**PSY162 (Summer 2023): Final Project – Personal Development Plan**

Name:

Using this Template, use as much space as you need, please complete all 7 sections of this project. (Worth 25%).

Step 1:

Things I choose to start doing and stop doing in my life (list and describe/explain as many as you want here):

|  |  |
| --- | --- |
| START DOING | STOP DOING |
| 1. Meditation. 2. Being Grateful for things around me. 3. Taking 1 Hour a day for physical exercise. 4. Spend On Personal Health. 5. Cooking. 6. Add personal time my lifestyle 7. Relax 8. Spend more time with the bois (my friends) 9. More Networking 10. Accept Feedback 11. Getting good sleep | 1. Taking negative comments personally. 2. Avoiding Unhealthy Conversations 3. Keeping my opinions and facts to myself. 4. Overthinking 5. Not Asking For help 6. Neglecting self-care. 7. Eating Out. 8. Exhausting myself too much. |

Step 2:

My progress (list and describe/explain as many as you want here):

|  |  |
| --- | --- |
| What’s working well (my accomplishments) | What do I need to change (improve) |
| * I can grasp on multiple academic disciplines, which makes me work well with people of different areas (creating connections). * Not getting bored of learning more things. * I can guide people: I consider this as one of the most valuable accomplishments of mine. * I consider myself emotionally Intelligent * I can manage time well. | * I need to work on how would I make the conversation last longer. * Understand different cultures. * Being more creatively active * Develop more financial knowledge. * Being more open about things. |

Step 3:

My top 3 Values (things that are most important to me) are and explain why:

1.

2.

3.

Step 4:

From the VIA Strengths Survey <https://www.viacharacter.org/survey/account/register>, my top 3 strengths are:

1. Love of Learning

2. Fairness

3. Prudence

My lowest strength is:

1. Spirituality

Step 5:

From my results on the VIA Strengths Survey, how will I go about improving on my lowest strength? Explain in detail. (in at least 180 words)

I will start taking deliberate measures to broaden my understanding and application of humility. This will be a journey intertwining reflection and action. By considering my past experiences and core beliefs, I aim to identify potential misunderstandings or gaps in my perception of humility. Through upcoming readings and studies, I hope to recognize that humility extends beyond mere modesty or restraint. Instead, I will come to see it as understanding one's place in the grander scheme and genuinely valuing others' contributions. A pivotal part of my approach will be to actively solicit feedback. I believe that insights from friends, family, and professional mentors will provide both affirmation and constructive criticism, helping me comprehend my interactions better. In my academic pursuits, especially in computer engineering, I foresee opportunities to refine my humility. Taking the lead in group projects will present dual advantages. Firstly, it will allow me to practice leadership, ensuring tasks proceed as planned. More importantly, it will offer a platform to cultivate collaborative leadership, emphasizing team input and harnessing the expertise of our instructors. Daily challenges will mark my path forward. I will strive to hone habits like active listening, gracefully accepting compliments, and genuinely celebrating peers' achievements. Introducing regular mindfulness activities, such as journaling and meditation, will boost my introspection and self-awareness. Additionally, I plan to volunteer, aiming to gain broader perspectives and understand my role within the larger community. Daily reflections on humility's importance will ground my journey, and as I navigate this path, I will continuously seek inspiration from those who epitomize this esteemed trait.

Step 6:

Which new skills/knowledge have I acquired in PSY162 this semester? List and describe as many as you want here.

1.

2.

3.

4.

5.

Step 7:

What is the most important thing I have learned this semester in PSY162 that has or will contribute to my personal growth? And how? \*\*This answer should be more than 1 page double-spaced.