Career goals and learning plan paper assignment

Education

Career Goals and Learning Plan Paper Throughout the years, when it comes to personal and business tasks, it has been my experience that I have bad times, and good times during the day. In reference to my optimal learning time I find that during the early morning hours, I am able to read, write, and thoroughly soak up new information until late afternoon. It is very hard for me to begin a task during late afternoon and evening hours, however, once I begin, I wind up, and begin working until early morning. I get no rest this way.

According to Carter, Bishop, and Lyman (2007) " Knowing how you learn helps you choose study techniques that capitalize on your strengths" (Chapter 2, p. 49). After reviewing my results from the Multiple Intelligence test and the Personality Spectrum I realize that I am a " Visual /Spatial, (a visual) learner". I learn best when I highlight the most important points in a document, journal, or book using different colors (the colors identify the priority of a statement). I also find it useful when I group all the information that I have highlighted into one document.

Viewing videos on a subject, for me, helps me retain more information. In the past videos have been valuable tools as regards to my leaning style. Malcolm Knowles (2005), a pioneer in the field of adult learning believed that; adults need to see more clearly how what they are being asked to learn will benefit them; for adults, learning is much more utilitarian than it is for children. He explained that adults are motivated to learn from being in situations in which they see a need to learn, adults also learn from their experiences, and are resentful of being told what to learn.

Therefore, the most productive adult learning comes from the analysis of adult experience (p. 75). My accumulated life experiences have enabled me to become a better student. However, I am not in complete agreement that adults are resentful of being told what to learn. How can one obtain a degree, or maintain a job if they resent authority? I have my own theory about that. I believe that some people, not all, are intimidated by adults because of their life experience; therefore, they automatically assume that we are resentful.

For me every day is a life, learning experience. I meet so many people, from all over the world on a daily basis and I embrace and enjoy the experience of being taught, told, and learning from their knowledge. Knowledge is a gift. We can only benefit if we listen. I learned the art of listening at a very young age and I am glad that I adhere to it. Acknowledging, and accepting authority is a sign of respect. During my undergraduate studies, a young, 27 year old Instructor, tutored me, and made it possible for me to pass a Statistics class.

My experiences in life have taught me how to become a motivated, and respectful adult learner. Kearns and Gardiner (2007) explained that (as cited by Gillespie, Walsh, Winfield, Dua, and Stough, 2003, p. 53-72) “ Today’s students will tell you that demands of lectures, study, assignments, exams, technology and work, there is barely any time for life. Recent studies indicate these time pressures seem to be getting more critical for already overworked university staff and students” (p. 235). Fitsimmons (2008). Stated that Good Planning ensures that you get to a desirable end with a project or other effort, whether that project is something specific to your

library workplace, or your whole career" (p. 61). I began by making a To Do List that corresponds with my class syllables, and my work assignments. When studying, I begin with the most difficult subject or task. Fortunately, I am self employed; therefore, it is easy to set my client appointments around my school schedule. In reference to how I organize my assignments.

I create individuals on my computer folders for my discussions, my assigned readings, my research, and my assignments. I pick a time to complete my work and as each task is completed I mark it off on the syllables as done. It is much easier when I scan through the assigned readings, (highlighting the important points) first, and then I move on to completing my assigned work. I follow the guidelines of thinking like the writer when I read in order to get a complete understanding of what I am reading. I leave enough time for work, family, me time and social time.

But even at those times I am asking questions while speaking to family and friends who are interested in what I am doing. Good planning is the only way to succeed with time management. Kearns and Gardiner (2007) identified four main time management behaviors: " having a clear purpose in your career" (being clear about your personal goals), " planning and prioritizing" (setting aside time, and creating a planning schedule that allows you to complete tasks), " avoiding interruptions and distractions" and " being organized which includes being tidy, quickly responding to mails, and having an efficient filing system" (p. 1). Staying optimistic, believing in the magic of my dreams (visualizing), I have learned to manage the stress associated with my decision to return to school to obtain a Master's in the Science Psychology. There are many career paths that are available with this degree.

With a Master’s Degrees I may be able to apply for positions in group counseling practices, clinics, program for specific populations (drug abusers, battered wives, etc.), and employee assistance programs.

A master’s degree gives you more occupational advantages than a bachelor’s degree, but less than a doctoral degree. My preferred career path is to work with homeless and abused and battered women. I have first hand, and second hand experience in dealing women in this situation. However, I have been out of the workforce for many years, and I realize that I may need to complete some extensive volunteer work, in order that I may demonstrate that I have an immense amount of experience in this field.

With my cosmic interpersonal skills I would become an asset to any agency. There are also other careers that interest me, such as, Case Worker, Director of Volunteer Services, Drug/Substance Abuse Counseling (which requires a certificate in Casack Substance Counseling), Program Manager, and College Admissions Counseling. In Conclusion, being optimistic about knowing my learning style, staying organized, and giving myself time to work on my studies, keeps me healthier, less stressed and more successful in completing my personal goals.

Schedules are meant to be broken, therefore, I try completing assignments before they are due, and this allows me to have as backup plan in case of an emergency. Being an Administrative Assistant and operating my own businesses most of my life and then deciding to change my career path, so late in life, has me a little concerned. In any event I am still optimistic. MAKE TIME NOT EXCUSES! References Carter, C. , Bishop, J. , & Lyman, S. (2007).

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