**PERSONAL DEVELOPMENT GOALS AND COURSE LEARNING OBJECTIVES**

1. **Personal Analysis**

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| **STRENGTHS** | **AREAS FOR IMPROVEMENT** |
| I am a very driven person, when I start a project I focus on its implementation no matter how difficult.  I actively seek professional development and knowledge to improve my ability to do my job.  I understand the importance of and practice humility in how I approach my profession.  I tend to be very Analytical in how I approach a problem, asking myself detailed questions and researching these questions in depth.  I prefer a structured response to problems.  I have an ability too conceptually approach a problem, thinking outside the box.  I freely expressive my ideas and opinions in groups and in public and I am not afraid to be assertive in selling these ideas and opinions.  I manage my personal fitness in an acceptable way, regularly running between 5-10km and starting each day with 50 push ups.  I am comfortable in my own company. | I can appear to be too intense in how approach things, this can be off putting to some people.  I’m not a big fan of social interaction/Mandatory cohesion events, outside of my circle of friends, outside of working hours.  I can be too assertive when selling an idea, which can cause others in a team to stay quiet.  I tend to be inflexible, almost stubborn, when I believe my idea to be superior to the “old way” of doing things.  When on projects I tend to expect too much from others, more than likely due to the standards I expect of myself.  While I exercise regularly. However, I can take a casual approach to physical exercise and not pushing myself as hard as I once did. |

1. **SMART Goals**

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| **WHAT DO I WANT TO LEARN/DO?** | **WHAT DO I NEED TO DO AND WHEN?** |
| Maintain my family cohesion and well-being throughout the course.  Achieve course grades in line with my potential.  Include maintenance of health and fitness as a part of my education. | Maximise family time during weekends. Develop a plan for weekend activities to achieve this.  Allow for study time at home for at least 90 minutes each weekday. Focusing on reading, writing and developing ideas for my various project and my thesis.  Engage in at least 3 periods of physical fitness training per week. Building it throughout the duration of the course. |