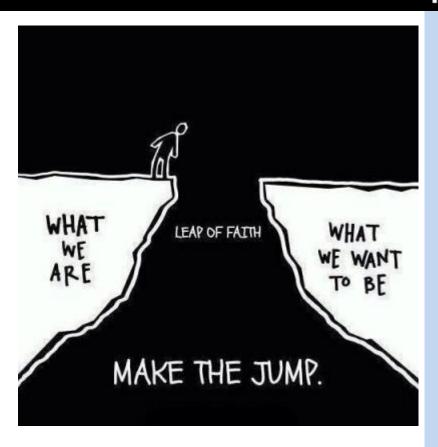
Professional Skills Period 4

Personal Development Plan



Professional Skills Period 4 1F

Personal Development Plan (PDP)

Regarding: Personal development plan #1

Student name: Peter Kapsiar Student number: 5486866

Course: Professional Skills

Phase: Year 1

Study coach Miguel Ranchor

1. What competences will I develop during this period?

Professional workmanship

Profession-specific competencies	What requires special attention?
a. Managing	Staying focused during longer tasks
b. Analysing	
c. Advising	Formulating my explanations into a more easy to understand format
d. Designing	
e. Executing	Avoiding delaying tasks no matter what. Staying in flow.

Professionalisation

Study career co	mpetences	What requires special attention?
a. Ability to purs competence d independently	evelopment	I could be paying more attention to planning and organising my tasks.
b. Ability to take one's own stu	• •	I am well aware of any consequences that my actions can lead to.
c. Ability to mak career choices	e the right study and	
d. Ability to build social network	• • •	I want to get better at getting to know people.

Professionalisation

Study competencies	What requires special attention?
a. To learn how to learn	
b. Planning	
c. Time management	
d. Project-based working	I want to learn how to keep things more under control and create/follow a project structure.

Social and communicative competencies

competences	What requires special attention?
a. Ability to correct in an app way	ropriate
b. Interview techniques	I need to improve my agenda preparation and following the agenda.
c. Personal feedback	
d. Presentation skills	I need to improve my confidence while presenting.
e. Reporting in writing	
f. Techniques in meeting	Same as in interview techniques - preparing and following the agenda.
g. Writing a formal or busines	ss letter

Personal Development Plan (PDP)

2. What are my personal development goals?

Action plan: which activities will I undertake to realise my developmental goals?

Development goal (SMART)	Activity (SMART)	Measurable result (SMART)	Time completed
1. I want to expand my programming knowledge so I will learn a new development kit Flutter which allows me to develop cross-platform apps, so I will use it in our Project Innovate to build a functional mobile/web application.	I will research how to use Flutter and apply the skills directly by building the app for our Innovate project.	By 11-06-2025, I will have created a working cross-platform Flutter app with at least 3 core features (e.g., login, event listing, event creation). I will present the working app in my portfolio as evidence.	11-06-2025
2. I want to improve my Dutch vocabulary so I can navigate the Netherlands more easily. To help with this I will keep learning Dutch every day using Duolingo.	Complete at least one Duolingo Dutch lesson every day.	In the in-app calendar I will have a perfect uninterrupted learning streak from the starting day until the end day (7.May - 11.June) and I will have learned new words from all the lessons.	11-06-2025
3. I want to improve my physical appearance so I will start exercising at least 3 times per week.	Do at least a 30 min workout 3 times per week.	During the period 12.May - 11.June I will have done at least 12 workouts which i will have kept track of in a journal list.	11-06-2025

SLB 2

	Personal Development Plan (PDP)
For approval study coach:	
For approval student:	