



Personal and Professional Development Program

Second stage portfolio

Name:

Year of Study: 2nd stage

2021/2022

Name of personal tutor:

University of Basrah

Alzahraa College of Medicine

Personal & Professional Development Program



Student Name : مينا عبد الوهاب	Academic Year :2021-2022 2 nd stage	Tutor Name: مينا عبد الوهاب
Brief description of the learning experience: learning in this year was more difficult than the first year because it was very tiring. in terms of scientific material was good. the information is very useful clinically.		
What did you learn from this experience? Patience, bearing under studying pressure or stress for a long time. doing many things in a limiting time		
What were your strengths and weaknesses? I know finally how to study with my system in this collage but I loss much time in uncorect way. my weaknesses is I can not thinking fast and my fraid of the exam.		
What is your future action plan? to be a good doctor and finish my studies. there are many aspiration one of which how to manage my time between study and family .		
How you evaluate the whole process? I think by studying hard and meeting with more doctors to take advice from them.		
Signature of the student: 	Signature of the Personal tutor:	

Self-Appraisal Form

PPDP academic year 2020-2021

Al- Zahraa College of Medicine

Completing this Self- Appraisal Form will help you evaluate your academic progress for the last semester. This should help you identify your targets for your Personal Development Plan, which you will share and review with your personal tutor during your individual tutorial meeting.

Personal details:

Name

P. tutor:

Year of

study: 2nd stage 2021 / 2022

Academic Progress:

This section gets you to think about your academic progress the last semester and reflect on areas that need addressing – based on feedback, marks and evaluation. Ultimately, you need to ask yourself 'did I meet my academic goals for the year? Why or why not? What are my academic goals for the coming semester and what potential barriers will I have to overcome to meet these goals?

Academic progress

How do you think you are coping with the assessment tasks and examinations you have been set the last semester?

It was hard to adapt with exams because of time of it and its short period to prepare for it that will make us miss the lectures that we take in the day of exam and focus only on it.

Now think about the feedback that you have received this semester. Have there been any particular strengths or areas for improvement highlighted?

1- I don't have any problem in communication with others and also don't have problem in lectures or in understanding Doctors.

2- I was suffering from anxiety on performing in front of people and I get from it.

How can you make use of this feedback to improve your learning?

1- It will give me more chance to have a good communication with other doctors and having a useful knowledge.

2- It will make me more confident and proud on my self, arise my level to understand knowledge.

What are your academic and learning goals for the coming semester?

- 1- managing my time
- 2- improve my degrees in exams.
- 3- studying with more details.

Are there any barriers to you reaching these academic and learning goals? For example study habits (organized planner vs last minute); the way of your study, personal strengths and weaknesses or any other factor.

- 1- My psychological health
- 2- Very rapid loss my energy
- 3- getting bored of

- **What can you do to overcome these barriers?**

- 1- reduce my stress by talking with my close friends.
- 2- taking a rest between time of lecture.
- 3- talking to my family, eating some thing or listening to music to reduce my bored.

Useful tips:

- 1- This document helps you to assess yourself, which is one of the important skills that you should learn in your medical study.
- 2- Feedback means comments of others (like your teacher, tutor or even your colleague) on your performance
- 3- Keep this document as soft and hard copy in your computer to build your academic portfolio (which is the collection of your academic progress documents)
- 3- You should send a copy to your personal tutor to review your writing and provide you with valuable comments and to monitor your achievements
- 4- Your positive attitude towards the PPDP and completing the related tasks like filling and keeping these documents will be included as a credit in your Professional report.