

Development Plan

Alisha Phillips

Introduction

This document is my PDP, Professional Development Plan. Which I have showcased my future goals to be completed within the next academic year such as improve my reference skills which I thought was important for future essays and when taking information from another source correctly so that I don't get done for plagiarism, improve my time management which will help with giving myself enough time to focus on each module, improve my fitness to improve concentration, improve my knowledge on mental health which is the most important goal I've set myself as it will go towards my future admirations of working in the mental health field and improve my confidence when doing presentations, I have made sure to choose goals that will benefit me in the future and made sure that they were doable, I did this by following the SMART goals structure shown below.

In my video (shown at the bottom of this document) I have spoken about the transferable skills I have developed through out the module so far and my personal shortfalls, I also went on to talk about my future goals and admirations and how the transferable skills will benefit that in order to be successful, I spoke about why I want to work in the field of mental health and a bit about my influences in doing so.

NAME:	Alisha Phillips	STUDENT NUMBER:	2218529
COVERING THE PERIOD FROM:	26/09/22	TO:	End of the academic year

Planned outcome

Where do I want to be by the end of this period? What do I want to be doing? (This may be evolutionary or “more of the same”.)

What do I want/need to learn? (Specific & Relevant)	What will I do to achieve this? (Specific)	What resources or support will I need? (Achievable)	What will my success criteria be? (Measurable)	Target dates for review and completion (Timebound)
During my first year at university I would like to Improve my referencing skills when referencing my work. According to Pears and Shields (2019 p1) “Referencing is the process of acknowledging other people’s work when you have used it in your assignment or research”.	To achieve this I will receive support from student services and from university tutors to be able to continue using referencing in my work .	The support I will need is from the university tutors giving me the know how of how to reference properly and the internet for giving me access to journals/articles to reference and research from.	My success criteria will be make sure to stick to the advice tutors give me to reference properly and keep using the advice through out my essays in the future.	I aim to complete this goal by the end of the academic year.

I would like to improve my time management when completing work and hitting deadlines. According to Cottrell (2015 p103) In order to manage your time correctly you need to time-tasks, saying no, using a diary and costing your time.	To achieve this I will set out specific times in the week to carry out work for each module, this way I have more of a routine.	The support I will need is the dedication from myself and motivation in order to stick to this routine, and a good area at home to stay focused without distractions.	My success criteria will be make sure to stick to the routine in order for the completion of the modules to be done, if not done I could fall behind and then not work to the best of my potential.	I aim to complete this goal by the end of the academic year.
I would like to improve my overall fitness for improvement my concentration as explained by Koble et al (2022).	To achieve this I will need to set aside time to work on myself, attend a gym or just go out for simple walks with friends and family weekly, do yoga to relax.	The support I will need to achieve this goal is the willingness to go out and do some fitness, have a routine of times that is dedicated to improving concentration such as doing yoga.	My success criteria will be making sure to stick to going out every now and then instead of staying in all the time and keeping enough time alongside university to help my overall health which will mean my overall concentration in class will be a lot better.	I aim to complete this goal by the end of the academic year.

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I would like to improve my knowledge on mental health for different ages and the support that is out there to help specific people for example from NHS Wales (no date).	To achieve this goal I will need to attend each lecture about mental health and surrounding topics in university to get better understanding of the different mental states and solutions there are.	The resources I will need is support from tutors, websites, my own primary research asking and talking to people about mental health, talking to family.	My success criteria for this goal will mean I will have better knowledge for future career aspirations and better understand friends and myself.	I aim to complete this goal by the end of the academic year.
I would like to improve my confidence when doing presentations explained by Othman et al (2014).	To achieve this goal I will need to better my understanding of what I'm talking about when doing a presentation so that I'm confident talking about different things.	The resources I will need in order to complete this goal is the internet and the willingness to learn in depth about new things to talk about in presentations.	My success criteria for this goal would be the successful completion of a good presentation.	I aim to complete this goal by the end of the academic year.

References

According to Pears and Shields (2019 p1) "Referencing is the process of acknowledging other people's work when you have used it in your assignment or research".

Köble, K., Postler, T., Oberhoffer-Fritz, R. and Schulz, T., 2022. A Better Cardiopulmonary Fitness Is Associated with Improved Concentration Level and Health-Related Quality of Life in Primary School Children. *Journal of clinical medicine*, 11(5), p.1326.

NHS Wales (no date) *Health In Wales*. Available at <http://www.wales.nhs.uk/healthtopics/conditions/mentalhealth> Accessed on 10.11.22.

Othman, A.B., Radzi, A.H.B.M. and Anmilom, S., 2020. USING ORAL PRESENTATIONS TO ENHANCE STUDENTS'CONFIDENCE IN SPEAKING TASK: AN ACTION RESEARCH (2014).



TRANSFERABLE SKILLS I
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THE COURSE OF THE
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PERSONAL SHORTFALLS

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