

Introduction: These are the personal goals I have set myself for the academic year of 2022-2023 that I hope to achieve, some of these goals I have set for myself are personal achievements I hope to complete by the end of the year, others are academically related to my course to help me alongside my studies. I followed the SMART model to help ensure my goals are achievable and realistic

Development Plan

NAME:	Leah Young	STUDENT NUMBER:	2219869
COVERING THE PERIOD FROM:	September	TO:	July

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)
I want to develop and widen my vocabulary so i can go through my Assignments with ease	To help me achieve this i have brought a psychology dictionary to help broaden my vocabulary	I can check with someone to see it I am using it in the right context	Feedback my tutors will give me from assignments	30th May, 2023
I want extend my knowledge on APA referencing at academic standard	I will book a study skills sessions until I understand how to reference	I can use the online library referencing handbooks, I can also watch YouTube videos that may give me guidance on APA referencing	I can use the turn-it-in draft portal, I can use templates, Library handbooks, Feed back from tutors	28th February, 2023
I want to be able to do my research properly, thoroughly and concise while understanding what it is i want and need out of it	Go through EMS training and do my own research to support my own studies and develop my own opinions	The help of other students involving themselves in my studies to support the data I may use in my research	I feel this may be hard to measure because this will depend on whether I did my research correct or not, however I can measure it by comparison to other theorists	30th July, 2023

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)
To be able to find my own trusted resources that are reliable when it comes to referencing other peoples work in my assignments	Ask for support from study skills to help point me in the right direction for my first assignment, and then try to go ahead with my own findings	I will use google scholar, and peer reviewed websites to ensure everything I use it correctly informed	Feedback my tutors will give me from assignments	28th February, 2023
I would like to also develop my understanding of the 4 humours and their relation to the development of modern medicine	Develop my research in relation to the history of counselling, so I get a better understanding of the history that's brings my course where it is today	Reading my resources given to me from the reading list to broaden my knowledge, to also look for my own resources to do extra reading around the subjects	My understanding of the knowledge given to me	30th May, 2023
To be confident in using the library resources provided to me by the university	Use the library more often with friends who already know their way around	Possible use of the online library, asking help from the librarian	Finding the correct resources	30th January, 2023
Develop my literature skills	Use online resources	Grammarly, study skills sessions, University online handbooks	Tutor feedback	31st March, 2023