

Learning Outcome 01

“Recognise own strengths and weaknesses, highlighting areas for personal and professional growth”.

Assessment Criteria

ISR	LEVEL 2 - Assessment criteria	K&U	A&A	S&E
1	Recognise own strengths and weaknesses, highlighting areas for personal and professional growth			
1.1	Identify own personal strengths and areas for improvement	x		
1.2	Associate own personal strengths and areas for improvement, with potential careers		x	
1.3	Devise a plan for self-improvement aiming to reach own goals			x

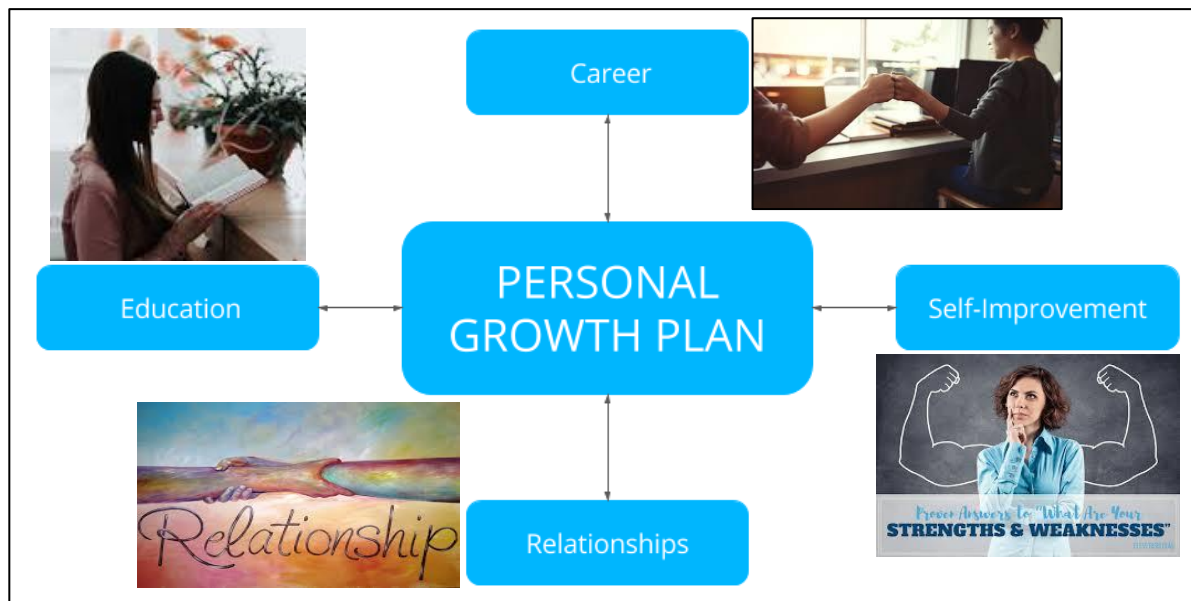
Work Sheet 1

What are areas of Personal Growth?

A personal growth plan is a guideline for life: your goals, how you intend to achieve them, skills you need to master, and habits you want to develop.

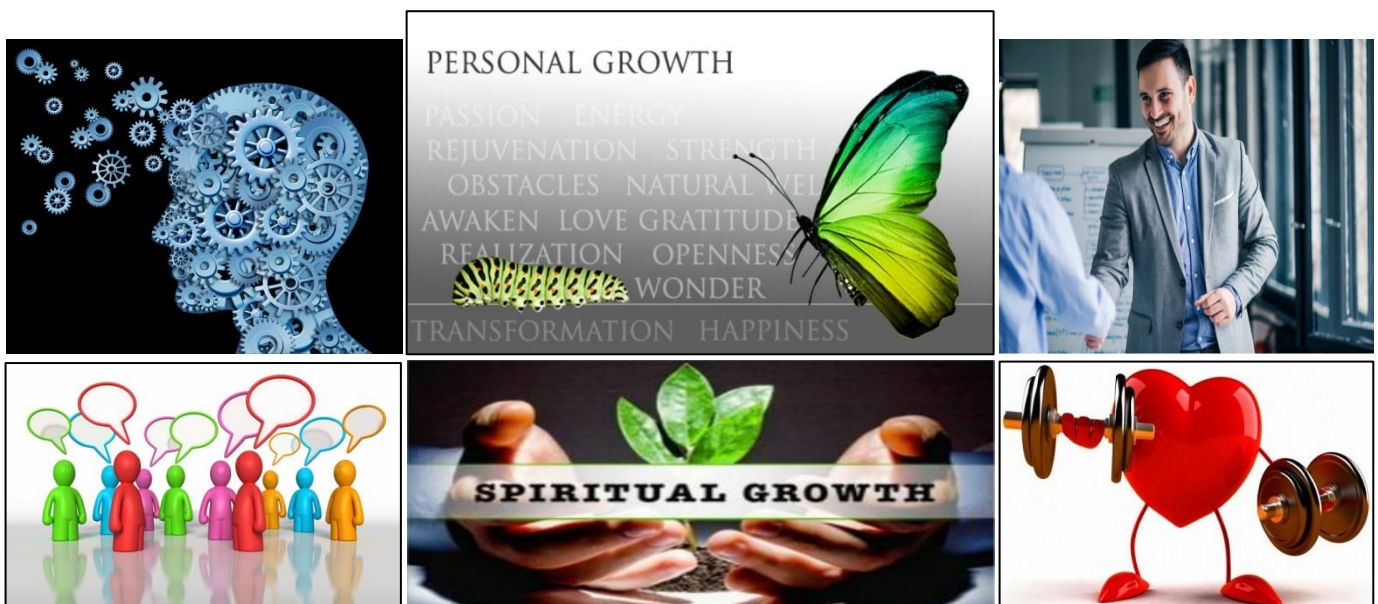
It should cover areas such as career, education, relationships, and self-improvement.

A personal growth plan connects all areas of your life.



Areas of Personal Growth

If we take a step back and a person – any person – we find **four major areas that form the core traits of a human being**. These are the categories for self-improvement and the ones we will include in our personal growth plan.



Try to answer the following questions and reflect in some detail on your answer.

Intellectual growth:

The focus of intellectual growth is **knowledge**. The brain develops throughout life. Just like muscles that develop with physical activity, **intelligence can be shaped up through exercising** it. You want to increase the ability to acquire and retain information, develop understanding and cultivate your brain with knowledge that can serve you in life.



What are you doing to increase your intelligence?

Can you describe your reasoning style? You may want to relate about an argument you had with anybody that did not agree with you and how you resolved this argument.

Do you know what Critical Thinking is? Provide a definition and provide an example how this could help you in your life.

Professional growth:

The focus of your professional life is your **career**. Developing the career you want is not an easy task. This is the time where you have to decide!! The main risk about all this is that in a few years' time, you might have a change of heart. However, if you learn something about a trade, **whatever you learn, will remain with you for the rest of your life and the skills you acquire will always give you an extra edge on others and in new career paths you decide to follow!!**



Why did you choose a career related to Mechanical Engineering? Specifically why in the sector of Auto engineering or any other sector in Engineering?

What talents (strengths) or capabilities do you possess that will help you in this career?

Which areas do you want to learn more about? (Make a list of at least 3-5 topics you want to learn more about)

Social growth:

This area focuses on your role in a social context. This area includes your self within: a community, yourself and voluntary work, yourself in a family, you and your friends, you and your future co-workers and colleagues and how you react when meeting new people.



What are your thoughts about how you interact with your community (in your town or village)? In which activities do you participate? Why do you participate in such activities held in your town or village?

How do you feel about doing some voluntary work in any Voluntary Organization or NGO?

How support your family? What helping hand do you give at home? What home chores do you do?

How do you socially engage with your friends? What do you do with friends? Have you ever disagreed with you friends and had to say 'No' to them? Can you explain the situation?

Do you have any work experience where you had to engage with a supervisor/manager? Did you experience any challenging situation? Explain a situation where you had to ask for more help from the boss. Did you ever have to ask for help or support from a co-worker? Did you receive the support you needed? Do you feel you need to work on your social skills at work?

Physical growth:

The physical aspect is simply our body. Our body plays a **large role in defining us**. It is the vessel in which we do everything else. How well one takes care of their body says a lot about their character. There are three facets to it: what we eat, if or how often we exercise, and then how often we abuse it with drugs and alcohol.



Do you have any say in what gets prepared for breakfast, lunch or dinner? Do you contribute with ideas? Do you try to help in the cooking?

Do you engage in sport activities? What physical activity do you do? How often do you do such activities?

Do you smoke or take any alcohol? How often do you smoke? How often do you consume any alcohol? In what amounts do you smoke or take alcohol?

Spiritual growth:

The spiritual aspect is many times left out when considering one's personal growth. This is the area where your mind and your own Self find the necessary peace and tranquillity to assess where you stand in your life. This relates to finding who you really are and how your life fits in a much larger plan called universe. Furthermore, this also includes how you relate with your religion and how you take care of your soul. Finding time to relate with your superior being, whether it is God or any other superior entity you believe in, is necessary to feel whole and complete in your existence.



Do you manage to find some time to reflect with how well your life is developing? What do you reflect upon?

If you believe there is something bigger than our life, what role does this have in your personal growth? How and what do you ask to your God

Personal Development Plan Template

Personal Development Plan

	SKILL	CURRENT ABILITY	TARGET ABILITY	DEVELOPMENT OPPORTUNITY	CRITERIA TO JUDGE SUCCESS	TIME FRAME	EVIDENCE
1 st PRIORITY							
2 nd PRIORITY							
3 rd PRIORITY							