

Plan & Script for my PDP

PDP Plan

Slide 1

- Nikita's PDP/ Personal development plan.

Slide 2- Introduction Of Myself

- Briefly introduce myself

Slide 3- Introduction to PDP

- What is a PDP?
- Intelligent People. (n.d.). Personal development plan. (Laura Richards)

Slide 4- Time Management

- **S**pecific/ Plan out my weekly schedule to have at least 20 hours of studying & revision.
- **M**easurable/ On a weekly basis, track time using a planner & time- tracking app.
- **A**ttainable/ Making the discretion of useless things like social media scrolling would be a reasonable option in order to get more free time than before.
- **R**elevant/ Keeping my studies at the highest quality will help me in maintaining all good grades and in turn reducing stress.
- **T**ime- based/ Develop stable time management habits and be consistent with them in two months time.

Slide 5- Attending All Lectures

- **S**pecific/ Make a commitment to participate in 100% of my lectures.
- **M**easurable/ Every week, a tracking system can be used to attend classes.
- **A**ttainable/ Set an alarm, pack essentials, and plan of transportation the night before.
- **R**elevant/ Attending every lecture will ensure I understand all work given, and will help me to complete all assignments and work effectively.
- **T**ime- based/ Achieve perfect attendance starting from the next lecture until the last lecture.

Slide 6- Develop & Expand Critical Thinking

- **S**pecific/ To enhance critical thinking, I want to study one case every week and provide analysis.
- **M**easurable/ Create at least three questions or reflections per case study to deepen my understanding.
- **A**ttainable/ Allocate an extra hour a week to help improve my knowledge and understanding.
- **R**elevant/ Critical thinking will help me in both of my subjects. (Psych/ Crim)
- **T**ime- based/ I will look back and evaluate my gatherings from the last 3 months.

Slide 7- Conclusion Of PDP & Measuring Progress

- Conclude another brief reasoning of a PDP and how it is useful.
- My professional development plan table.

Slide 8- End of Slides

- Thank you.
- Reference list.

Full Written Script

Hello, my name is Nikita Leigh Passmore and I am 22 years of age, currently residing and studying in Swansea, where I am pursuing a degree in Criminology and Psychology.

According to an online article from the website 'Intelligent people', by Laura Richards, published on August 24th, 2023, a personal development plan or PDP is a systematically organised plan that helps individuals to resolve their goal and achieve them effectively. It helps you to identify exactly what you want to improve on, develop the most active and action-orientated steps to make a change, and then measure whether you are making that change overtime. In my life, the PDP is the spiritual intelligence of all as I am striving to keep my mind-oriented to both academic and personal development, ensuring that I continue to grow and successfully accomplish my academic achievements and career dreams.

Firstly, I recognise that I need to work on my time management to improve my productivity and academic performance. My first step is to allocate my time sensibly every week. With that, I plan to concentrate on studying and assignments for 20 hours per week. Furthermore, I will utilise a planner to schedule my time effectively, and I will also use a time-tracking app to hold myself accountable. However, I will also not catch up on social media platforms to ensure I study more effectively. This objective is significant, as it will aid me in avoiding procrastination and will benefit my overall wellbeing. My priority is to create consistent time management habits for two months which will lead to the constant improvement of my academic performance.

Secondly, I acknowledge that I need better attendance to succeed more effectively in my academic studies. In order to accomplish perfect attendance, I will make a commitment to be at 100% of the lectures and measure the participation weekly with a tracker. To make this feasible, I will prepare the evening before by putting on alarm clocks, supplying my equipment, and planning my journey. The aim of this goal of attending every lecture is that it will add more depth to my learning and will keep me involved in my studies. I plan to have perfect attendance for the remaining part of this academic semester.

Lastly, I understand I need to expand my critical thinking skills to improve on my academic studies. For me to be able to develop my skills in critical thinking, I will look at one case study from my coursework and make notes. I will try to come up with at least three questions and reflections that will help me to deepen my understanding. I will set apart an extra hour every week for this, thereby making it an essential part of my study routine. This aim is appropriate because critical thinking is a significant aspect of not

only crime studies but also psychology. After three months, I will assess my growth for myself, mainly in the area of my analytic performance and academic stuff, so I can see improvement.

To conclude, my **SMART** goals aid to support my academic and personal growth by improving time management, attendance, and critical thinking. According to Madison Merrihew (Hydrate, 2023), 'SMART goals provide clarity, focus, and mental preparation, helping to avoid overlooking key details while guiding attention where it is needed.' By recognizing my strengths and weaknesses through a personal development plan, I can harness my potential and achieve visible success. Thank you.

Reference List

Merrihew, M. (2023). The importance of setting SMART goals. Hydrate Marketing.
<https://www.hydratemarketing.com/blog/the-importance-of-setting-smart-goals>

Laura Richards, Intelligent People. (n.d.). Personal development plan.
<https://www.intelligentpeople.co.uk/candidate-advice/personal-development-plan/>

Link For 3 Minute Video

https://uowtsd-my.sharepoint.com/:p:/g/personal/2243577_student_uwtsd_ac_uk1/EWGTkx2uekZHicxetdfA9l0Bvz-HkatgCOEadqT46CUxng?email=K.EatonThomas%40uwtsd.ac.uk&e=2JD3mt