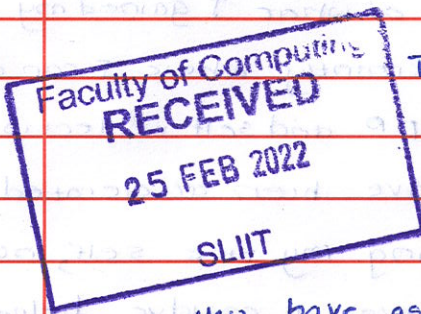


(PDP, reflection, SWOT)
Lecture 01.



The ^{great philosopher} Aristotle once declared "know thyself" because in his belief the greatest strength sprang from being aware of yourself and having precise knowledge on what you have to improve & what you have as strengths. During the last weeks lecture we learnt

about personal development planning, which in a concise form was a nudge towards taking charge of your own development.

In a nutshell this consisted of us being self aware of our strengths, weaknesses, resources & obstacles, reflecting on our experiences and identify the points where we can improve and finally planning our development while achieving our goals.

In the current context, where the world is rapidly changing with the improvement in technology, threats of pandemic & wars, it is essential that we as individuals are self aware and are ready to change at any given time because if we can't keep up with the changing times and adapt, life as we know it, will lose all value.

If we take the company Nokia as an example, it has become one of the least popular mobile development companies because they couldn't identify their true strengths & weaknesses & adapt to the change in the technology field. Scaling this scenario down to a personal level, because the world is so dynamic in the current context being aware & planning ahead has become essential and life changing.

When I first entered university and started my life as a university student, it was hard coping with the academic workload, I was stressed and feeling disappointed after evaluations because I knew I didn't work as hard as I wanted to. But if I had taken the ^{responsibility} ~~onus~~ to take charge myself to develop myself I realize now that the story would've been entirely different. I understand that by making use of a PDP (personal development planning) I could've recorded my achievement, downfall & my goals which

would've lead to the easy understanding of where I gained my skills, where I can improve & most importantly where I can develop further. Through the application of a PDP and self reflection, my experience and learning curve could've been accelerated. I could've found more relief on knowing my true self, including all my strengths & downfalls. I believe it could've helped my self-esteem as well. So in my opinion creating a PDP for where I stand right now will be very helpful in understanding where I want to go & the means (the strengths, weaknesses) that might take me there, because as mentioned in the lecture the more you practise PDP, the more reflection & self improvement and self awareness you will achieve.

Reflecting on my own life while learning about reflecting practises, I am now aware of many time where I could've improved myself and prepared myself better for another situations. Having dozens of experiences doesn't mean anything unless you learn from them and learning through experience happens when you reflect upon certain experiences. According to Gibb's reflective cycle the correct reflection occurs as a cycle where first we analyze the situation we faced then the feelings that we had, next we have to evaluate if the situation was good or bad in what aspects & then move to making sense of the situation, and understanding alternatives we could've employed & finally understanding what we could do in the future. Understanding this cyclic process will subconsciously lead to learning from experiences & improving continuously until you are the better version of yourself.

In the future, incorporating reflection and planning my development are two keys things I would want to pay attention to, as an undergraduate, slowly transitioning into an adult. In the future with the onset of many challenging situations it is my desire to analyze my strengths, weaknesses

resources and obstacles I have faced and Prepare a strategic plan to achieve my target. Going into any situation I would remind myself to set a goal and analyze my past achievements to see what ^{gap} ~~bridge~~ I have to bridge in order to achieve this, next I would employ a strategic plan be it SWOT, or other method to identify the internal strengths & weaknesses I have and the external opportunities and threats I face, Through this it will be easier for me to focus on opportunities & ^{play into} ~~the~~ strengths I possess. After understanding where I stand & where I want to be in the future it will be easy to plan my improvement, my plans will be specific, measurable, achievable, relevant & timebound, which will help me achieve the goals that I have set. In comparison to what I am doing now, facing each situation without a plan, this approach will definitely help me in being more self aware, and confident and achieve success easily.

In conclusion what I have learnt from the lesson is that improving yourself is in your hands & it will not be possible unless you reflect on your experiences & identify where your strengths & weaknesses lie. But just reflection won't be enough as you have to strategically plan your development at all costs. But this reflection & learning cycle is not a one time thing, it has to be incorporated as a habit in-order to be successfully practised.