

## Your Personal Study Success Plan

Experience tells us that most of you can prematurely quit your studies. There are two main reasons why:

- 1) Your expectations of what ICT involves is not in line with the reality and you decide this study is not the one for you.
- 2) You are starting to fall behind and get demotivated.

Reasons for falling behind are

- You are having trouble with keeping up your homework, the assignments, language and the level of skill needed.
- You are facing personal challenges
- You never had to work for it before and don't know how now
- You procrastinate and have some problems with planning
- You do not have a plan in place

Most of these reasons are easily dealt with and can in most cases be avoided by awareness and a plan which is what we are going to make

### Step 1 Your objective and Purpose

It starts with your objective. What do you want to achieve with your study? You can choose long term or short term (by the end of the year or by the end of your four study years)

- If you need to brainstorm about this first do so.
- Formulate your objective. I want to have ..... Achieved, By the end of .....
- Make it as SMART as you can (Specific, Measurable, Acceptable, Realistic, Time bound)
- Write it down into the box for the objective and purpose worksheet

Now let's look at your "Why". What is your motivation? What will make you get out of bed in the morning to start studying rather than getting side tracked?

- Gather the information from the motivation assignment done previously, or do the tests on motivation first and gather your who Am I form where you already placed some text on motivation
- You will get an explanation on the "why analyses". Now team up with your neighbor. Let them read your motivation and start asking why questions (5 times) Write down the answers and reformulate your why
- Place your why into the template box

### Step 2 traffic light analyses and plan



We use the analogy of a traffic light for this part. Green is good, you are on track. Orange is the warning sign and your study needs serious attention. When red, you need to stop and re-evaluate, is this really the place for you?

- Take your swot analyses from the who am I form and takeaways from the PPD class. You had to describe your strengths and weaknesses, opportunities, threats and takeaways. What you wrote down might help you get some input for your analyses
- Make an analyses on all three of the different colors. Answer the following question for each color When [color] I do .... My study results show ... My behavior shows.....

COLORS	I DO (My actions)	My Study results are	How I behave
GREEN Keep doing what I'm doing	Do every assignment on time, and take part in lectures	My studies are at least 7 or above	I sometimes participate in the lecture' conversations, and help others
ORANGE Action needs to be taken to not fall into the red zone	Hand in some assignment late, or not going to lectures due to depression	I'm barely passing, or I don't do my best	I don't pay attention during lectures, and not being helpful toward others
RED NBSA Becomes a reality, Half year Study delay etc.	Not attending any lectures and not doing assignments	failing	Becoming rude, and distracting the lecture

Now look at the table for Orange and Red. We need a backup plan for these. When you catch yourself, doing, behaving and having the accompanying study results you need to take action to get back to green because -> **Read your purpose and motivation again!** There are three strategies to consider here. Read below and fill in the worksheet.

- Avoid -> just don't even get into the situation at all. What can you already put in place in order to avoid it altogether?
- Evade -> This is all about plan B. What could you do instead for when the situation does occur, what are alternative actions you can put in place (behavior, actions)?
- Contain -> This means minimalizing the damage. There is no avoiding or evading you will have study delay or get a NBSA (Negative Binding Advice). What can you realistically do to make the impact as low as possible?
- Take the worksheet and fill in

**Well done!** You now have a plan in place which you need to walk through with your Study Career coach so you can follow up on the actions for your personal development. You might also have some additional questions from doing this exercise. You can discuss this with you coach. He/She will make an appointment with you soon so make sure you have uploaded the document on learn.

**Keep you Purpose and Objective somewhere visible to remind you every single day!**

## Purpose and objective



## MY OBJECTIVE

My goal and what I would like to achieve with my study

My goal is to get my certificate and work with something I love. That being ICT in a field which includes high problem solving.

## MY PURPOSE

The reason I want to achieve my goals (This is your purpose aligned with your values. This is what makes achieving your goal important to you and help you through the rough times). Find an image which represents that purpose and paste it in the frame

I grew up in poverty, and there were times when I lied to my parents' that I've eaten so they will eat as well. That is the feeling that I don't want my future children to live through.



# WHEN IN ORANGE



AVOID	EVADE	CONTAIN
Slacking off tasks and missing deadlines	Spiraling down a self-loathing place, and becoming lazy	Keeping on pushing through

# WHEN IN RED



AVOID	EVADE	CONTAIN
Losing any time with other activities which not included with school	Spending too much time not focusing on my studies	Working on my studies harder or everything that I've worked for is for nothing