this

8). Employers are increasingly aware of the importance of..... In their staff

- A). Placing trust
- B). Believing
- C). Investing
- D). Money
- E). Opportunities

9). Employers often have structures and processes in place to provide..... for training and development of their employee

- A). Believing
- B). Placing trust
- C). Investing
- D). Money
- E). Opportunities

10). Which of this is appropriate for this statement.

You should avoid..... putting off planning your personal development

A). Sometimes

B). Repeatedly

C). Never