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| Long term goals | When I am to achieve these goals by | Short term and medium-term goals  | What barriers may prevent me from achieving my goals | What opportunities can I take to help me achieve this goal | Who can help me along the way?  |
| To complete my undergraduate degree in sports rehabilitation with a 2:1 or higher | I aim to achieve this goal by graduating in 2021, the original graduation for my course that commenced in 2018. | * Complete all assignments to the best of my ability
* Apply myself within lectures and revision to develop on existing knowledge and to learn new things.
* Complete the required clinical and pitch side placement hours of my course.
* Push myself to achieve the highest grades possible throughout the remainder of my university degree.
 | * Unexpected extenuating circumstances (EC). Over the next two years circumstances may change that affect my ability to complete placement hours or assignments to the best of my ability.
* Lack of knowledge of the field or out of date knowledge due to not completing recommended reading
* Not completing the expected hours
 | * Taking full advantage of resources given to me on Moodle
* Using spare time to reflect upon my strengths and weaknesses of my professional experience
* Completing recommended reading and revision to keep knowledge up to date and fresh in my memory.
 | * Lecturers
* Personal development tutor (PDT)
* Placement supervisors
* Class mates
* Library services
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| Secure a post-graduate job within my field of study working with a professional sports team (preferably rugby) | I aim to complete this goal upon graduating in 2021 | * During my final year, I should keep an eye on job opportunities
* Apply for jobs early
* Have a large variety of experience achieved through placement and ensure it is evidenced well
* Social networking by getting to know contacts in the field to ensure I out myself out there
* Show myself off to the best of my ability
 | * Confidence, not having confidence in myself will show in interview
* Not achieving the grades, I aim to
* Not completing all my placement hours
 | * Having good grades and extensive amounts of experience
* Getting all my placement hours
* Doing extra events and courses that may enhance my ability
* Taking opportunities to work with people in a professional environment allowing me to develop confidence in the area.
 | * Student support
* Placement supervisors
* Clients
* Peers
* Futures team at Marjon
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| Complete and evidence continued professional development (CPD) throughout my professional career to enhance and update my knowledge of the field | I aim for this to be an ongoing goal throughout my career within sports rehabilitation | * Taking courses to develop new skills
* Continuing to develop my knowledge
* Reading new research published
* Completing a master’s degree in the field
 | * Financial state as some courses cost money
* Location of courses
* Time management while working and developing I may not have time for professional courses of they could mean time away from work and loss of earning
 | * Free webinars and guest speakers would be beneficial
* Taking full advantage of university funded courses
* Ensuring organisation and time management are not an issue by keeping on top of work planning head.
 | * Futures at Marjon
* Federation of holistic therapists (FHT)
* BASRaT
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| Complete a MSc in sports rehabilitation or physiotherapy  | In the future there is a potential for me to continue my higher education and undergo a master’s degree. As of yet it is unknown when I will aim to do this by however, it is a goal I aim to achieve. | * To complete my undergraduate degree at a high level
* More experience and knowledge of the area
* Placement hours will increase therefore increasing the amount of experience I have.
 | * Financial state, not having the funding to undergo a master’s degree
* A full-time job which I cannot leave to complete a master’s degree
 | * By taking time off work, going part time or gaining an increased student loan I could take on master’s degree and therefore increase my chances of a higher quality, better paid job in the future.
 | * Lecturers
* Professionals the field
* Current master’s students
* Futures at Marjon
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