

Personal Development Plan

Module: Study Skills for Psychology

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Due Date: 16th January 2025

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Use of AI

This page is to declare that I have used no format of Artificial Intelligence (AI) to conduct any research, writing, or academic work of any kind.

Video Presentation Link

[PDP Presentation VIDEO \(2404429\).MOV](#)



BUILDING THE FOUNDATIONS FOR A BETTER ME

Harry Foster

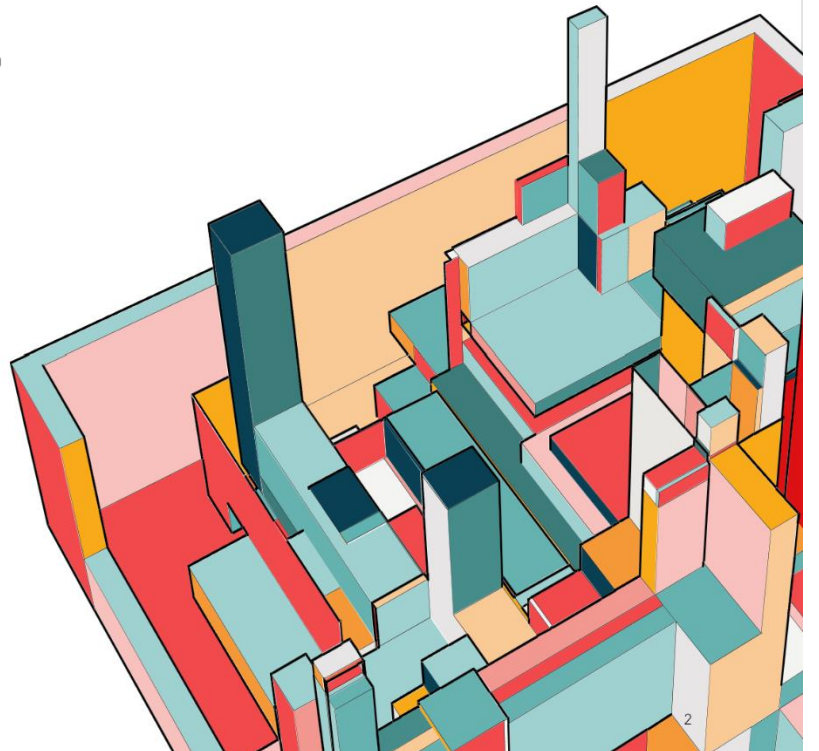
WHO I AM & GOAL

ME

- 24 years old
- Moved to Swansea from Manchester for Uni
- Understand the complexities of my specific degree
- Reflect well within a small group

THE GOAL

- Improve presenting skills
- Speaking with confidence



INTRODUCTION TO SMART TARGETS

Specific

Understanding the target and setting the required goals to achieve the target.

Measurable

Progress management on set goals to make sure you're on track to achieve them.

Achievable

The goal should be a challenge, but also manageable to ensure success. Also considering resources to help towards your goal.

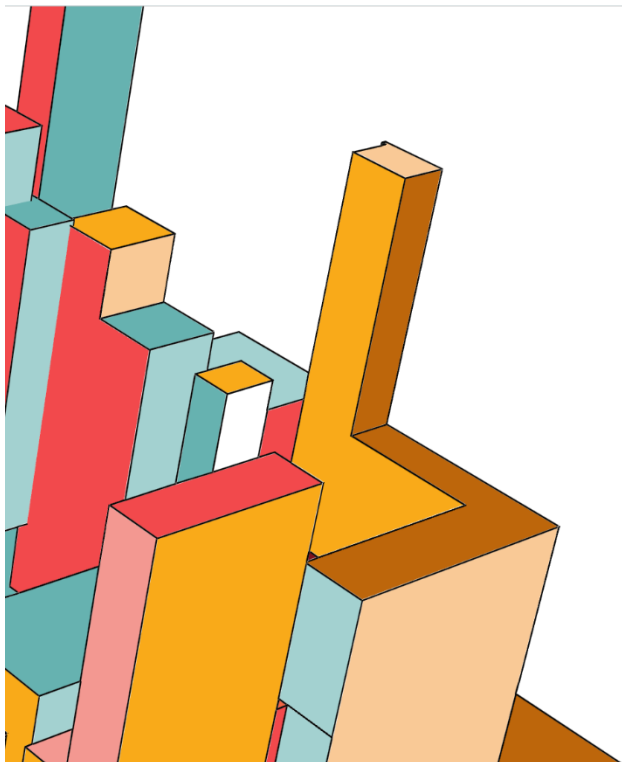
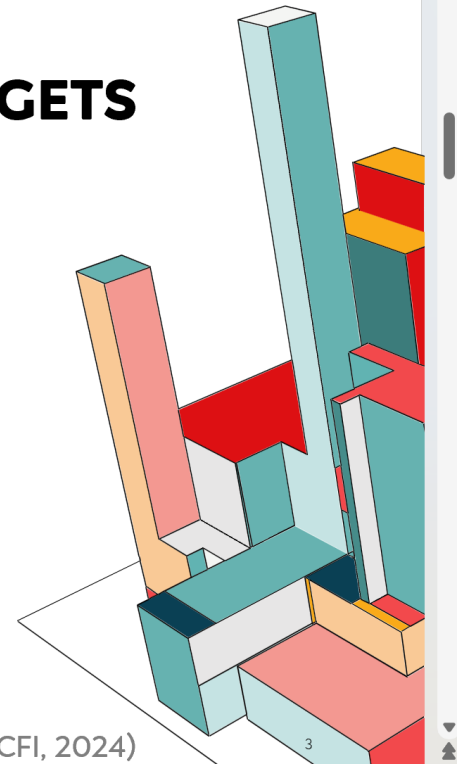
Realistic

Attaining a goal should be attainable to allow you to continue improving by setting reasonable expectations.

Time Frame

Consist over X amount of time to keep on track of progression and meeting required deadlines to keep you focused

(CFI, 2024)



SPECIFIC

DEFINITION

Understanding the target and setting the required goals to achieve the target.

THE TARGET

Speaking with confidence and presenting

GOALS

- Practice speaking in front of an audience
- Extensive research on related topics to present
- Learn how to operate PowerPoint professionally

MEASURABLE

DEFINITION

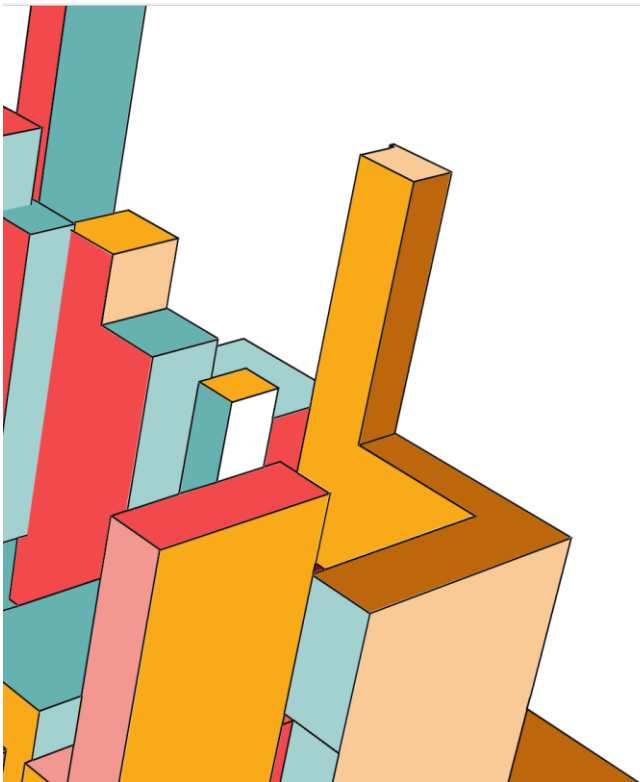
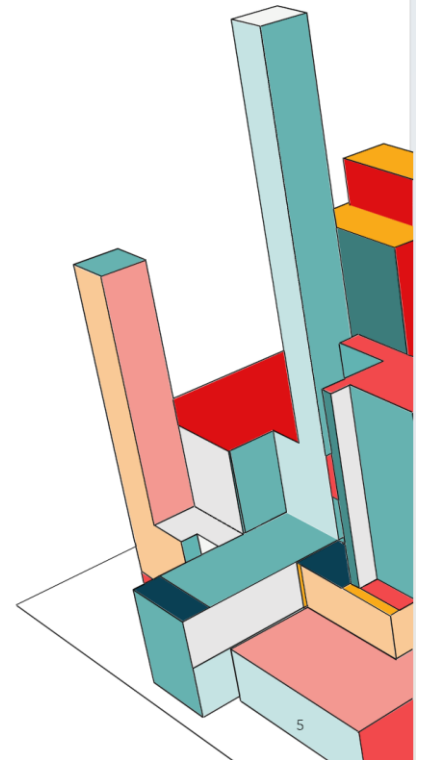
Progress management on set goals to make sure you're on track to achieve them.

HOW TO MEASURE

Break down overall goal to smaller goals to feel sense of achievement

SHORT TERM GOALS

1. Research and rehearse topic into small sections
2. Presenting for myself before others (Audio Reinforcement)
3. Presenting in front of camera (Visual Reinforcement)
4. Presenting in front of close friends (External Reinforcement)



ACHIEVABLE

DEFINITION

The goal should be a challenge, but also manageable to ensure success. Also considering resources to help towards your goal.

IS MY GOAL ACHIEVABLE?

- YES
- Personality should fit this criteria
- Experience of presenting may have some impact

TOOLS TO HELP ME

- TED Talks
- Study Skills (university)
- YouTube
- Support from friends and family

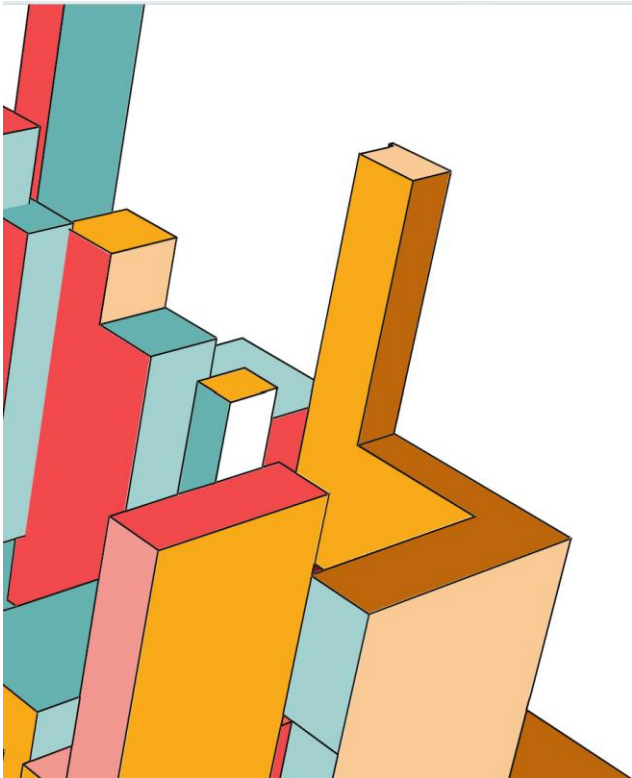
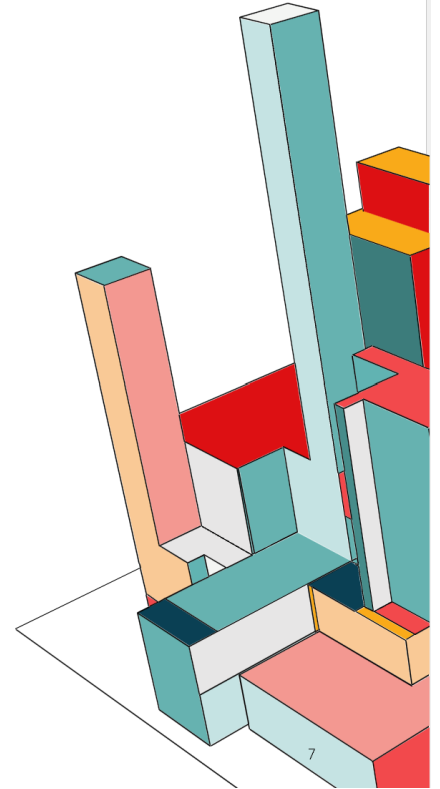
REALISTIC

DEFINITION

A goal should be attainable to allow you to continue improving by setting reasonable expectations.

TARGET AUDIENCE IS MY GOAL REALISTIC?

- YES
- Goal requires me to be a better person and for my professional career
- The initial building blocks to establish good communication
- Realisation that the goal is not to speak to 1000 people.



TIME FRAME

DEFINITION

Consist over X amount of time to keep on track of progression and meeting required deadlines to keep you focused

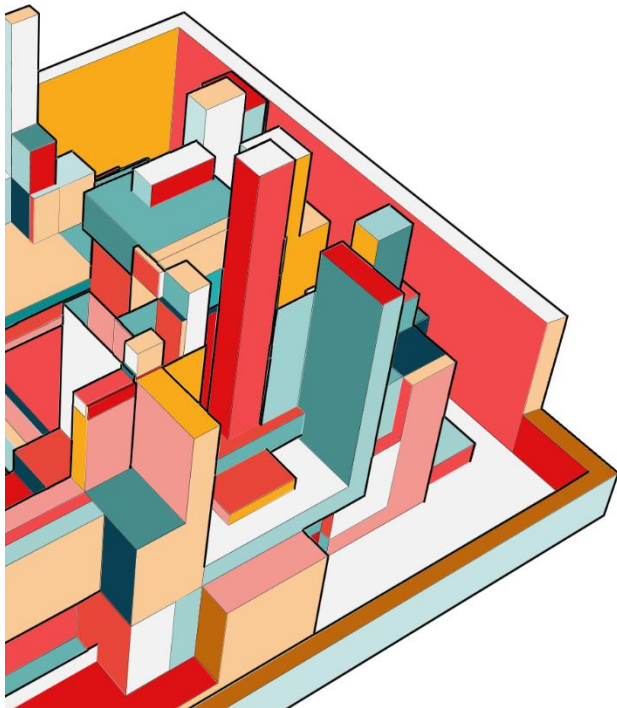
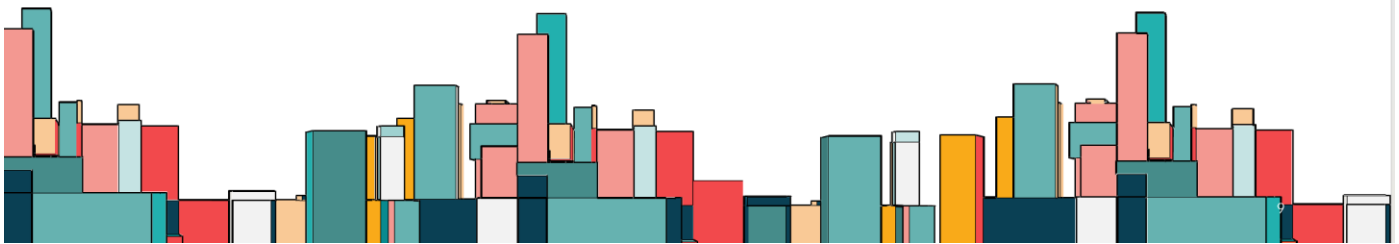
- | | |
|---|--------|
| Research subject and set plans for presentation | Week 1 |
| Rehearse presentation for myself and video for internal reinforcement | Week 2 |
| Rehearse presentation in front of friends for external reinforcement. | Week 3 |
| Present <u>Powerpoint</u> in front of class for review | Week 4 |

SHORT TERM GOALS TO ACHIEVE LONG TERM

Research TEDTalks
on how to present
and speak with
confidence

Obtain 10 pieces of
cruial information
for the
presentation and
ingrain into
memory.

Record
presentation of
myself for self
evaluation to
understand any
improvements



BENEFITS OF ACHIEVING THIS GOAL

- Allow me to demonstrate my knowledge
- Presenting skills for future employment
- Demonstrate my own confidence and abilities
- Retain information for myself to develop

THANK YOU

References

CFI. 2024. CorporateFinanceInstitute.com. **Smart Goals.**
<https://corporatefinanceinstitute.com/resources/management/smart-goal/>