

An abstract graphic on the left side of the slide. It features a dark, circular, glowing area containing several overlapping, elongated, pill-shaped and circular elements in various colors: red, orange, yellow, green, and blue. The shapes are arranged in a way that suggests movement or a cluster of data points.

A presentation on Self-Evaluation, Professional Development Plan and Assigned Topic Summary

MODULE NAME: LEARNING IN THE DIGITAL ERA

MODULE CODE: ACCA 4025

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GROUP:4

Introduction

- Hello and Welcome to my presentation of topic 4 learning in the Digital Era , unit 4 "Becoming a Lifelong Learner " , I'm Vithursha Parameswaran of student ID -: "2442072" and today on this presentation I'll mainly be focusing on self evaluation , where I display my strength , weakness , personal traits and how I use a PDP (professional development plan) using SMART goals , I will also be discussing about a specific topic from unit 4 in detail and called ""Bouncing forward" , The main goal of this presentation for me is to showcase my understanding of the unit and how I have implemented this knowledge in my day to day life to receive helpful results .

In this presentation, I will start with a self-evaluation drawn from personal reflection and self-assessment tools, highlighting my main strengths, areas for improvement, and personal characteristics that shape my learning and growth. Next, I will outline my Professional Development Plan , detailing SMART goals designed to address my skill gaps and explaining how they contribute to my academic and professional development. Lastly, I will explore the Unit 4 topic Becoming a Lifelong Learner, with a focus on the idea of Bouncing Forward and how building resilience and reflective thinking has enabled me to respond positively to challenges in my daily life.

Reflective Model – Gibbs Reflective Cycle

Gibbs' reflective cycle

Whether something went badly, well, or somewhere in-between, it's worth taking some time afterwards to reflect.

This six-stage system helps individuals or teams structure the process, acknowledging reactions, exploring underlying causes and learning from any mistakes.



- The Gibbs Model is a structure that supports reflective learning by guiding people through the six stages : Description , Feeling , Evaluation , Analysis , conclusion and Action plan where this model encourages reflection on experience helping us identify our strength and weaknesses and determine areas for future improvement , by implementing this into our day-to-day life we can turn every experience into a actionable learning and professional development . [9]

Task 1: Self-Evaluation

Strengths

- I'm good at problem solving
- I work well in a team
- I work well under pressure
- I pay attention to detail

Weaknesses

- I can be overly focused on details
- I am still working on my stage speaking skills
- I have Time management issues when my workload is full
- I hesitate to ask for help

Traits gained from the self- reflection

More organized as I have now figured out how I can balance my strength and weakness

More self aware

Confidence

Task 2: Professional Development Plan with SMART Goals

Goal to Achieve	Personal Action Plan	Resources and Support required	Development Opportunity with Professional Qualification	Performance Measurement	Expected Completion Date
Become a Monetized Content creator [1]	- Consistent uploading of my content implementing suitable hashtags to make sure I reach the needed audience. - Trying to create and look more content ideas by getting inspiration from other content creators online	Viewing fellow content creators and vloggers content to learn more about content creation.	Brand deals and promotions can enable me to put out my name and also provide an income .	Tracking the growth in the engagement of my content such as like and share counts of my videos.	*
Competing for Running. [2]	- Ensuring that I'm staying on track with my nutrition and supplements. - Do test runs and train consistently with an effective training regime.	Getting insights and tips from my Online coach.	Competing in qualified events and progress my achievements to compete in the olympic months	Comparing running time performance daily and tracking progress.	

Task 2: Professional Development Plan with SMART Goals

Goal to Achieve	Personal Action Plan	Resources and Support required	Development Opportunity with Professional Qualification	Performance Measurement	Expected Completion Date
Improving my communication and speaking skills. [3]	• Participating more on group activities and discussions. • Read and learn through the books and online tutorials on how to improve these skills.	• Learn from Lecturers and also other Seniors with Experience.	• This skill would prove me beneficial on the future as ill be able to perform better on interviews by communicating and presenting well.	• Feedback from lecturers and peers.	

Task 3: Topic 2: Bouncing Forward

We talk about three different sections in this topic of bouncing back , Developing Resilience , Reduce Stress & Anxiety and Optimise well-being for learning. Starting off with Developing Resilience it's one of the main tools a person needs to conquer the obstacles along his life journey [4] , There are 4 elements to resilience that we have discuss here about are 1) Confidence , 2) Social support , 3) Adaptability , 4) purposefulness . Resilience can also be considered a key employability skill and also the key to career success [5] . Moving on to the second section which is Reducing Stress & Anxiety , stress and anxiety is a common problem that people nowadays face due to the hectic conditions of living nowadays and is often an overlooked issue that people seem to miss , Some people even struggle to know the real definition of stress and anxiety let alone their differences [6] , There are many mental and also physical sideeffects to having stress and anxiety and its very important that we follow the techniques that we learn to manage stress and anxiety[7]. Coming on to the last section of our topic 2 Bouncing forward . Onto the final section of this topic which is to Optimise well being for learning well be talking about the physical and mental health benefits of being active and also identify ways to improve your physical and mental wellbeing to Optimise learning. [8]

Task 3: Topic 2: Bouncing Forward

Moving on , it also mentions in this section that your current state of physical health and mental wellbeing can have a significant impact on your ability to concentrate and to learn. In conclusion all these three sections of Bouncing Back showcases us multiple methods of handling obstacles through building our resilience , mental health and our mental and physical wellbeing.

Conclusion



This presentation covered self-evaluation, the use of Gibbs' Reflective Model, a Professional Development Plan with SMART goals, and the concept of bouncing forward in learning.



I learned the importance of reflective practice, goal setting, resilience, and wellbeing in supporting effective learning and personal development.



I recommend continuing reflective learning and applying SMART goals regularly to improve academic performance and future career development.



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