**Do I need personal development planning?**

Rate your responses to the following statements. Note that *strongly agree* carries no score. Rating: *0 = strongly disagree 1 = disagree 2 = sort of agree 3 = agree 4 = strongly agree*

|  |  |
| --- | --- |
| **Statement** | **Rating** |
| **1** I am certain that I can keep myself motivated towards achieving my degree | **0  1  2  3  4** |
| **2** I am very clear what my goals are for the next seven years | **0  1  2  3  4** |
| **3** I am confident that I have an excellent plan in place for achieving my goals | **0  1  2  3  4** |
| **4** I am very clear how my degree fits into my life plans | **0  1  2  3  4** |
| **5** I am clear what employers are looking for | **0  1  2  3  4** |
| **6** I can demonstrate that I have the skills and attributes employers are looking for  | **0  1  2  3  4** |
| **7** I am very clear about the importance of reflective activity to professional life | **0  1  2  3  4** |
| **8** I am confident in undertaking structured reflection without guidelines | **0  1  2  3  4** |
| **9** I am confident that I can develop an effective strategy to meet most circumstances | **0  1  2  3  4** |
| **10** I am confident that I can set well-formed goals and/or targets | **0  1  2  3  4** |
| **11** I have a clear understanding of how to evaluate my own performance | **0  1  2  3  4** |
| **12** I am confident that I have good ‘emotional intelligence’ | **0  1  2  3  4** |
| **13** I am confident that I know how to improve my performance in most circumstances | **0  1  2  3  4** |
| **14** I know how to apply my expertise and skills in different contexts, beyond study | **0  1  2  3  4** |
| **15** I am confident that I can see myself as others see me | **0  1  2  3  4** |
| **16** I am confident that I have effective listening skills | **0  1  2  3  4** |
| **17** I am an assertive person | **0  1  2  3  4** |
| **18** I am a good ‘self-starter’; I get on with tasks without being asked or directed | **0  1  2  3  4** |
| **19** I am clear how I can make the most effective contributions to team work | **0  1  2  3  4** |
| **20** I am confident at problem-solving | **0  1  2  3  4** |
| **21** I am confident about assuming the lead and exercising effective leadership | **0  1  2  3  4** |
| **22** I am confident that I will take a creative approach to most tasks/ problem-solving | **0  1  2  3  4** |
| **23** I am confident I can make excellent job applications  | **0  1  2  3  4** |
| **24** I have developed useful, varied networks that can support and help me | **0  1  2  3  4** |
| **25** I maintain a relevant, useful set of records to support my employability  | **0  1  2  3  4** |
| *Add up your score out of 100.*  | Total score \_\_\_\_ |

Use your ratings to guide you on where to focus your efforts for PDP. If your score is anything less than 100, then there is room for development – and more so if your score is low. Your PDP needs change over time, as circumstances change.