

Personal Learning Plan

CMHA College of Health & Well-Being

What's a learning plan?

An individual learning plan (ILP) can help you to map your journey through the College. Setting targets or learning goals can help you to get the right support from the college. This will help you measure your own progress, record your achievements and decide what your next steps will be. We encourage you to take control of your learning and to follow your learning plan.

We recommend you create one for yourself to help you choose courses.

If you require assistance in developing an ILP you can attend an ILP workshop.

Setting your goals:

When setting a goal it's important to follow **SMART**, as it helps make your goals more achievable.

S – specific, significant, stretching

M – measurable, meaningful, motivational

A – agreed upon, attainable, achievable, acceptable, action-oriented

R – realistic, relevant, reasonable, rewarding, results-orientated

T – time-based, time-bound, tangible, trackable

To make SMART to **SMARTS**

S – sharing with others makes it more real

Examples of personal goals that the college can help you to:

- Become more self-confident
- Build resilience
- Become more independent in day to day activities and situations
- Understand behaviours and reactions, and learn how to manage them
- Learn new wellbeing self-management skills
- Meet new people

Example:

My goal:

I want to improve my self-confidence; to enable me to feel less anxious when talking to new people.

What will I do?

I will attend college courses, in the next term, specifically understanding anxiety, learning skills to switch off by attending the mindfulness course. It will also give me an opportunity to interact with students and facilitators to build my confidence.

How will I know if I have met my goal?

I will feel less anxious about meeting new people, I will put into practice, daily mindfulness skills - I will know if I have achieved this if my self-confidence has improved after the summer college term (end of July) and I feel less anxious when I talk to new people.

These questions can help you in identifying your goals

1. What motivated you to enrol in courses?
Click here to enter text.
2. What are your strengths?
Click here to enter text.
3. What are your interests?
Click here to enter text.
4. What are your personal hopes, goals, and dreams?
Click here to enter text.
5. What is important to me?
Click here to enter text.
6. Please select up to 5 of the most important goals you have for the next year:

- I would like to learn more about mental health
- I would like to improve my physical health
- I would like to learn how to manage my mental illness and/or addictions
- I would like to get connected to my community and meet others socially
- I would like to learn to communicate my needs and feel respected
- I would like to learn how to support someone with mental health issues
- I would like to improve my relationships with family and friends
- I would like to strengthen my communication skills
- I would like to manage my emotions in healthier ways
- I would like to volunteer or find meaningful employment
- I would like to manage my finances
- I would like to learn about the dietary/nutritional impact on mental health
- I would like to become an advocate for mental health and share my story with others
- Other:

Click here to enter text.

7. What things are helping me achieve my goals now?
Click here to enter text.

8. Additional learning and support requirements:

[Click here to enter text.](#)

What would like to achieve (Goal) (I want to be able to... I'd like to improve...)	What I need to do to reach my goal? (Attend courses, volunteer)	How can the college support me? Other areas to sign post to.	Completed by?	How will I know I have met my goal? (improved mood, learnt new skills to help manage my wellbeing, I now understand my feelings better)		
1.						
2.						
3.						

Was the goal met? (✓)

How can you continue to work towards your goal?	than I expected				more than expected
1. <i>Goal</i>					
<p>What worked well?</p> <p>What still needs work?</p> <p>What good things have happened since you joined the college?</p> <p>How can you continue to work towards your goal?</p>					