# Personal Development Plans

Personal Development Planning (PDP) is:

‘a structured and supported process undertaken by an individual to reflect upon their own learning and/or achievement and to plan their personal, educational and career development. The primary objective of PDP is to improve the capacity of individuals to understand what and how they are learning and to review, plan and take responsibility for their own learning.’

In order to pass your degree, you will be required to provide evidence of engagement with PDP and demonstrate that you have an overview of your personal, academic, and skills development by producing a Personal Development Plan.

# CYM and PDPs

Each CYM student meets one-to-one with their Year Tutor at the beginning and end of every academic year to discuss their personal learning and development goals for the year. The start of year one-to-ones take place either during Community Week or early in the academic year during normal study blocks.

The purpose of the one-to-one session is to assist you in identifying the goals that you have for the year and to raise any other issues you wish to discuss with your tutor. In CYM we have identified seven strands of learning and development and we encourage you to consider setting a goal for each of these areas. These are:

* Personal – relating to your own growth and development as a person
* Spiritual – relating to your spiritual journey and relationship with God
* Ministerial – relating to the ministry you exercise within or outside your agency
* Professional – relating to your professional practice with children, young people or families
* Academic – relating to your studies and your course
* Theological – relating to your understanding and application of how God works
* Community – relating to your sense of belonging in the different contexts you find yourself

Although some of your goals may relate specifically to one of these areas, we recognise that there are inevitably some areas of overlap, but we would ask that you spend some time prayerfully thinking about what growth and development you want to see in each of these areas in your own life and to come to the one-to-one with your Year Tutor prepared.

**Setting Goals**

Your goals should be specific, measurable, attainable, realistic and time-bounded!

**The following goals are given as examples….**

‘To help address work/life balance issues by going to the gym twice a week.’

 ‘To learn three new approaches to prayer and meditation to help develop my relationship with God.’

‘To preach at the main service once during the year.’

‘To implement a supervision programme for youth club volunteers by the end of the autumn term.’

 ‘To average at least 60% for the eight modules I take this year.’

‘To use at least one Bible commentary in each academic piece of work.’

‘To sit in a different place each week so that I get to know different people in the Year group.’

In discussion with your Year Tutor you will fill in the form overleaf, which will record your goals and be used in a review interview at the end of year. Both tutor and student will be required to sign to show that the goals have been mutually agreed. One copy will be retained in your file at the Regional Centre and one copy will be given back to you.

# A picture containing shape  Description automatically generatedCYM - Personal Development Plan

Name: Year Tutor:

Main Professional Practice Agency: Year:

|  |  |  |
| --- | --- | --- |
|  | **Personal Learning and Development Goals**Start of Year | **Review**End of Year |
| Personal |  |  |
| Spiritual |  |  |
| Ministerial |  |  |
| Professional |  |  |
| Academic |  |  |
| Theological |  |  |
| Community |  |  |
|  | Any other issues arising: |  |

**Start of Year End of Year**

Signed (student): Signed (student):

Date: Date:

Signed (tutor): Signed (tutor):

Date: Date: