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(Component One (C1)- Reflection) [OBJ]

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1 EXECUTIVE SUMMARY

Kolb's model consists of four steps that you must go through for the cycle to start again and repeat itself. Concrete Experience During the Professional Career Development courses, I engaged myself in several fascinating events and activities that have deeply affected my personal and professional progress.

These findings acted as significant milestones in my personal and professional development, driving me to pursue greater knowledge and progress in these areas to become a more well-rounded and

2 Introduction

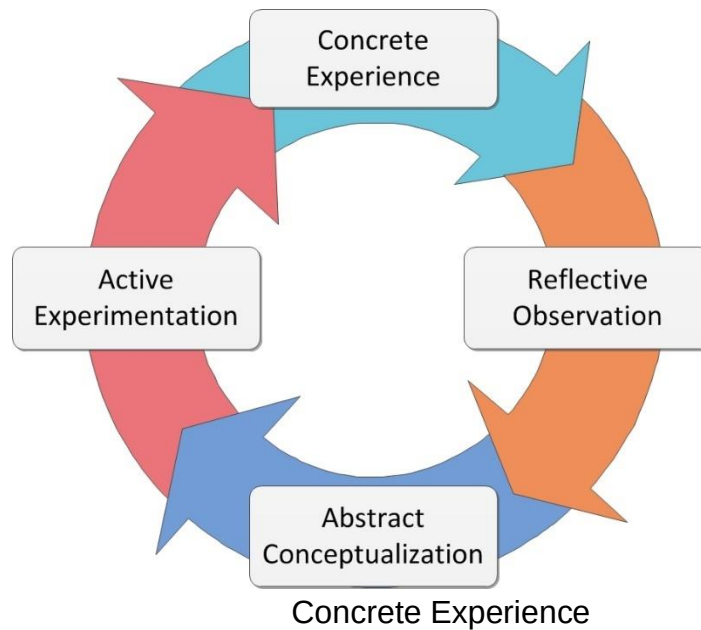
The purpose of this reflection paper is to exhibit the thorough knowledge obtained by participation in the Professional Career Development lectures.

The paper digs into the implementation of important models presented throughout the lectures, notably SWOT analysis, SMART objectives, the Johari Window, Personal Development Plans (PDP) and

Learning Styles. The reflection is organized in line with Kolb's model, incorporating tangible experiences, reflecting observations, abstract conceptions and active exploration. Through this framework, the reflection tries to present a comprehensive view of how these models have influenced and strengthened my approach to personal and professional development.

3. Kolb's Reflective Model

Kolb's (1984) reflective practice cycle is a framework for assisting individuals in drawing lessons from their experiences. It may be used to organize your thoughts or serve as the foundation for a reflective essay. Kolb's model consists of four steps that you must go through for the cycle to start again and repeat itself (McLeod, 2023)



During the Professional Career Development courses, I engaged myself in several fascinating events and activities that have deeply affected my personal and professional progress.

The lectures presented a varied assortment of insights into the delicate realm of career planning and employability skills. Notably, specific instances throughout the lectures that resonated with me were intriguing conversations on self-awareness, goal planning and the recruiting process. These analyses were participatory, enabling collaborative interactions with my classmates, which, in turn, fostered critical thinking and a better knowledge of the subject matter.

Furthermore, the practical exercises and activities offered during the lectures played a key part in forming my concept of professional growth. These assignments entailed completing SWOT analyses on my strengths and weaknesses, establishing SMART career targets and investigating the Johari Window to obtain insight into my personal and interpersonal elements. The drafting of my development Plan (PDP) proved to be a key exercise in mapping a methodical road toward job growth (Perry, 2019). These projects and activities helped me to not only deepen my comprehension of theoretical ideas but also to begin applying these models to my career objectives, successfully bridging the gap between theory and practical application.

Reflective Observation

Throughout and after the Professional Career Development courses, I found myself in a continual condition of reflection and progress. These sessions inspired a diversity of observations and sensations, ranging from curiosity to self-awareness. conversations on self-awareness, goal planning and the nuances of recruiting procedures encouraged me to contemplate my objectives and the abilities necessary to accomplish them. As I dug further into the lectures, I recognized the significant relationship between self-understanding and effective job growth. However, I also met hurdles during my adventure. It became clear that there were areas where my expertise

was insufficient, notably in the delicate parts of recruitment and selection procedures. Additionally, I realized the need to enhance my goal-setting skills to make them more precise, measurable, achievable, relevant and time-bound

(SMART) (Want, 2020). These findings acted as significant milestones in my personal and professional development, driving me to pursue greater knowledge and progress in these areas to become a more well-rounded and marketable individual. [OBJ]

Abstract Conceptualization

The Professional Career Development lectures presented me with several fundamental ideas and models, each playing a critical part in forming my knowledge of career development's analysis, assessing strengths, weaknesses, opportunities and threats, gives a comprehensive assessment of the present position in the job market (Forler and Palmieri 2019). SMART goals, concentrating on Specific, Measurable, Attainable, Relevant and Time-bound objectives, give an organized method to goal creation. The Johari Window addresses self-awareness and interpersonal connections, highlighting the necessity of knowing how others view themselves (Kalinowski and Hu, 2021). Personal Development Plans

(PDP) serve as dynamic roadmaps for personal and professional progress, supporting self-improvement and skill development (Watters, 2023).

These ideas transcend beyond the classroom, having value in the larger realm of professional development and personal improvement. SWOT and SMART objectives are crucial tools for defining the professional path and measuring success. The Johari Window promotes interpersonal skills and facilitates efficient teamwork. PDPs become guiding papers for long-term career planning and skill building, while a grasp of Learning Styles allows people to maximize their learning experiences (MacDonalds, 2019). These models are not simple theoretical constructions: they supply a real and strategic approach to personal and probe

sessional growth, giving people the skills, they need to survive in today's competitive Labouré market.

SWOT

STRENGTHS	WEAKNESSES	OPPORTUNITIES	TREATS
Independent	Trusting	Future education	Job loss
Trust work	Confidence	Open business	Home sickness
Team working	Presentation	Career	Depression

Reliable	Positive	Writhing's skills professionally	Cost of living
Problem solving	Academic writing		Discrimination

5 Conclusion

This reflective journey has shown the enormous influence of the Professional Career Development lectures on my personal and professional progress. The information and skills obtained, via models such as SWOT, SMART objectives, the Johari Window, PDP and learning styles, have proven revolutionary. They have helped me to create clear job objectives, build a powerful personal action plan and boost my employability preparation. Furthermore, my improved ability to critically examine the recruiting and selection process helps me to make educated professional choices. The value of these lectures is immense, as they have provided me with the skills and insights necessary to my continuous path toward success and joy.

6 Reference List

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