2019 Personal Learning Plan

First Name: ______________________________
Family Name: ______________________________
Year: ______________________________

Learning Strengths, Learning & Career Goals, Learning Challenges & Success Strategies

This section of your Personal Learning Plan is designed to help you reflect on your career ambitions, learning goals, skills and success strategies.

Learning Strengths
What types of intelligence do you have?

Everyone has their own mix of the different types of intelligence, and knowing what types of intelligence you have may help you to choose a career, or future hobbies.

Use the highlighting tool to indicate your choices from each of the lists for the eight types of intelligence.

Visual-Spatial Intelligence

☐ I enjoy visualising events and situations
☐ I picture how plans will look
☐ I enjoy map reading and navigating
☐ I enjoy locating places
☐ I like to arrange things on shelves and in cupboards
☐ I have a good understanding of colour combinations
☐ I observe and watch things
☐ I enjoy jigsaws

Careers include: architects, designers, artists, explorers.
Verbal/Linguistic Intelligence

☐ I express myself well verbally and in written form
☐ I enjoy explaining things
☐ I enjoy conversation
☐ I enjoy writing letters, essays and stories
☐ I have a good vocabulary
☐ I enjoy playing word games and doing crosswords and word puzzles
☐ I enjoy reading and writing poetry
☐ I like to keep a personal diary
Careers include: commentators, journalists, writers, public speakers, teachers.

Mathematical/Logical Intelligence

☐ I have maths ability and enjoy using numbers
☐ I am logical in step-by-step thinking
☐ I enjoy looking for order and patterns
☐ I enjoy setting up flowcharts and sequences to follow
☐ I am organised, keeping a daily “things to do” list
☐ I enjoy doing logic puzzles and problem solving
☐ I enjoy following a timetable
☐ I need to understand the connections between each step
☐ I enjoy setting up systems.
Careers include: accountants, engineers, mathematicians, analysts, sports statisticians, architects, builders.

Musical Rhythmic Intelligence

☐ I feel the moods and rhythms of music
☐ I remember the words of songs and melodies
☐ I keep time to tunes and harmonies
☐ My mood changes with the type of music
☐ I have tunes playing in my mind
☐ My body moves in unison with beat and rhythm
☐ I enjoy creating sounds
☐ I notice changes in pitch and key
☐ I infer meaning from music
Careers include: musicians, singers, conductors, songwriters, composers.
Physical/Kinaesthetic Intelligence

☐ I enjoy moving and not being still
☐ I understand by doing things and interacting
☐ I enjoy walking, running, climbing, swimming
☐ I enjoy hands-on activities, building, constructing
☐ I participate in sport and exercise
☐ I have good coordination
☐ I think about things when moving
☐ I enjoy dancing
☐ I like feeling objects and their coverings, textures

Careers include: athletes, dancers, medical professionals, building and construction.

Interpersonal Intelligence

☐ I enjoy coaching and teaching others
☐ I enjoy training and communicating
☐ I am receptive to others
☐ I enjoy helping and managing people
☐ I enjoy others’ company
☐ I feel the moods of others and my peer group
☐ I enjoy group activities rather than individual ones
☐ I am good at listening
☐ I am able to mediate in conflict situations

Careers include: teachers, coaches, social workers, sales, counsellors, negotiators.

Intrapersonal Intelligence

☐ I think independently
☐ I understand my feelings and my moods
☐ I enjoy privacy, my own company
☐ I like to think things out alone
☐ I have a small circle of friends
☐ I am not influenced by peer group pressure
☐ I enjoy setting personal goals and planning
☐ I analyse issues and events
☐ I prefer to work alone rather than in groups

Careers include: writers, strategists, analysts.
Naturalistic Intelligence

☐ I feel part of the environment
☐ I enjoy gardens and gardening
☐ I watch and listen to bird life
☐ I am interested in all environmental issues
☐ I dislike litter and pollution
☐ I enjoy nature documentaries
☐ I enjoy being outside and experiencing nature
☐ I am receptive to nature’s noises, fragrances, breezes
☐ I enjoy fishing, camping, bushwalking

Careers include: park rangers, botanists, gardeners.

Where did you have the most ticks? Now tick the main types of intelligence you mostly have:

☐ Visual-Spatial Intelligence
☐ Verbal / Linguistic Intelligence
☐ Mathematical / Logical Intelligence
☐ Musical Rhythmic Intelligence
☐ Physical / Kinaesthetic Intelligence
☐ Interpersonal Intelligence
☐ Intrapersonal Intelligence
☐ Naturalistic Intelligence
Learning Goals

Which subjects do you enjoy and/or are you good at?

*Use the highlighting tool* to make as many boxes as you wish.

- [ ] English
- [ ] Mathematics
- [ ] Science
- [ ] Commerce
- [ ] Geography
- [ ] History
- [ ] Languages Other Than English (French, Chinese)
- [ ] Dance
- [ ] Drama
- [ ] Music
- [ ] Photography and Digital Media
- [ ] Visual Arts
- [ ] PDHPE (Personal Development/Health/Physical Education)
- [ ] Technology
- [ ] Food Technology
- [ ] Information and Software Technology
- [ ] Textiles Technology

Why do you enjoy/do well in these subjects?
Learning Challenges

Which subjects do need to improve in?

Use the highlighting tool to make as many boxes as you wish.

- [ ] English
- [ ] Mathematics
- [ ] Science
- [ ] Commerce
- [ ] Geography
- [ ] History
- [ ] Languages Other Than English (French, Chinese)
- [ ] Dance
- [ ] Drama
- [ ] Music
- [ ] Photography and Digital Media
- [ ] Visual Arts
- [ ] PDHPE (Personal Development/Health/Physical Education)
- [ ] Technology
- [ ] Food Technology
- [ ] Information and Software Technology
- [ ] Textiles Technology

Which aspects of literacy do you think you need to improve in?

- [ ] Spelling
- [ ] Grammar
- [ ] Paragraph structure
- [ ] Essay structure
- [ ] Structuring and writing different text types
- [ ] Summarising material
- [ ] Note taking
- [ ] Creative writing
- [ ] Reading for pleasure
- [ ] Reading for information
- [ ] Speeches
- [ ] Listening
Which aspects of numeracy do you think you need to improve in?

- Addition
- Subtraction
- Multiplication
- Division
- Fractions, decimals, percentages
- Algebra
- Geometry
- Data and statistics
- Planning your budget and financial transactions
- Shopping
- Giving correct change at work
- Reading tables
- Reading graphs
- Solving problems
- Measuring
- Estimating

What skills would you like to improve this year?

What are your learning goals this year?

Are there any barriers which could interfere with you achieving these learning goals?

What can be done to reduce the impact of these barriers?
**Success Strategies**

Here is a list of strategies you can use to help you with your learning. **Highlight THREE you would like help developing.**

- Creating a Study Timetable
- Planning how to complete assessment tasks
- Focusing: avoiding distractions
- Learning smarter
- Maintaining mental health
- Preparing oral presentations
- Relaxation techniques
- Using the library to support learning
- Spelling, grammar and punctuation rules
- Study Skills
- Exam preparation
- Completing exams within time limits
- Home learning / revising and studying
- Memory training
- Note taking / summarising
- Problem solving
- Researching
- More effective Internet searching
- Time management

**What support do you need to help you achieve your goals?**

- Individual time with a teacher to make a study plan for your subject
- Individual time with a teacher to ask about class work that you haven’t understood
- Tutoring
- English language support
- Sessions with a counsellor or careers adviser
- Extra work to complete
- Marking of extra work
- Extra study time at school, before or after class
- Peer tutoring
- Programs to improve your reading
- Homework help
Career Goals

What do you want to do when you finish school?

What type of qualifications will you need to get there?
- Unsure - you could see the Careers Advisers if you need help regarding this information!
- Higher School Certificate
- TAFE Certificate I, II or III
- TAFE Certificate IV or Diploma
- University Degree
- Postgraduate University Degree
- Other:

Extra-Curricular

What extra-curricular programs did you participate in last year?

Which extra-curricular programs would you like to participate in this year?
Parent or caregiver to complete:
What aspects of learning would you like your daughter to improve this year?

What support does your daughter require to improve these aspects of learning?

Any additional Parent comments: