

PDP

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AI Acknowledgement

- I confirm that I have not used any AI tools in the research and creation of this assignment. I confirm that I have not presented any AI generated materials as my own work. I confirm that I have copies of my drafts, notes and other resources I used which I may be asked to provide in evidence



Goals

Long-term – pass year 4 – I am not too concerned in this time frame about getting high grades as I am setting myself up for next year through this goal

Short term – get better with time management meaning I am giving myself plenty of time to get the tasks done by starting tasks early and following with consistency

Get a better work- life balance – my aim is treat both as equal priorities which is important for my well being

Get better with planning and organising my tasks efficiently which ensures I know I have the time to get these tasks done . This goal is essential in my other goals as well such as improving upon time management and a work0life balance

Relevance

- This goal is relevant to me as working on my short term goals, time management and organisational skills gives me the tools for my long term goal. It will reduce my stress and ease the challenges at hand so that I can appreciate my education and passion for psychology more as well as my appreciation for my life outside of my studies

Specific

- Smart – long-term
- The goal is simply just to pass, not to exceed what is expected of me
- This goal is important as it is not putting my expectations too high, making sure I pass my modules gives me confidence in myself to improve further next year and is essentially my first step in gaining my full undergraduate degree
- This goal involves working with my peers and lecturers effectively, as well as taking advantage of the resources I have in university such as the hwb and library

Achievable

- These goals are achievable so long as I stick to the plan
- My condition may cause challenges in achieving this goal but as long as I make sure to plan effectively and reduce distractions I should be okay

measurable

- -To ensure my time and organisation is improved I will follow the guidelines of attending or catching up with my 30 hours of in school studying as well as 170 hours of studying outside of uni
- I will start each week by using a planner to put when and where I will work on my tasks making sure to plan ahead for outside of university life for an effective work-life balance
- I will make sure the plan is realistic and achievable by giving myself plenty of time for breaks and having days off to replenish myself and spend time with others
- I will set reminders and alarms on my devices so I do not forget and will label them with my goals to keep my motivation and drive up

Measurable and Time Bound

- I will take advantage of using the library and using apps such as flora to reduce distractions and stop me from using my phone. Setting timers which is realistic such as using the pomodoro technique will help keep my motivation consistent and help me with my time management
- I will document my tasks with a traffic light system so I know how well I am achieving this goal
- I will review at the end of each week and when I have received my feedback. If I have passed my work whilst sticking to my plan (with most tasks being green or amber then this tells me I have achieved this)
- I will also factor in any circumstances in my review so I know what might have held me back and will keep this in mind when I set out my plan by the end of every month

References

- Jones, S.A (n.d) Smart goal and personal development plan [Powerpoint slides] <https://moodle.uwt.ac.uk/mod/resource/view.php?id=707147>
- AppFinca Inc (2017) Flora. [Mobile app]