**Professional Growth Plan Frame and Samples**

**Framing the Goal**

I will improve my ability to (state the practice I want to improve) by (state how and when I will do this) (state what I will learn), and I will implement (how and when I will apply the learning).

**Sample 1**

I will improve my ability to counsel students from diverse backgrounds by viewing webinars and reading professional articles focused on culturally competent school counseling during September and October to identify 3 strategies; and I will implement these strategies in individual and small group counseling sessions between November and May.

**Sample 2**

I will improve my ability to assist students at risk by completing 4 online training sessions to learn strategies in suicide prevention between September and November; I will implement from December through May by making presentations at faculty, staff, and PTA meetings to share warning signs and strategies for getting these students the help they need.