Personal Development Plan

Jordy van der Tang

Step 1:

Strong points

I think two of my strong points are "hard worker" and "motivated"

I am a hard worker because I don't mind putting in extra hours when they are needed and in general strive to get a good end result and don't settle for something I am not happy with.

Having done another study that in hindsight I did not enjoy I am very happy to be doing this study and extremely motivated to finish it well. I hope that some of my enthusiasm/motivation will work positively on my teammates.

Weak points

Two of my weak points are "being overly precise/punctual". And "lack of planning".

I pride myself into (generally) being on time/early and well prepared for an assignment. While I dont think this is a bad thing, and it's not bad to expect similar things from groupmates. However, it can also lead to me being inflexible and not reluctant to accept changes of schedule/plan.

This does seem a bit contradicting but despite being punctual, when it comes to coding projects I have mostly solo experience. This has lead me to mostly code in the 'cowboy hacking' way that was described in the introduction lecture. This is going to make the project a 'learning experience' to say the least since it's important to plan beforehand and stick to the agreements made during the scrum sessions.
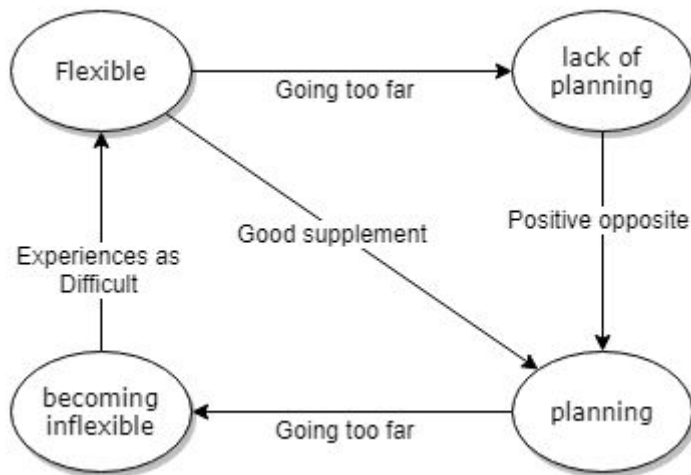
Having made the core quadrant I realize that the two weak points I named are very much related as I said. But looking at this it's making me realize that it is not a problem I can solve one at a time. It feels like I need to take actions/change myself in a way that will improve both of these points at the same time. Rather than wavering back and forth between taking either step too far.

Step 2:

Goal

Find a balance between being flexible and punctual/precise.

This is important to me because it will not only improve my performance during the project. But being able to plan better during the rest of my study/life will also enable me to perform better while gaining/maintaining more free time.

I will have achieved this goal when I am able to make a planning, and stick it through. Not just once, not during this project. But when it has become a habit that I always tend to do.

Reality

The reality is that planning always has been one of my weak points, 'chaotic' is the term that generally came up during reflections and assessments during my previous bachelor at Industrial Design.

What is going well? In general I do tend to MAKE a planning these days. I have a trello board that I put notes/tasks and to-do's on. The problem is that I tend to start off making a planning but then don't stick to it, don't properly sign off things I've done or stop using the application/planning for a while and just 'wing it.'

Options

This I find difficult to answer, because of the use of apps like Trello, as mentioned above, I have gotten better at forming a list in my head of doing things that needs to be done. Perhaps this is also why i fail at using that list afterwards, it is already in my head.

The problem is still that I don't generally have a planning on how I want to fill my mornings/afternoons. Again this shouldn't be too inflexible, but perhaps if I reserve certain parts of day for certain activities/courses, and keep lists of what to do for each course I will feel less lost as to what project/course to tackle first, causing me to procrastinate.

What is stopping me from reaching my goal? Well, me, really. The goal I've chosen to tackle is self-change and the things that are stopping from reaching it are current habits, lack of perseverance, etc.

Will

I am going to attempt the option that I mentioned under the 'options' tab, keep a better day to day planning with better guidelines on what I could/should do during certain parts of day.

When am I going to start doing this? Honestly for any type of change the only real correct answer is 'now', so now.

I'm going to set up my agenda and fill it up with the distribution of my days. I am not entirely sure on some of the more exact tasks. But this can be filled in later in the more specific lists.

My groupmates can help me achieve this goal by making sure I've properly allocated time for the project and create a plan/to-do list to fill the allocated time with.

Action plan:

1. Allocate time in agenda/calendar for courses/free-time/hobbies
2. have lists of to-do's/tasks per activity/course
3. check off things that have been completed
4. Feel free to deviate from schedule (stay flexible) but allocate same amount of time in a different moment in case this happens.