

• Short-term goal \Rightarrow "Smart analysis"

12 common

Aneesha A

2511021061764

- Practice maths daily.
- Get more proficient in maths & java (coding).
- make interesting research paper
- ~~Complete~~ all incomplete assignments
- Build a healthy relationship among college peers.
- Explore & get out of comfort zone.

• Long-term goal \Rightarrow

- Make the vision/path more clear (figure it out)
- ~~Have~~ Become very confident
- Become verbally very sensible, brave.
- Make the research path (more clear)
- Stop ~~of~~ panicking for small things.
- Become independent.

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GOAL

goal \Rightarrow make a good & interesting research paper.

measurable \Rightarrow when your topic & findings amaze ~~at~~ the people's

achievable \Rightarrow by investing time & effort, it is achievable.

relevant \Rightarrow it should benefit for my future self.

time bound \Rightarrow ~~can~~ utilize the free time, ~~me~~ I get, instead of wasting the just like that.

Long term \Rightarrow

goal \Rightarrow should be able to publish paper

measurable \Rightarrow ~~when~~ the findings should benefit a particular field

achievable \Rightarrow hardwork & interest

relevant \Rightarrow it should be like a proud achievement for my younger self

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24/10/2025

Strengths -

- Academic interest in Biology
- Improving communication & collaboration
- Curiosity Driven Mindset

Weakness

- Time management
- Lack of confidence through correct
- Fear of failure

Opportunities

- Higher Studies
- Research related
- Grab all opportunities
- Interdisciplinary learning

Challenges

- Starting trouble to speak out
- Panic under pressure
- Time management
- Communication
- Networking

ADVISING SEMINAR**ASSIGNMENT****Personal Development Plan (PDP) –**

Skill Area	Current Level	Target/Goal
Research & Analysis	Beginner	Ability to design experiments, critically analyze literature, and produce publication-ready reports.
Leadership	Good	Maintain team leadership ability while effectively delegating and mentoring peers.
Public Speaking	Beginner	Confident presentation of research findings to a technical and non-technical audience.
Professional Networking	Limited	Active connection with 10+ professionals in R&D roles via platforms like LinkedIn.

SMART Career Goals

Area	Goal Description	Metric (How to Measure)
Experience	Secure two high-quality research internships	Successful completion of two certified internships; letter of recommendation from the supervisor.
Skill Mastery	Complete an advanced specialization course in Computational Biology/Genetics (Course completion certificate; applying skills in a personal research project.

Networking	Build a strong professional network and find a long-term mentor .	Meeting 10+ professionals/researchers; securing a commitment from a mentor for guidance.
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Skills to Develop & Action Plan

Skill Area	Action Plan	Resources/Support Needed
Research Analysis	Join a research group/lab on campus and volunteer for projects outside of curriculum. Master data visualization tools (e.g., R, Python libraries).	University Lab Access, Online courses (Coursera/edX), Research Tutors/Scholars.
Public Speaking	Join a public speaking club (Toastmasters, etc.) or volunteer to present in every class/seminar.	Peer feedback, Presentation software/tools, Mentors .
Time Management	Use a digital planning system (Calendar, To-Do list) and strictly block time for focused work and personal commitments.	Tutors , Time management apps, Peer accountability groups.
Networking	Attend 2-3 industry conferences/workshops per year. Schedule monthly informational interviews with R&D professionals.	LinkedIn, Industry event registration, Alliance University alumni network.