

Personal Development Plan

SMART goals are a framework for setting objectives that are Specific, Measurable, Achievable, Relevant, and Time-bound.

SCRIPT

Specific

I will continue to be non-bias to learning about ethical to non ethical experiments as I know they were a different time from now and the knowledge is valuable to understanding human behaviour. I will also look into more experiments of all approaches such as cognitive, behavioural and developmental psychology to see how they contrast and blend and also be able to refer to them.

Measurable

I will read certain chapters from different sources made available by lecturers such as Gross Psychology 8th edition through the online library suggested by my psychology class and Madness in Civilization by Andrew Scull. I will also endeavour personal interests such as psychology in relationships such as reading Women Who Love too Much by Robin Norwood to then also trying to read more academic psychology about my interests to understand the wording more.

Achievable

I am a natural person to reflect, I reflect a lot because I find it extremely important in all areas of my life to work, friends and now university. With reflection I can find what I find challenging, engaging or down right don't understand, I can find routes to figure out what I want to do about these obstacles. I am also natural to reflect on things I am being taught, not emotionally attaching myself to these people who clearly suffered in the past for their illnesses but by not allowing myself to become actually upset by these things. It's unfortunate but valuable.

Relevant

I will continue to look up lectures I have either missed or don't understand on the Moodle for the online lectures available. I will also continue to revise things that are helpful towards me such as reading the subtitles with lectures helps me connect a lot more with the content being said.

Time-bound

As I have a few responsibilities in my life, I will make sure to have a dedicated time towards my learning with my exam coming up and work towards presentations with peers with ease and no stress about the time or worry if my work will be up to date.