

cover page

by Tegan Webb

Submission date: 10-Dec-2022 12:04AM (UTC+0000)

Submission ID: 191790504

File name: 42684_Tegan_Webb_cover_page_445531_262275574.docx (424.51K)

Word count: 13

Character count: 91



SELF EVALUATION

Tegan webb 2211832



DECEMBER 9, 2022
UNIVERSITY OF WALES TRINITY ST DAVID

Self-evaluation

Self-Evaluation

- Weaknesses for myself would be, that I am impulsive and becoming distracted. Impulsive, I see this as a weakness for myself because I tend to act quickly without giving myself time to reflect on the work, I achieved myself which the consequences I suffer is not thinking of the bigger picture and what consequences could be a fault because of this. Distractions, I get extremely distracted very easily I have noticed this throughout this task especially because I would be sitting down going to continue my work and then id suddenly get distracted and move on with something else to pass time. Moving forward, Strengths for myself would be, Determination and Problem solving. Determination, throughout the task I have continuously shown that I am determined to get the work done and I did, and it continually shows throughout all tasks before this. Weaknesses that I hold and how I could work through them and around them to get to the task which has been proven with my problem skills success.



PDP

Development Plan

NAME:	Tegan Webb	STUDENT NUMBER:	2211832
COVERING THE PERIOD FROM:	September 2022	TO:	September 2023

What do I want/need to learn or develop? (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)
Further problem-solving skills to understand where to go in the future.	Continuously work and test my problem-solving skills throughout the year and fully use my time to my advantage	Different apps – GitHub, problem solving apps.	Measure my time being used to attack the task at hand and how I improve and write down my review.	March 2023 – review September 2023 – completion
Confidence skills.	Start speaking more do more presentations to present them to lecturers or other students to build up confidence.	Students' attentiveness as well as lecturers.	Review my attempts throughout the review attempts and understand where to improve throughout.	January 2023 – review February – review March 2023 - completion
Communication skills.	Talk with other students within the lecture itself.	Students to talk with.	Review my attempts throughout the review attempts and understand where to improve throughout.	January 2023 – review March 2023 – review May 2023 - Completion

What do I want/need to learn?	What will I do to achieve this?	What resources or support will I need?	What will my success criteria be?	Target dates for review and completion
-------------------------------	---------------------------------	--	-----------------------------------	--

(Specific & Relevant)	(Specific)	(Achievable)	(Measurable)	(Timebound)
Referencing skills.	Practice referencing continuously, look up different sources on how to do it, use tools.	Sources Websites Referencing tools Videos	Make sure I understand fully and improve intently throughout my reviews and if not where to go from there.	March 2023 – review April 2023 – review September 2023 – completion
Listening skills	Start being more attentive and listen to more conversations and more educational videos.	Videos Event talks	Review my attempts throughout the review attempts and understand where to improve throughout.	December end of 2022 – review January 2023 – review February 2023 – completion
Less distractions.	Turn off phone or any sort of device when not needed to continue with work itself.	No phones or devices when not needed Moral support when doing so.	Make sure I do not use devices within time limit and test myself vigorously throughout and in-between reviews.	January 2023 – review February 2023 – review March 2023 – review April 2023 – completion



Task 2 - Example PDP
Template (1).doc

Unit 4

Unit 4 - Bouncing forward.

- Throughout reading the becoming a lifelong learner unit 4 task, I have chosen to use 'Bouncing forward' as it is essential towards my presentation and work itself. The concepts I will be talking about during this will be resilience, uncertainty, importance of data, understanding vulnerability and what coping mechanisms are good to use and what cause vulnerability. Resilience is a key to building a strong motive mind which can lead you to never giving up and to continue to crack the code or even reach your target or aim. Uncertainty is huge wall within working as it can crack your motivation to keep make you feel more confused and vulnerable in states to get out this type of state of mind would be to use good types of mechanisms to focus on to push pass your wall and smash it down. Importance of data, this key is especially important, so you have all the data needed to provide an answer to not get confused and mixed up with diverse types of data or details being used. Understanding vulnerabilities, this is an important skill to have to understand what your weaknesses are and what type of strengths are needed to improve such weaknesses.



Video presentation

[Video presentation.mp4](#)

FINAL GRADE

GENERAL COMMENTS

Instructor

54/100

Total:		54
1. Engagement with Literature Skills		
+ Several references sources. - No use of citations and IEEE formatted reference list.	20	3
2. Knowledge and Understanding Skills		
Self-evaluation: + Strengths, weaknesses and traits from self-reflection documented. Good. - Self-assessment tools not used. PDP: + Good understanding of Professional Development Planning demonstrated. - Reflective model not documented. - Specific resources to achieve goals could be identified with some supporting sources. Unit 4 Topic summary: + Some key areas/concepts have been described. Good. - Knowledge and Understanding could include some supporting citations and relevant reference sources.	20	10
3. Cognitive and Intellectual Skills		
Self-evaluation: + Good analysis from self-reflection. - No analysis from self-assessment	2	11

tools provided. Analysis could include some reference to relevant theories and concepts. + Self-reflective analysis documented. PDP: - Reflective model not used in the analysis. + Good SMART Goals and PDP analysis covering development areas included. Unit 4 Topic summary: + Some key areas/concepts have been analysed. - Analysis does not include some supporting citations with relevant reference sources.	0	
4. Practical Application Skills 5, 5, 5, 5		
Video creation: + Good use of Video creation and streaming platform. Self-evaluation: - No use of self-evaluation tools. PDP: + SMART well-structured PDP created, clearly documented, and presented. + Understanding of the basic and underlying self-evaluation concepts and principles partly complete, PDP concepts and principles is applied. + Linked to personal & professional development.	20	14
5. Transferable Skills for Life and Professional Practice		

Video presentation: + Good structure and delivery. Format could be improved by breaking down large blocks of text into smaller refined bullet points. + Good balance between text and images/diagrams. - Some Animation fx could be used. + Introduction and conclusion included. Time Management: Good. Word document submission: + Title page. - Table of contents (Toc). + Required content. Video link works well.	20	16

PAGE 1
PAGE 2
PAGE 3
PAGE 4