

1. Explain the purpose of a personal development plan?

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2. Personal development planning includes a personal development cycle?

- A True
- B False

3. When setting objectives, they need to be SMART. What is SMART abbreviated for?

- A Specific, memorable, achievable, realistic, timely
- B Specific, measurable, achievable, realistic, timely
- C Supportive, memorable, achievable, realistic, timely

4. List the 7 stages of the personal development cycle?

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5. A personal SWOT analysis helps an individual to review strengths, weakness, opportunities and threats?

- A True
- B False

6. Define a personal development plan?

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7. Give examples of types of support mechanisms within a personal development plan?

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