1 year professional Goals

January 19, 2022

One of my professional one year goals is to improve my public speaking and presentation skills.

Strategy#1 Take a class

* Register to take Mastering Public Speaking class at Midlands Tech for 6 weeks
* Start Practicing more in front of large groups
* Be open to any tips given

Strategy#2 Be Prepared

* Start early with putting a presentation together so that it give me more time to practice in front of a mirror or in front of family members and friends
* Stop going off on what's on top of my head “Not winging it”
* Asking for advice and corrective critisims

Strategy#3 Be Confident

* Increase vocabulary finding a new word in the dictionary at least once a week and using it in a sentence
* Focus more on my body language, stop standing behind podium, standing on one leg
* Walk around more, memorize note show that i know what i’m talking about

I would also like to gain an internship in my field of Human services somewhere like DSS.

Strategy#1 Research

* Get some background on our local DSS in Columbia
* Find out information on certain departments so i can see which department i may ask to do an internship in if offered there
* Try to get point of contact information whether its email or phone

Strategy#2 Advice

* Network with classmates, family and friends
* Talk to previous and current professors
* Join community groups that focus more into Human Services

Strategy #3 Update resume

* Include all credentials, work experience, and education
* Include Professional references
* Make sure my contact information is up to date