

Module Name: Study Skills for Psychology

Module Code: MWPS4005

Lecturer's Name: Karen Eaton-Thomas

Assignment Component 2: Presenting your Personal Development Plan (PDP)

Student Name	Student ID
Esli Yek Ai Shi	2527802

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 I have copies of my drafts, notes, and other resources I used, which I may be asked to provide in evidence.

Link to the video

[Esli_PDP.mp4](#)

https://iumwgroup-my.sharepoint.com/:v:/g/personal/25090115_student_umwales_edu_my/IQB1Vjf2bF17Qq0Stddb1frMAfcFXLOaZme5oinK51fl5IM?nav=eyJyZWZlcnJhbEluZm8iOnsicmVmZXJyYWxBcHAiOiJPbmVEcm12ZUZvckJlc2luZXNzliwicmVmZXJyYWxBcHBQbGF0Zm9ybSI6IldlYiIsInJlZmVycmFsTW9kZSI6InZpZXciLCJyZWZlcnJhbFZpZXciOiJNeUZpbGVzTGlua0NvcHkiX0&e=JNlxWx

Script

Hi, I'm Esli. I've just finished my first year and I'll be moving on to Year 2 in October. Throughout this year of my uni life I've learned just so much about psychology and confirmed my passion for psychology time and again. Reflecting on this year, there are two main areas I would like to improve. First, I want to improve my presentation skills. Throughout several assignments I've noticed that when it comes to video presentation, I feel much more confident and able to think of creative ways to present my ideas, but I tend to rely too much on cue cards when it comes to live presentation. Often, I notice that it is difficult for me to present in a natural and engaging way. So, the first SMART goal is to become more confident and flexible when presenting for every upcoming presentation, I want to practice relying less on cue cards. Of course, there's absolutely no way I can straight away remove cue cards and force myself to be natural overnight, so I will gradually reduce the content that I write in the cue cards. From full paragraphs to key points and eventually removing cue cards for all my presentations. I would practice before each presentation and record myself to evaluate my tone, pace and body language. I believe that this will help me to slowly improve my presentation skills and measure my progress by comparing my recordings. The second goal is connected to my long term goal as a psychology student. Eventually, I hope to become a counsellor. With this goal in mind, I want to develop the communication skills needed to interact with different types of people. As someone who is naturally quiet, I'm learning to talk more and express myself in a clear and warm manner. Through attending different clubs and event planning I'm learning to work with different people and become a more effective communicator and also relationship builder. Academic success is never just about achieving good grades. The test of one's skills and abilities after all comes in real life. Good habits, effective communication, willingness to learn and improve and real life applications beyond assignments and exams are also important and these skills take time to build. As I move into my second year, I hope to become a more confident presenter, a more effective communicator and prepare myself to be a good counsellor in the future. Thank you.