

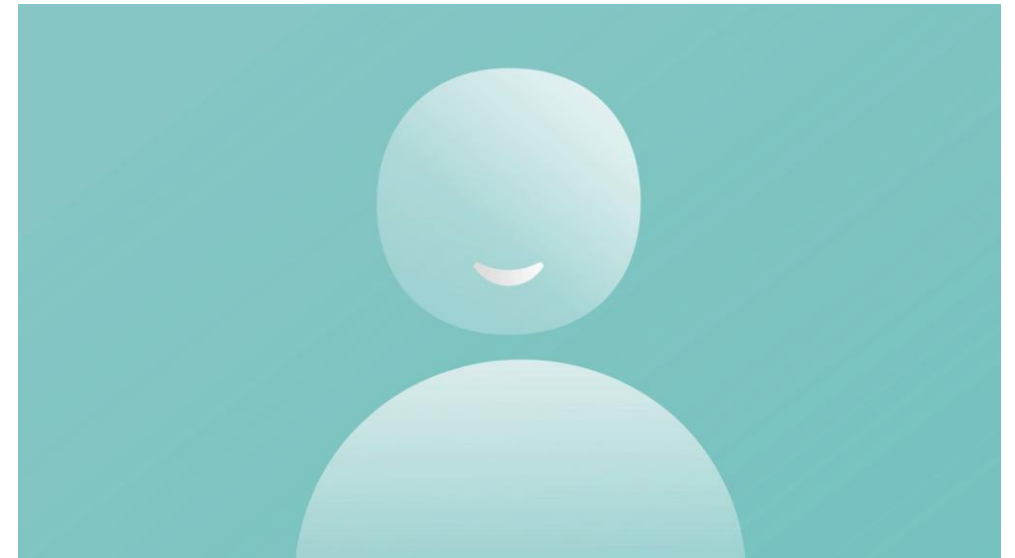
Personal development Plan



I AM GOING TO BE TALKING THROUGH MY PERSON DEVELOPMENT PLAN FOR THE YEAR. A PERSONAL DEVELOPMENT PLAN IS A STRUCTURED PLAN TO HELP YOU ACHIEVE YOUR ACADEMIC OR PROFESSIONAL GOALS.

This academic year my biggest goal is to achieve good grades in all my modules. I have chosen this goal as I take pride in the work I produce, and it is important to me that I do well.

I am passionate about my career choice of becoming a counsellor, by me getting good grades this year it proves I can become a counsellor

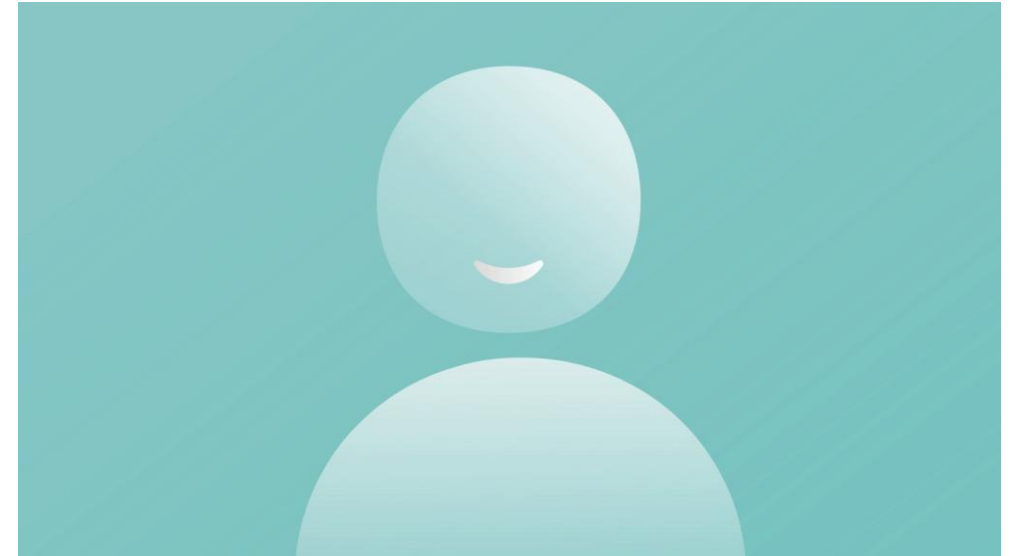




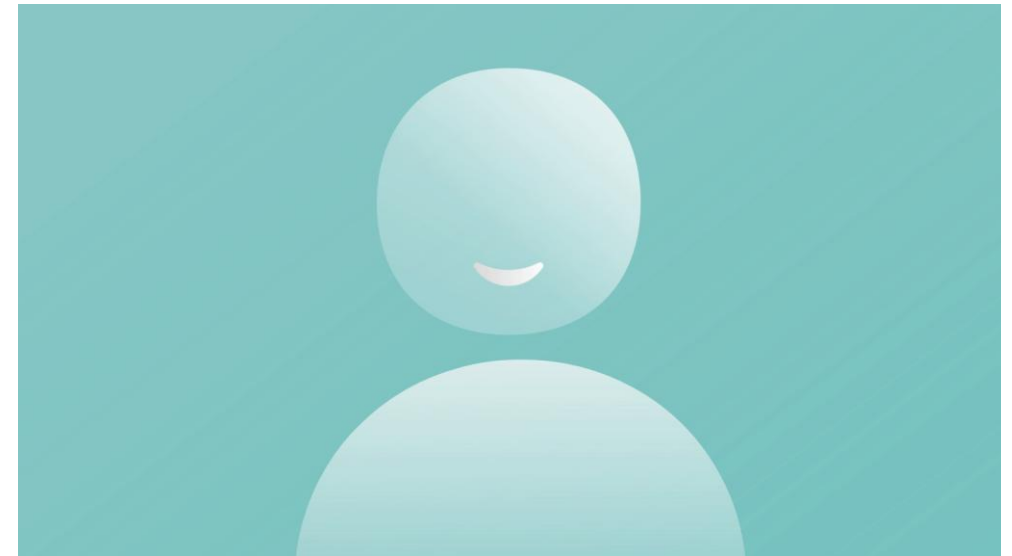
- To achieve my goal, I am going to break it down into smaller targets. This will help me feel less overwhelmed and make my goal more achievable.
- I am going to develop my goals as SMART goals. SMART breaks down into specific, measurable, achievable, relevant and time bound. By using this method to plan my goals it makes them easier to achieve as they are well planned and clear (Indeed, 2023).

- Indeed. (2023). *How to Develop SMART Goals*.
<https://uk.indeed.com/career-advice/career-development/smart-goals>

- My first small goal is to improve my lecture attendance.
- Specific: I have missed quite a few lectures over past few weeks. I am going to ensure that I go to all lectures from now on, unless I have a valid reason to not attend. The valid reasons are moderate illness or family emergencies.
- Measurable: I will know that I have met this goal when I complete these semesters modules without missing any more lectures. The same goal will apply to next semester however I am choosing to only focus on the rest of this semester for now.
- Achievable: my goal is realistic and achievable; I have given myself some grace for genuine reasons for being off therefore I am not being hard on myself if I do need to miss a lecture.
- Relevant: This will help me reach my main goal as I will learn and understand more when I attend lectures. It gives me the opportunity to ask questions I am unsure about and participate in class activities to solidify my knowledge.
- Time-bound: As mentioned above, I am only going to be focusing on this semester's attendance for now. Therefore, the deadline for this goal is the 10th of January 2026.



- Another small goal I have to help me achieve my main goal is to give myself plenty of time to complete assignments.
- Specific: This assignment is due in 11 days, and I have only just started it, same applies to an essay I am currently working on. I am not giving myself enough time to focus on assignments fully without stressing about the deadline.
- Measurable: I will know I have met this goal when I am able to submit my work several days before it is due. This is important for me as it will help reduce stress over assignment and give me time to receive support off lecturers.
- Achievable: Although I believe this is achievable, it doesn't really apply to this semester as I am not going to be able to start my next assignments in time to give myself the time I would like. However, I will try to finish the rest of my assignments a few days before they are due. This goal is mainly for next semester.
- Relevant: This relates to my main goal as it will ensure my work is not rushed and I put as much hard work I can. It will also help me develop good time management skills and organisations for year 2 and 3.
- Time bound: As I mentioned above this goal is more for next semester. Therefore, I am going to set the deadline for this goal to be on the 1st of June 2026.



I also need to consider my strengths and weaknesses that may impact me completing my goal. This allows me to use my strengths and put support in to work on my weaknesses.



Strengths:

I am hard working and dedicated this will help motivate me to produce my best work as I know I can do anything once I put my mind to it. I am passionate about my career choice and find my course interesting, this also provides motivation for me to complete my work as I know I am doing it for a good outcome that I deeply care about.

Weaknesses:

I am currently behind on my core text reading, to help this I will reach out to support services within the uni and see what they recommend.