



Creating a Skills Development Plan (2 activities)

Purpose:

The students in your courses will bring different levels of skills and experience with them. This learning bundle will help your students develop awareness of the skills they need to develop to do well in your course and develop a learning plan for doing so. Additionally, students will learn to identify their strengths and how they might build on these in their career plans.

Note: ABCS is a good goal setting alternative to SMART that might work better in your discipline.

Learning Outcomes:

- Create a personalized skills learning plan using SMART goals or ABCS.
- Identify relevant resources for the attainment of specific learning goals.
- Connect skills and competencies with potential careers.

Activities:

- 1 • "Reflecting on Your Competencies "
- 2 • "Creating Your Personal Learning Plan"
 - **Optional Supporting Resource:**
 - ABCs of Goal Setting



Reflection



Self-regulation



Teamwork



Transfer