

## PROFESSIONAL DEVELOPMENT PLAN

### Year 1 Semester 1

## SWOT Analysis

Strengths	Weakness (Areas for improvement)
<p>Skillset – Very organized, meticulous at observing detail, good at working on teams, having strong emotional intelligence and marketing skill</p> <p>Attitudes – Empathetic, able to help people with problem, good listener, caring deeply and be passionate about the things that I work upon</p> <p>Beliefs – Give your 100% in everything. Things may get harder and harder. But remember that the key of becoming a good designer is not about being extremely good at drawing, but also be challenged and motivated to create new innovation</p>	<p>Skillset – unable to draw on the spot, too focused on little things that may not be as important, tendency to overwork</p> <p>Attitudes – overthinker, pessimistic, sometime taking things too personal at certain times, constantly compare myself to my peers</p> <p>Beliefs – lack of confidence in self, I sometimes think that I am not good enough</p> <p>Areas for improvement: I tend to focus more on the outcomes and overthink a lot which then prohibit me to enjoy my creative process. I want to work more to be organized while also be relaxed and not pushing myself too hard to be perfect. I'm still trying my best to be more positive and be confident about my ability to draw and think creatively</p>
Opportunities	Threats
<ul style="list-style-type: none"> <li>- Back in my hometown, there was not much fashion competition nor design competition that I could attend. Therefore, in Singapore, I want to really take the chance to be participated in several competitions related to my areas of study to enhance my creativity and broaden up my relations with people who has the same interest as me</li> <li>- I also want to join several organizations other than fashion and design to improve my communication, leadership, and organization skill. It is because I believe that in the future, I will also require some public relation skill and analytical thinking, other than creative thinking. In the meantime, I am currently joining the PPI or Indonesian Student Community in Singapore</li> </ul>	<ul style="list-style-type: none"> <li>- I tend to be a perfectionist and it keeps on holding me back before moving forward and do my other tasks</li> <li>- How to overcome: I want to work more to <i>still</i> managed to be organized while also be relaxed and not pushing myself too hard to be perfect. I'm still trying my best to be more positive and be confident about my ability to draw and think creatively.</li> </ul>

# SMART Goals

## GOAL 1

<b><u>S</u>pecific</b> <i>What do I want to improve on?</i>	I want to improve my fashion illustration skill (not digitally)
<b><u>M</u>easurable</b> <i>How will I be able to measure my improvement?</i>	By mastering variety method of coloring and the details of the illustration
<b><u>A</u>chievable</b> <i>What are the steps to achieving this goal?</i>	<ol style="list-style-type: none"> <li>1) Buying and preparing every material that are needed</li> <li>2) Sketch roughly every 2 days</li> <li>3) Try to add more details on the illustration with different tools</li> <li>4) Consistency</li> </ol>
<b><u>R</u>elevant</b> <i>What are the resources needed?</i>	Online, by friend, and practice
<b><u>T</u>ime-bound</b> <i>When do I hope to achieve it?</i>	By the end of the semester

## GOAL 2

<b><u>S</u>pecific</b> <i>What do I want to improve on?</i>	I want to improve my time-management skill
<b><u>M</u>easurable</b> <i>How will I be able to measure my improvement?</i>	Judging by how many works that are undone before the final day of submission
<b><u>A</u>chievable</b> <i>What are the steps to achieving this goal?</i>	<ol style="list-style-type: none"> <li>1) Making list of things that are needed to be done</li> <li>2) Letting go of things that I cannot take control of</li> <li>3) Sorting of things that are essential and that are not</li> <li>4) Sticking to the plan that I have decided to do</li> </ol>
<b><u>R</u>elevant</b> <i>What are the resources needed?</i>	Practice
<b><u>T</u>ime-bound</b> <i>When do I hope to achieve it?</i>	By the end of week 7

For more support, you may get in touch with Education & Career Guidance Office (ECG) at email, [ECG@nafa.edu.sg](mailto:ECG@nafa.edu.sg) or Hotline, 6512 1385 to book appointment.

TO BE COMPLETED BY STUDENT			
<b>Student Name:</b>	Stefani Margaretha Yulianto	<b>Admission No.:</b>	G20220128
<b>Class:</b>	2022	<b>Programme:</b>	BA of Design Practice (Fashion Domain)
<p><i>Student to record notes of PDP Supervisor comments during PDP session.</i></p> <ol style="list-style-type: none"> <li>1. It is okay sometimes if things did not go as I planned before (this is an art school, not a science school:D)</li> <li>2. It is okay to not be okay</li> <li>3. Art can be found everywhere. Sometimes it is not just about what is in your head, but also what's inside of your heart</li> <li>4. It is okay to be having the "child" side inside you</li> <li>5. Try to appreciate yourself more</li> <li>6. What the teacher told you might not be the same as what you wanted it to be, but in the end try to also challenge yourself, connect them with you and your studies</li> <li>7. Don't be so hard on yourself</li> </ol>			
<p><i>Student's self-reflection</i></p> <p><b>What is a young adult? What if I'm not ready yet to grow up?</b></p> <p>Being 17 and just moved to a new place must be hard on any of international students. Before joining the first week and during the orientation week, I could not even get some sleep. I was overthinking so much and wondering about what might and might not happen during my further study in NAFA, because I know for a fact that most of my peers has already had so many experiences, whether it is in fashion, graphic communication, or just as simply as life experience. I just turned 18 this month and I'm somehow feel like everyone's little baby in my domain (which I love).</p> <p>However, still being a baby/ a child while also be treated as "mature young adult" as what my lecturer always says, give so much pressure on me. I feel like I am forced to grow up when it is not the time yet. To be fair, what even is a mature young adult? on what measure would someone be defined as an "adult"? Is it by age? If so, how come I still encounter immature 40 years old? What if I still wanted to be a child? Personally, I think that being a child, or even having the spirit of becoming a child is not a bad thing. Let's assume that it can be one of my specialties, the one quality that makes me different than my other mature peers. Having the curiosity, the innocence, the flexibility, those are all the things that are also needed in this degree course. So, if most of the qualities are the childlike mentality, why should treat us like a "mature young adult?"</p> <p><b>Be more flexible</b></p> <p>I should not blame my Virgo in me, but sometimes I just cannot help it. Since elementary school, I love to make plans, timetables, or some reflection/diary. I see it as a way for me to cope with my study, for me to be organized and get things done. All this time, this method is always a successful for me because I therefore can finish my tasks and can live a happy, fulfilled, complete life. After joining NAFA, however, as an art school, I cannot do that. I no longer can stick to my schedule, all my to-do list on time, because most of them are needed to be spontaneous. For example, I cannot just estimate to sketch 20 fashion outfits in just an hour.... Even if I could, there will be some days too where I'll not be able to do so. And when things did not go as I planned, guess what? I got frustrated. That's just how organized I am.</p> <p>Thanks to Ms. Georgette, I feel like I was pretty much "awakened". I just realized that I am an <u>art</u> student, <u>a designer</u>, not a science student anymore. Everything might not be as smooth, as I planned. Also that I am a <u>human being</u>, not a <u>human do-ing</u>. I should just <u>be</u> doing the things that I <b>wanted</b> and <b>needed</b> to do, not just the things that I am <b>forced</b> myself to do.</p> <p><b>Fashion and Psychology</b></p> <p>Before wanting to become a designer, I was also considering becoming a psychologist. The reason why is that because I find how people behave, how they live their life, the complexion of how they think, are interesting. And to be honest, I still cannot let go that spirit of becoming a psychologist in me:D. Consequently, I think that most of my assignments that I did are also based on/ inspired by how people are thinking. This one interest and ability of mine can also be applied to my everyday life as a student and a designer. For example, I really enjoy my research for consumer behavior for the final project because I can also improve my ability to read people. It might be sound a little bit odd and creepy, but I think it is also one of the most required soft skills that a designer should have. The ability to understand and have the empathy of what their consumer are requiring, or as simply as also connecting to people.</p>			

**Don't put so much pressure on yourself, give yourself a break**

I think that since day one of going to school, I have always put so much pressure on myself. I feel like I always checking up on those around me, caring about them, without even realizing that I also be the one that needed to be checked up on, to be feeling okay. Recently, I was not feeling okay. I always pushed myself to be better, and better, every day. It is actually good, really. But sometimes, things that are too much is also not okay.

Let's say that all my artwork is doing great. I can finish all my task on time and have a good score. BUT, while doing so, I was really stressed and does not have enough rest. What is the point? They are the artwork that represents my expression, my feelings, my thoughts. But if I got everything perfectly while not being okay. It is all will be useless, because I will also lose all of the connection that I have between me and my artwork.

So, as what Ms. Georgette, my mom, and my fellow classmates always say, "happiness first". Give yourself some credit, take it slow, and enjoy:)

**TO BE COMPLETED BY ACADEMIC CARE MENTOR****Acknowledgment  
by ACM**

Georgette Yu

26 October 2022

ACM Name and Signature

**Date/time**