

Level 1, Unit SD1 - Self Development

1.1 Identify their own strengths and/or abilities:

Encourage students to reflect on their strengths and abilities. Ask them to think about the things they enjoy doing and are good at, and also consider feedback they have received from others. Provide opportunities for students to showcase their strengths and abilities in class or school-wide activities.

Encourage students to try new things and challenge themselves, even if it means stepping outside their comfort zone.

1.2 Choose an area for self-development:

Encourage students to think about areas where they would like to improve or learn more.

Provide guidance on how to identify areas for self-development such as reading, researching or speaking with mentors.

Help students understand that self-development is a continuous process and that they should be open to learning and growing in all areas of their life.

1.3 Outline the importance of this area for their own self-development:

Encourage students to reflect on the benefits of self-development, and how it can help them achieve their personal and academic goals.

Discuss with students how self-development can help them build resilience, improve their confidence and self-esteem, and increase their chances of success in life.

2.1 Plan for an identified area of self-development:

Encourage students to set clear, achievable goals for their self-development, based on their identified areas for improvement.

Help students understand the importance of setting goals that are realistic and measurable.

Provide guidance on how to develop a plan of action for their self-development, including steps they can take to achieve their goals.

2.2 List activities, targets, and timelines for their own self-development:

Encourage students to break down their self-development goals into smaller, manageable tasks and activities.

Help students understand the importance of setting specific targets and timelines for each activity.

Provide guidance on how to prioritize tasks and allocate time effectively to achieve their self-development targets.

3.1 Review their own self-development plan:

Encourage students to regularly review their self-development plan to ensure that they are on track to achieve their goals.

Help students understand the importance of reflecting on their progress, identifying areas of improvement, and making changes as necessary.

3.2 Suggest how to make changes and improve the plan:

Encourage students to be open to feedback from others and to seek guidance from mentors or teachers if needed.

Help students understand the importance of being flexible and adapting their plan as necessary to achieve their self-development goals.

3.3 Plan how to review progress towards achieving their targets:

Encourage students to develop a system for tracking their progress towards achieving their self-development targets.

Help students understand the importance of setting regular review dates and establishing measurable indicators to monitor their progress.

3.4 Outline ways to continue with their self-development in the future:

Encourage students to see self-development as a lifelong process, and to continue to set new goals and targets as they achieve their existing ones.

Help students understand the importance of developing a growth mindset, and being open to learning and adapting to new challenges and opportunities.

3.5 Work through the agreed plan towards achieving their self-development targets:

Encourage students to take ownership of their self-development, and to take the necessary steps to achieve their self-development targets.

Provide support and guidance as needed, and help students to stay motivated and focused on their goals.

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