University College U110 Final Project
Personal Development Planning

There is a direct relationship between how well you follow a specific, four-year personal development plan and your ability to meet professional objectives upon graduation. The purpose of this final project is to enable you to create, follow, and mark progress in college by using a personal development plan. Although you will complete this planning process during your first semester, you will be encouraged to follow through on implementing and revising your plans by utilizing the IUPUI support network dedicated to sustaining your growth and success in the personal development process during each subsequent semester.

Because this project pulls together all your work from the entire semester, it allows you to review and revise your answers to the major questions that direct and support your personal development planning:

- Why am I in college?
- How am I making a successful transition to college?
- Who am I?
- What is my life purpose?
- Where am I going?
- How do I get there?

You will complete three activities:

Semester in Review: You will reflect on where you've been this semester and where you're going next semester through the lens of five variables correlated to academic and career success.

Personal Learning Profile: On this chart you will think through how you plan to achieve the Principles of Undergraduate Learning.

Peak Performance Plan: You will lay out a four year plan that includes a course plan, employment options, targeted extracurricular activities, and goal oriented action steps for each year in college.

Mapping out a Personal Development Plan: Making a plan is the difference between getting what you want and *hoping* to get it. You may think that once you have a college major, you will have plan of sorts. But the reality is that most people wind up in a career field other than the one they studied in college. Even if you do end up in the same field as your major, you need to know the capacity in which you want to work. One of the reasons that people end up changing careers so many times in a life time is that most people don't spend time in the beginning creating a plan. Taking time to plot your path before plunging into a line of work, will save you lots of time and dissatisfaction down the road. So don't get lost on the college/career path – know where you're going and how to get there.

Putting your plan down on paper: The old saying: "You never know what you think until you put it in ink," is never truer than when creating your Personal Development Plan. Putting goals in writing gives them a solidity they don't have rattling around in your brain. Plus a hard copy of your goals enables you to take them out and review them periodically to make sure you're on course. Of course, once you've established your long range goals, no crystal ball will magically appear to lead you down the right path. So, perhaps the trickiest part of planning a personal development plan is breaking down the goals into manageable bite-size pieces. Take it one step at a time and at every step along the way reflect on how you are growing through experiencing new challenges.

PART I: SEMESTER IN REVIEW

Looking back and looking ahead are actions that will help you determine what your next steps should be. So before you lay out your Personal Development Plan for following semesters, reflect on the questions below related to your first (and your next) semester in college. It is important to incorporate the five variables below into your planning because they are significantly correlated to achieving success in college and careers. This portion of the project should be 3-5 pages in length.

1. **PLACE: Connect with supportive cultures – home, school, community.**
   What culture shock or challenges did you fact adjusting to the college culture of IUPUI?
   What connections did you make at IUPUI that expanded your comfort zone?
   What steps do you need to increase your sense of connectedness at IUPUI?

2. **POWER: Identify, develop and use your personal and academic strengths.**
   What internal and external resources (e.g. strengths) supported and motivated you?
   How did you utilize, develop and improve on the resources available to you?
   What resources do you need to use and/or develop for further support and motivation?

3. **PURPOSE: Express your unique values, strengths and mission through purposeful choices.**
   State your mission statement and explain how it relates to your purpose in college and in life.
   How do your values/strengths affirm and demonstrate your core beliefs and passions?
   What courses, work experience, co-curricular/community activities and relationships:
      Have helped you demonstrate your skills and strengths already?
      Will help you express who you are and develop whom you want to be?

4. **PASSION: Visualize exciting/energizing majors, careers, and lifestyles to inspire your long term goals.**
   How and why have your major/career interests and goals changed or stayed the same?
   How have your community and personal interests/goals changed or stayed the same?
   What steps do you need to take to move closer to your goals in these four areas:
      Major, career, personal and community?

5. **PREPARATION: Develop competencies by setting short term goals and implementing success strategies.**
   What were the biggest obstacles you faced in achieving success?
   What strategies were most helpful in overcoming these obstacles?
   What challenges to you anticipate facing and what strategies will help you achieve success?

PART II: PERSONAL LEARNING PROFILE

Identify the activities/experiences that will help you develop the competencies you need to achieve your goals. Start by prioritizing in the left column the top ten bulleted competencies that need your attention next semester. Five broad categories of experience are listed in the column headings below. Indicate with check marks the types of activities you will be targeting to develop the ten competencies most important to you now.

Check your Top Ten Bullets	**IUPUI Principles of Undergraduate Learning (#1 - #6 = PUL's)** • *Employability Skills*	**Courses/ Research/ Projects**	**Jobs/ Intern-ships**	**Service/ Volunteer**	**Activities/ Member-ships**	**Interests/ Life Experience**
	1. Core Communication and Quantitative Skills					
	• *Oral Communication*					
	• *Writing Skills*					
	• *Math/Quantitative Skills*					
	• *Technology Competence*					
	• *Information Management*					
	2. Critical Thinking Skills					
	• *Analytical Thinking*					
	• *Creative Thinking*					
	• *Continuously Learning*					
	3. Integration and Application of Knowledge					
	• *Life Management*					
	• *Career Management*					
	• *Social Responsibility*					
	4. Intellectual Depth, Breadth, and Adaptiveness					
	• *Synthesizing*					
	• *Systems Thinking*					
	• *Adaptability*					
	5. Understanding Society and Culture					
	• *Interpersonal Skills*					
	• *Teamwork Skills*					
	• *Leadership Skills*					
	6. Values and Ethics					
	• *Honesty/Integrity*					
	7. Personal Qualities					
	• *Responsibility*					
	• *Motivation/Initiative*					
	• *Self Confidence*					

PART III: PEAK PERFORMANCE PLAN
YEAR 1: FRESHMAN YEAR

MAJORS, MINORS, AND CAREERS:

	Major declared:
	Majors being considered:
	Plan B Major being considered:
	Minors being considered:
	Careers being considered:

COURSES: PROPOSED COURSE PLAN:
FIRST YEAR:

FALL (200__)	SPRING (200__)	SUMMER (200__)
(___)_____ ( )	(___)_____ ( )	(___)_____ ( )
(___)_____ ( )	(___)_____ ( )	(___)_____ ( )
(___)_____ ( )	(___)_____ ( )	(___)_____ ( )
(___)_____ ( )	(___)_____ ( )	(___)_____ ( )
(___)_____ ( )	(___)_____ ( )	(___)_____ ( )
(___)_____ ( )	(___)_____ ( )	(___)_____ ( )
(___)_____ ( )	(___)_____ ( )	(___)_____ ( )

Total Semester Credits Hours: ===== ( ) + ===== ( ) + ===== ( ) = Total credit hours for the first year: ( )

EMPLOYMENT: Average hours per week you want to/need to work? = _____

Check any that describe your most likely job situation for this year and write in the **type of work and employer:**

___Continuing in the same job:_____

___Getting a new job:_____

___Not working in a paid job:_____

___Finding an internship: _____

___Skills you want to gain from working: _____

ACTIVITIES:

Student Organizations/Clubs:	
Community Service/Volunteer:	
Study/Travel Abroad:	

GOALS FOR FIRST YEAR: Rank number the top five goals below that fit your priorities for this year:

Rank:	Tasks:	Notes:
	Explore majors/Declare major	
	Know how to get into the school of your choice	
	Know requirements for your program of study	
	Maintain desired GPA of: _____	
	Improve academic skills	
	Utilize academic support services	
	Explore careers/attend career events/panels, etc.	
	Get involved in campus activities	
	Improve your employment situation	
	Locate financial resources	
	Connect with faculty and advisors	
	Improve your living situation	

PART III: PEAK PERFORMANCE PLAN

YEAR 2: SOPHOMORE YEAR

MAJORS, MINORS, AND CAREERS:

	Major declared:
	Majors being considered:
	Plan B Major being considered:
	Minors being considered:
	Careers being considered:

COURSES: PROPOSED COURSE PLAN:

SECOND YEAR:

FALL (200__)	SPRING (200__)	SUMMER (200__)
(___)_____ ( )	(___)_____ ( )	(___)_____ ( )
(___)_____ ( )	(___)_____ ( )	(___)_____ ( )
(___)_____ ( )	(___)_____ ( )	(___)_____ ( )
(___)_____ ( )	(___)_____ ( )	(___)_____ ( )
(___)_____ ( )	(___)_____ ( )	(___)_____ ( )
(___)_____ ( )	(___)_____ ( )	(___)_____ ( )
(___)_____ ( )	(___)_____ ( )	(___)_____ ( )

Total Semester Credits Hours: ===== ( ) + ===== ( ) + ===== ( ) = Total credit hours for the 2nd year: ( )

EMPLOYMENT: Average hours per week you want to/need to work? = _____

Check any that describe your most likely job situation for this year and write in the **type of work and employer:**

___Continuing in the same job:_____

___Getting a new job:_____

___Not working in a paid job:_____

___Finding an internship: _____

___Skills you want to gain from working: _____

ACTIVITIES:

Student Organizations/Clubs:	
Community Service/Volunteer:	
Study/Travel Abroad:	

GOALS FOR SECOND YEAR: Rank number the top five goals below that will be priorities for you this year:

Rank:	Tasks:	Notes:
	Explore majors/Declare major/minor	
	Choose courses to build employability skills	
	Know how to get into the school of your choice	
	Know requirements for your program of study	
	Maintain/Improve GPA to desired goal:_____	
	Improve academic skills	
	Explore careers/attend career events/panels, etc.	
	Get involved in campus activities	
	Locate financial resources/scholarships	
	Connect with faculty, advisors, and alumni	
	Conduct information interviews/job shadows	
	Research internships/study abroad opportunity	

PART III: PEAK PERFORMANCE PLAN

YEAR 3: JUNIOR YEAR

MAJORS, MINORS, AND CAREERS:

	Major declared:
	Minors declared:
	Careers being considered:

COURSES: PROPOSED COURSE PLAN:

THIRD YEAR:

FALL (200__)	SPRING (200__)	SUMMER (200__)
(___)_____ ( )	(___)_____ ( )	(___)_____ ( )
(___)_____ ( )	(___)_____ ( )	(___)_____ ( )
(___)_____ ( )	(___)_____ ( )	(___)_____ ( )
(___)_____ ( )	(___)_____ ( )	(___)_____ ( )
(___)_____ ( )	(___)_____ ( )	(___)_____ ( )
(___)_____ ( )	(___)_____ ( )	(___)_____ ( )
(___)_____ ( )	(___)_____ ( )	(___)_____ ( )

Total Semester Credits Hours: ===== ( ) + ===== ( ) + ===== ( ) = Total credit hours for the 3rd year: ( )

EMPLOYMENT: Average hours per week you want to/need to work? = _____

Check any that describe your most likely job situation for this year and write in the **type of work and employer:**

___Continuing in the same job:_____

___Getting a new job:_____

___Not working in a paid job:_____

___Finding an internship: _____

___Skills you want to gain from working: _____

ACTIVITIES:

Student Organizations/Clubs:	
Community Service/Volunteer:	
Study/Travel Abroad:	

GOALS FOR THIRD YEAR: Rank number the top five goals below that will be priorities for you this year:

Rank:	Tasks:	Notes:
	Review requirements for your program of study	
	Maintain/Improve GPA to desired goal:_____	
	Choose courses to develop marketable skills	
	Serve in leadership roles in campus activities	
	Participate in internships/study abroad	
	Volunteer for work related to your field	
	Research graduate school requirements	
	Ask faculty/employers for references	
	Locate financial resources/scholarships	
	Write your resume and get a critique	
	Use Jagjobs to find career-related, P.T.work	
	Attend Career Exploration Events/Panels	

PART III: PEAK PERFORMANCE PLAN

YEAR 4: SENIOR YEAR

MAJORS, MINORS, AND CAREERS:

	Major declared:
	Minors declared:
	Careers being considered:

COURSES: PROPOSED COURSE PLAN:

FOURTH YEAR:

FALL (200__)	SPRING (200__)	SUMMER (200__)
(___)_____ ( )	(___)_____ ( )	(___)_____ ( )
(___)_____ ( )	(___)_____ ( )	(___)_____ ( )
(___)_____ ( )	(___)_____ ( )	(___)_____ ( )
(___)_____ ( )	(___)_____ ( )	(___)_____ ( )
(___)_____ ( )	(___)_____ ( )	(___)_____ ( )
(___)_____ ( )	(___)_____ ( )	(___)_____ ( )
(___)_____ ( )	(___)_____ ( )	(___)_____ ( )

Total Semester Credits Hours: ===== ( ) + ===== ( ) + ===== ( ) = Total credit hours for the 4th year: ( )

EMPLOYMENT: Average hours per week you want to/need to work? = _____

Check any that describe your most likely job situation for this year and write in the **type of work and employer:**

___Continuing in the same job:_____

___Getting a new job:_____

___Not working in a paid job:_____

___Finding an internship: _____

___Skills you want to gain from working: _____

ACTIVITIES:

Student Organizations/Clubs:	
Community Service/Volunteer:	
Study/Travel Abroad:	

GOALS FOR FOURTH YEAR: Rank number the top five goals below that will be your priorities this year:

Rank:	**Tasks:**	**Notes:** (Explain importance; give specifics)
	Maintain/Improve GPA to desired goal:_____	
	Conduct a research project w/ a faculty mentor	
	Complete a capstone project or field experience	
	Serve in leadership roles in campus activities	
	Take graduate school admissions tests	
	Apply to graduate/professional schools	
	Use networking to develop job leads	
	Attend professional association meetings	
	Volunteer for work related to your field	
	Ask for letters of recommendation	
	Revise and target your resume	
	Complete your career portfolio	