

December 2025-June2026

PERSONAL DEVELOPME T PLAN

My strengths:

- Making lists
- Doing research: Before starting this course; birthing my child; doing my projects

My weakness and what I want to improve throughout this plan:

- Time management skills

PDP

Is a structured roadmap that people use to reflect on their skills, strengths and weaknesses and set a goal for future learning, professional development and career growth.

TO DO TO ACHIEVE

	-First, I will schedule an hour and a half for three times a week of independent study, while my child is in nursery -Set a reminder once a week after my work schedule to review my progress.
TOOLS FOR SUPPORT -Use my personal calendar -I will keep trac of my other tasks with my new app called TODOIST	MY SUCCESS CRITERIA -Hitting 18h a month of independent study Checking my scores regularly to see my progress
Target dates for review and completion -MY target date is by June of 2026, when I will compare my scores from before I have my plan in place and from after I started to follow my plan.	To help me in the future -By having a good foundation year from year, one is going to help me in the next years to come and not just for university but for my professional life to come

<https://youtu.be/JrFOlZr7Odc?si=5OC12AhhiVQFcKyT>



References

ClickView, production company, & Makematic, publisher. (2023). *What you need to succeed UK. How to set goals* [Video recording]. Makematic.

Williams, N. (2023). Writing a Personal Development Plan. *Occupational Medicine (Oxford)*, 73(6), 381–381.
<https://doi.org/10.1093/occmed/kqad037>

AI acknowledgement

I used Gemini to do my research to understand my tasks better. I used the prompt: Explain me what a personal development plan is in simple words.