

Development Plan

Onyx Tovey

Student Number: 2205510

University of Wales Trinity Saint David

Learning in the Digital Era

Zoe Cooke

Due November 15th, 2022

Introduction

For this PDP I will be discussing my goals and what I aim to achieve during this course, either academically or personal goals I want to reach and learn about during this time. I will also be using the SMART (Specific, Measurable, Achievable, Realistic, Timely) to discuss my goals in a form of a table. Gibbs theory will also be discussed within a video that will be linked down below, along with a summary of what I hope to achieve.

What do I need to learn (Specific and 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)
---	--	--	--	--

During this course I need to learn to manage my time more fairly and appropriately, to ensure that all tasks are completed on time.	To achieve this, I will use various methods and techniques that I find helpful when completing tasks. I will also plan by doing further research on the topics given to me.	To fulfil this goal, I must find a suitable place to minimise distractions. The library is a good support system as it includes information relevant to what I'm researching. I will also create a time management table.	By the end of this course, I will have learned how to manage time and minimise procrastination	I will regularly check the time management table and update it every time I get a new task given to me.
I need to become more interactive in group activities, for example group tasks during a lesson.	To fulfil this goal, I will need to be open minded and talk to new people as much as possible to increase my confidence. By talking to others, it also creates better opportunities and better communication skills when it comes to group activities in and out of university.	I will need support from other people such as friends and possibly lecturers to help me develop my communicating skills with other students. I can also use resources such as social media, become a part of group chats to discuss further on assignments and tasks.	I will achieve the goal of starting conversations and creating new friendships. I will also join other tables and discuss with a group more effectively about topics given to us during lessons.	I will be more vocal every lesson and find ways to improve my communicating skills.
I want to manage my anxiety better through the duration of this course, and to	To achieve this, I must find and use techniques and coping mechanisms that are most useful to me and will benefit me long term.	Resources such as fidget toys and techniques will help me engage more in individual or group activities during the course, I can also use support from friends and lecturers, and let them know how they can help. I can also focus on specific tasks and engage as much as possible to decrease anxiety levels, as it won't give me time to feel anxious.	The success criteria for this goal are to feel less anxious during lectures and group activities such as presentations.	I will keep track of my anxiety levels every lesson and try new ways to help decrease my anxiety when completing tasks.
I want to learn how to use APA referencing to improve my essays and further tasks that have and will be given to me during this time.	In order for me to successfully reach this goal, I must look at the APA referencing handbook that is available for me in the library and Moodle.	Resources such as examples of APA referencing by using various websites and the library system or Moodle, I could also ask for support from lecturers about how to go about using this type of referencing when writing essays for their class.	The success criteria for this particular goal is to know how to use the APA referencing style without needing to follow an example or guides.	I will test myself on APA referencing on every essay and additional work I do. I will also keep track on how much I use a guide and how much I have improved.

Referencing:

Work Life. (2021). *How to Write SMART Goals*. <https://www.atlassian.com/blog/productivity/how-to-write-smart-goals#:~:text=What%20are%20SMART%20goals%3F,within%20a%20certain%20time%20frame>.

The University of Edinburgh. (No Date). *Gibbs' Reflective Cycle*. <https://www.ed.ac.uk/reflection/reflectors-toolkit/reflecting-on-experience/gibbs-reflective-cycle>