|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| 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 * Lack of knowledge of the field or out of date knowledge due to not completing recommended reading * Not completing the expected hours | * Taking full advantage of resources given to me on Moodle * Using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 |
| 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 |
| 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 |
| 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 |