

**LSP401****Semester II 2021/2022****Writing Assignment (30%)****Name: Chrisalyn Bulan Christopher****No Matric: 145719****Group: LSP401 (Group 6C)**

In 350 – 400 words, answer **ONE** of the questions.

Any **PLAGIARISED** answers will be penalised.

1. A Personal Development Plan (PDP) is a tool that people use to reflect on their own learning, performance, and/or achievement, as well as plan for their personal, educational, and career development.

In your opinion, how useful is a Personal Development Plan (PDP) to you as an undergraduate?

Answered:

Personal Development Plan (PDP) is a tool that people use to reflect on their own learning, performance, and/or achievement, as well as plan for their personal, educational, and career development. In PDP, it requires us to recognize our strengths and weaknesses, identify the need for improvement in our goals and give us an opportunity to create them. Mental, social, spiritual, emotional and physical are five major categories that included in PDP. As an undergraduate student, it is important because PDP will help to expand our capacity, help to focus on priorities and help to socialize with others.

First of all, PDP is a flexible tools to expand our capacity. PDP helps us to handle our critical situations. As we know, our challenges are different and it will continue to change by day. But, with the help of PDP, we can handle a critical situation in different ways. More confidence, peaceful and positive. Therefore, PDP helps in increasing our limits to deal with more difficulties in the future.

In addition, PDP helps to focus on priorities. Everyone has different list of priorities. List of priority is one of the most important things for undergraduate student to make sure we are on the right track of our mission. Once we get distracted from our priority list, it will endanger us. However, when we continue to focus on it, our time will be used wisely for something worthwhile. This is because during our spare time, we know what to do and will spend it with something useful which can lead us to achieve the goals.

Last but not least, PDP helps to connect with others. Having PDP makes us wanted to improve ourselves in every good aspects. This situations will lead us to a positive cycle of people. Where we can motivate and develop ourselves to move forward. Indirectly, it improves our soft skills and self-confidence. Thus, PDP can help to improve and hone students' soft skills especially in communication.

Conclusion, I agree PDP is an effective tools for students in dealing with our hectic routine. We only need few minutes to reflect on our past day and think of the way to improve it in the other day. It is flexible and help to encourage students to be more effective and able to manage our obstacle wisely. This is because PDP depends on our ability to retrain our brain to think of new solution.

(403 words)

Reference

Office for Health Management (OHM). (2004). *Personal development planning:*

guidelines and workbook. OHM.

<https://www.lenus.ie/bitstream/handle/10147/42694/2076.pdf?sequence=1&is>

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