

# Personal development planning week essay



**ASSIGN  
BUSTER**

About my weakness, I found I am really bad at presentation. I get nervous easily that's why every time when I did my presentation I lose confidence and eye contact with audiences. Will practice more like trying to say things in front of people and develop my skills. Personal Aims Look back at the three goals you set for yourself in week one. For each of these explain how you feel you have progressed towards achieving this goal. Also assess whether any of these goals need to be reviewed in light of progress made/ planning.

1 To improve the reading skills and research skills. Before usually don't know why we read this article and what purpose for. Then I would read the article word by word and when I didn't understand the words I stopped to find dictionary then I became to lose patience then gave up. Now know figure out the purpose for reading. Activate background knowledge of the topic, try to read all sentences instead of each word. 2. To improve the writing skills.

When I need to write something like articles always get blank and have no idea what to write and how to begin. Then I know first I should choose a subject that I'm interested in. Then try to do some research like finding sentences I can use for my article and reading more to increase my amount of vocabulary. 3? To improve my speaking and listening. Many students are not native speaker so most of time are afraid to talk with others in school, so many of them even graduate from school their English ability is not improving at all.

I am same as well, am too afraid to make mistake that talk with others by using English. So instead kept quiet or talk in Chinese, but I really want to improve my English speaking by chatting more with others.