



LEARNING OUTCOME 5

Personal leadership

Introduction

This reader reflects my personal and professional growth over the past semester. I focused on improving my habits and building a stronger professional presence. I've become more aware of my strengths and weaknesses and took steps to improve in areas like procrastination and perfectionism. This has helped me better understand myself and what I want for my future.

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5.1 Self-assessment: proficient

5.2 Exploration of self

5.2.1 Using free days

In this semester I had (mostly) all my Tuesdays and Fridays off. I wanted to use these days well and that is why I chose to meet up with friends on these days to work on school together. This was nice because I asked friends who aren't following the same education as me and we could help each other if we needed a new point of view. I worked with friends in Marketing, Sales, Design and Finance. I helped them with their computer and they helped me with my projects. This also allowed me to get more experience with helping people who have no understanding of a computer. These experiences will help me at my future jobs.

5.2 Taking my LinkedIn more seriously

Because I have to search for an internship next semester, I figured that it is important that my online presence is improved. (see 5.3 and 5.4 for more information about this). I have also been planning a headshot photoshoot with a professional photographer and this will take place on the 13th of April. With this photo I will be able to update my resume and update my LinkedIn profile.

5.2.3 Making connections

With updating my LinkedIn profile, I also have been looking for more connections. I did this by connecting with people on LinkedIn and by going to the WWV on the study day. At the WWV I spoke to many people and told them who I was and what my plans are for the future. I think this was a great opportunity for me and it helped me gain experience with talking to other professionals and 'selling' myself.

5.2.4 SWOT analysis

Visual SWOT analysis:

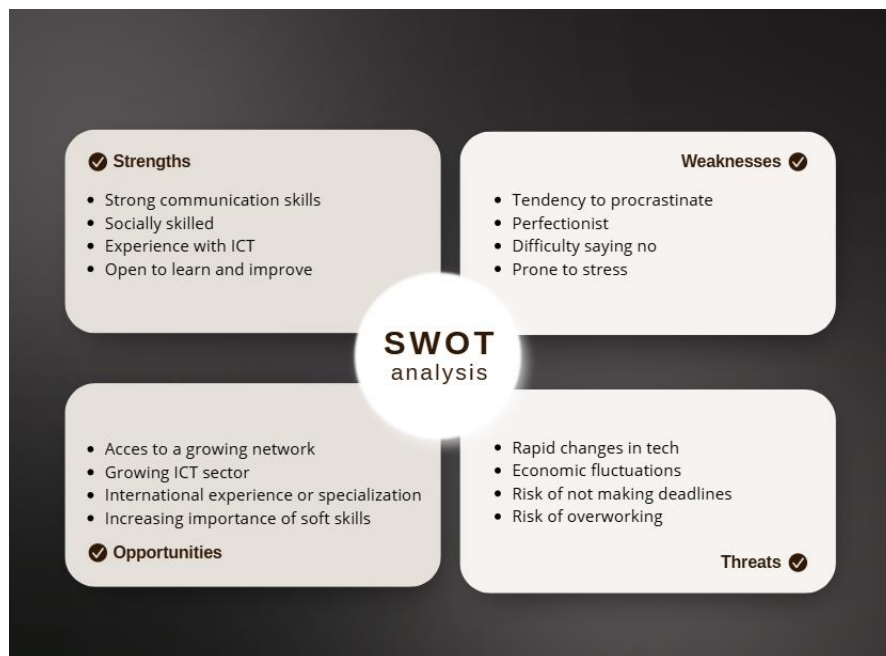


Figure 1 Visual SWOT Analysis

Textual SWOT analysis:

Strengths:

- Strong communication skills, I'm good at listening and I am able to express myself clearly.
- Socially skilled, I'm comfortable in group settings and good at networking at my job and at school.
- Experience with ICT, due to my previous education at Summa, my previous internships and my current education at Fontys, I have experience with ICT. This experience helps me with solving problems and helping others.
- Open to learn and improve, I have shown myself this year that I am able to grow and improve myself if I give myself the time and space for it. This is very important for my personal growth and for my future in the work field.

Weaknesses:

- Tendency to procrastinate, I have the tendency to procrastinate if the expectations are unclear. I have to then push myself to find out how to meet these expectations or set my own expectations. When I know what to do, I don't procrastinate.
- Perfectionist, in some cases I can be a perfectionist. I have the tendency to focus on smaller aspects of a project. While this is a good thing in some cases, I sometimes find myself missing the bigger picture. I often have to go and ask for feedback from someone else to avoid focusing on the small things.
- Difficulty saying no, I can be somewhat of a people pleaser sometimes. This makes it difficult to say no. Because of this, I am very busy and this makes it hard to keep a good balance between my jobs, family, school and friends.
- Prone to stress, this mostly affects me during periods that have deadlines or when my schedule is very full. It mostly affects my sleep and my mood. When the deadlines are over, the stress goes away.

Opportunity's:

- Access to a growing network, because of my job as a private driver, I meet a lot of people that are business owners, investors or managers. Talking with these people makes networking very easy. Because of this job I also have taken LinkedIn more seriously and this also makes my network grow a lot. Lastly, my education at Fontys gives me access to the network of the school. I can use my network for work opportunities or internships.
- Growing ICT sector, because of the growing ICT sector there are more work and internship opportunities.
- Potential for international experience or specialization, because of the education program of Fontys, I have the opportunity to gain international experience and specialize myself. This can open up more doors in the work field.
- Increasing importance of soft skills, my social skills are becoming more important because people are looking for real connections in a world full of AI. Having good communicational skills can be important at things like job interviews or networking conventions.

Threats

- Rapid technological change, these rapid changes make it very important that I keep learning and keep evolving myself.
- Economic fluctuations, because of ongoing global conflicts, companies have less trust in the economy. This can make it harder to get a job or internship.
- Risk of not making deadlines, because of my tendency to procrastinate I have a greater risk of not making my deadlines at school or at work.
- Risk of overworking, because I find it difficult to say no to people I have a higher risk of overworking myself. This can lead to a bad work and private balance and this can lead to more stress.

Reflection on SWOT analysis:

After receiving feedback on learning outcome 5 (personal leadership) I did this SWOT analysis to reflect more on my own habits, tendencies and personal development. I used it as a chance to look at myself on a bigger spectrum.

While working on the SWOT, I recognized recurring patterns. I recognized how unclear instructions or expectations hold me back. I also have a better understanding of how my “people pleasing” tendencies might be holding me back instead of helping me. For me, these weaknesses look like things I could be improving on rather than seeing them as actual weaknesses. I do however acknowledge that they can affect my work and stress.

I also want to highlight that I have been making changes to improve on my weaknesses. For example, I have been more open to ask for feedback when I get stuck in my perfectionism. I have also learned that clear expectations help me to stay productive and focused.

Making the SWOT made me recognize the strengths others have recognized in me and I was able to connect them to current opportunities. For example, the growing values of social skills and my ability to communicate well are things that can help me in the future.

The SWOT helped me to understand the traits instead of just listing them. It gave me a better understanding of myself. I would like to do this again to see where I have grown and where I could be improving.

5.3 Exploration of job vacancies

5.3.1 Announcing that I've earned my propaedeutic diploma

What:

Sharing on LinkedIn that I've earned my propaedeutic diploma, in Dutch and English.

Link to my the post:

<https://www.linkedin.com/feed/update/urn:li:activity:7308814127710261251/>

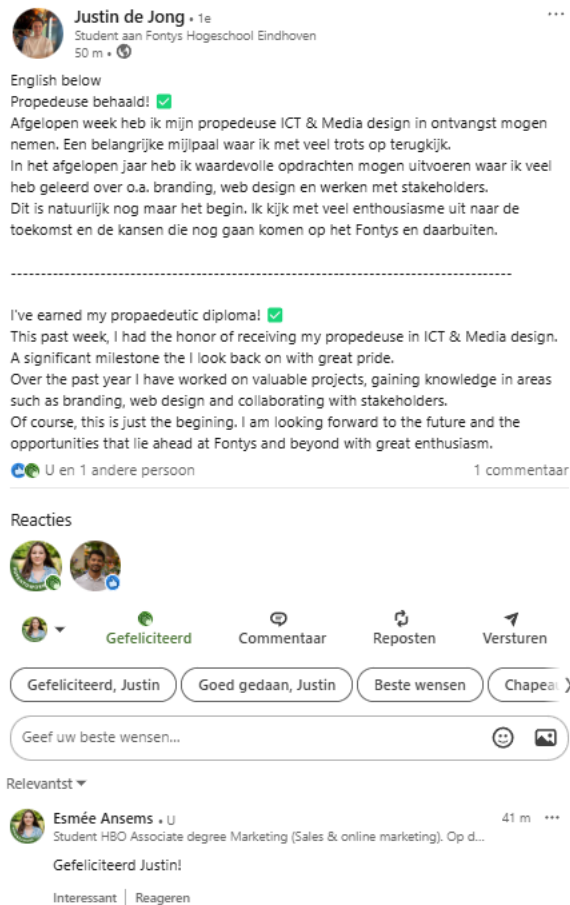


Figure 2 My announcement on LinkedIn

Why:

In preparation for my search for an internship in the next semester, I acknowledge the need of revamping my LinkedIn account. Having a professional LinkedIn account can help me to stand out to people like recruiters. I chose to write it in Dutch and English because this will help me to not only stand out to Dutch recruiters, but also to recruiters outside of the Netherlands (Houtum, 2024).

How:

To start, I looked up other people's announcements for their propaedeutic diploma to gain inspiration. Then I started writing my own, I chose to keep it short. When I was done, I asked my friend (who has a lot of experience with LinkedIn) for feedback on my text. She Liked the way I wrote it and thought this was a good first LinkedIn post. After confirming it was good, I posted it on my account.

5.3.2 Updating my LinkedIn description

What:

Updating my LinkedIn description.

Link to my LinkedIn profile: <https://www.linkedin.com/in/justin-de-jong-92a77a1b9/>

Info

English below

Hallo, ik ben Justin de Jong.

Ik ben 23 jaar en ik zit op dit moment in het 2e jaar van mijn opleiding HBO ICT & Media design bij Fontys Hogeschool in Eindhoven. Afgelopen semester heb ik met veel trots mijn propedeuse behaald.

In 2023 heb ik mijn MBO ICT media/applicatie ontwikkelaar diploma behaald op het SUMMA college in Eindhoven.

Ik ben een enthousiaste en creatieve student. Ik werk graag samen aan een gezamenlijk doel. Ik ben sociaal en ik heb een groot verantwoordelijkheidsgevoel. Ik beschik over een rijbewijs.

Hello, I am Justin de Jong.

I am 23 years old, and I am currently in the second year of my HBO ICT & Media Design studies at Fontys University of Applied Sciences in Eindhoven. Last semester, I proudly obtained my propaedeutic diploma.

In 2023, I obtained my MBO ICT Media/Application Developer diploma at SUMMA College in Eindhoven.

I am an enthusiastic and creative student. I enjoy working together towards a common goal. I am social, and I have a strong sense of responsibility. I also have a driver's license.

Figure 3 Updated LinkedIn description

Why:

As I've written in paragraph 5.3.1, I want to revamp my LinkedIn page to stand out to recruiters in my search for an internship next semester. A good and short description of what I am doing and who I am can give a good first impression of me. By writing it in Dutch and English, I can stand out to Dutch recruiters as well as recruiters outside of the Netherlands.

How:

I started by looking at other accounts to gain knowledge of what I should write in my description. I then made a short list of things I wanted to mention and began writing my text. When I was done I asked my friend for feedback like I did with my propaedeutic announcement. She said it was good and that this is an important part of revamping my LinkedIn account.

5.3.3 Adding a description of my current job to my LinkedIn account

What:

I've added a description of my current job as a (private) chauffeur at Wijrijden and I added skills that I have learned while working there.

Why:

As I've written in 5.3.1, I am revamping my LinkedIn account. By writing a description of my current job and highlighting the aspects that make me look more professional, I can make myself more desirable for recruiters. I chose to write it in Dutch and English because this will help me to not only stand out to Dutch recruiters, but also to recruiters outside of the Netherlands

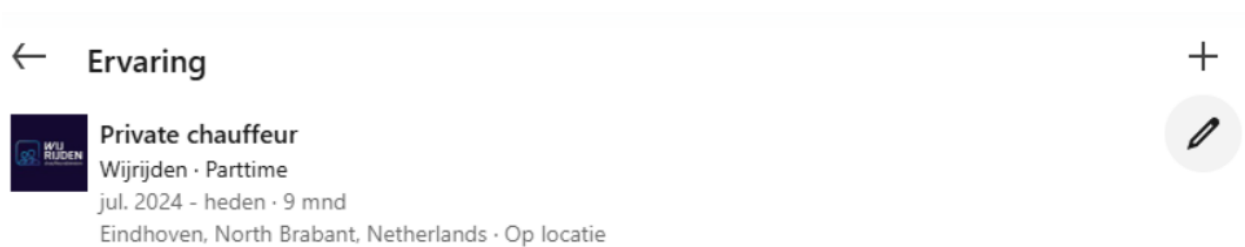


Figure 4 Experience Wijrijden before

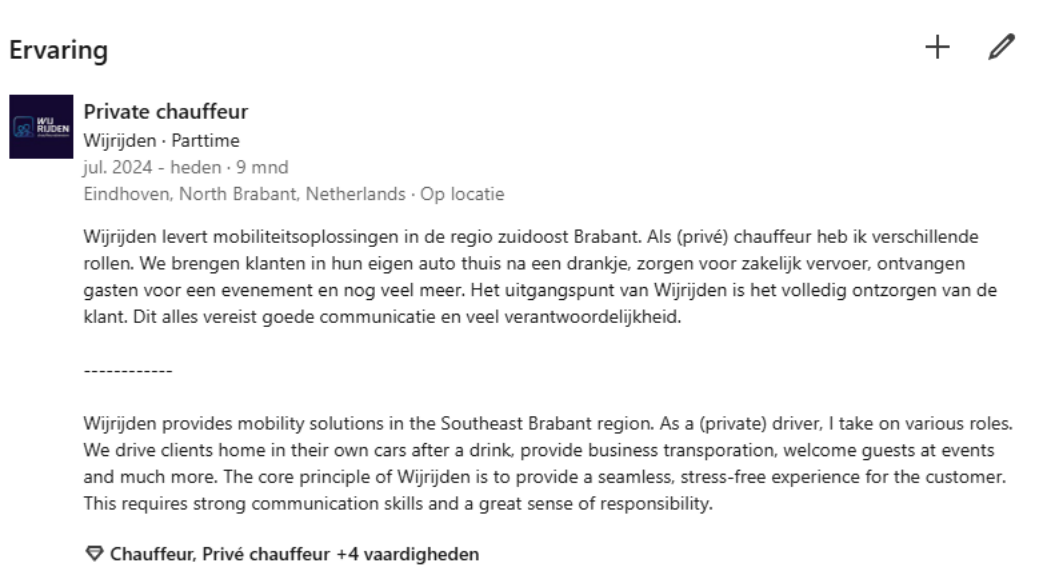


Figure 5 Experience Wijrijden after

How:


I looked at the LinkedIn page of my job to read their own description. I combined the things I wanted to write about in a short list and began writing my description. I wrote about what I do


as a chauffeur and what qualities are needed for the job. I then added the skills that are relevant to the application.

5.4 Feedback

Although I still find it hard to ask for feedback, I did ask more feedback this semester. I think I have a hard time with asking for feedback because I feel uncomfortable with showing an unfinished product. I will be working on this in the coming semester.

I did find the feedback that I have received very helpful. In this paragraph, I will show three examples of helpful feedback and what I did with it.

Checkpoint 10 Feedback - Maikel 31-03-2025 



Jong, Justin J. de 3 months ago

We talked about our project. I am busy with integrating the AI into our project. First I wanted to go with an React Native app with a PostgreSQL. After our talk with Maikel he came up with a Progressive Web App. It is easier to make and can be used offline because we will use the database in the browser for the words because it wont take up much space. Also the building process is faster for a PWA because you don't have to differentiate between iOS and Android. It can be used for the functionalities we need for the app.

Feedback about the poster Angelina & Joëlle:

It is important to clearly highlight the key points, use more visual illustrations, and add images that serve a specific purpose rather than just placing them randomly. The tulips and Dutch windmills are a nice addition.

After receiving this feedback, I switched over to a progressive web app. This made the process easier and it made it so it could be done in one app instead of 2. This was very helpful.

Comments

Good progress with this LO! Nice that you are actively seeking for jobs and you are improving and leveraging your LinkedIn.

Show us your strenghts and weaknesses and how this reflects in your personal and professional path. Do a personal **Swot** analysis.

Show us the feedback from your teachers and how you apply them.

You are almost there :).

The feedback I got on this LO was also very helpful. Because of that feedback I did the SWOT analysis. This gave me a lot of insights about myself. I have written more about this in paragraph 5.2.4.

Comments

Some improvements if I look at the feedback from last time, but some still applies. You frequently make good commits and you added a good ReadMe file to the portfolio Git-repo. Your code consists of comments, which is good! Try to also apply everything, and try out branches for features, in group context. For the battery and the background Canvas, did you use a library found online, did you adjust it yourself, give us a bit more context here.

Prior to this feedback, I had more feedback about my portfolio. It was nice to read that there definitely was improvement. I also was able to explain myself and I got the verification that I was on the right track and that I just had to specify it more in my context. About the functionalities I have in my website.

5.5 Attending events

5.5.1 Planning my visit to the Webwinkel Vakdagen

While telling a friend about wanting to attend events that revolve around web design, she told me she was going to the “Webwinkel Vakdagen”, the biggest digital commerce fair in the Netherlands. She told me there should be interesting readings and that it is a great chance to expand my network. I was interested and got a ticket.

My visit to the Webwinkel Vakdagen. On the third of April, I went to the WWV. Before attending, I made a planning to make sure I knew what readings I could attend, at what time. I made this using the program that was provided by the WWB and Google Calendar. When the day came we made sure that we would be on time and arrived early. We then got our badges with our names and companies and went inside.

We made our first round through the halls and we met with the colleagues of my girlfriend. The company was named WebElephant and they told me about their company and their relationship with their current IT-specialist. I asked them what they liked and didn't like about him and they told me that they liked his work, but the communication could be better. They also said that they have almost always had that problem with IT-specialists. I said that I understood that but that I felt like I was good at communicating. They then said that I should make sure to focus on this when I am introducing myself to companies in the future. We talked about how the communication could be better and after that we went to the first reading.

This reading was about how to optimize the back-end and front-end of the website from the beginning and how to be able to scale it all. It was very interesting because it taught me more about the different add-ons that are used to run a webshop, which was interesting. The biggest tip they gave is that there are a lot of different tools and that I can use [toolfinder.co](https://www.toolfinder.co) to easily find out what tools I could be using.

After the first reading we walked through the halls and were stopped a couple of times at different stands. Some had a good story about their company, some just wanted to give us food or merchandise.

We then wanted to go stand in line for the next reading but we saw that the line was already way too long to be able to go and attend the reading. We then asked if we could be watching it live and this was possible. We then found a place to sit and we watched the livestream. This livestream was about SEO (Search Engine Optimization) and what AI would be contributing to it in the near future. He told us about the different opinions that were thrown around on the internet and what he thought about them. He then told us about the current ways that consumers are searching and how it is changing with social media. SEO is more about the

frontend of the website but things like loading time are also very important for the ranking in Google. Although I'm currently more focused on the back-end of websites, I think it can't hurt to be aware of the important things in the front-end.

After the second reading, we made our third round in the halls and talked to more specialists. I've made a couple of connections that could be helping me in the search for my internship next year.

We then sat in another reading about AI. This one wasn't that interesting for me because I think it was mainly targeted to the older generations that knew nothing about AI. After that we said goodbye to the colleagues of my girlfriend and we went back home. I liked going to the WWV and I think it is a nice opportunity to gain knowledge about different aspects of a webshop. I would attend it again.

5.5.2 Reflection LO5 The Art Department Festival

Unfortunately, I did not attend The Art Department Festival. I now see that I've made a mistake by

not attending, and that is why I've written a reflection using the STARR method.

Situation:

On March 11th, I received an announcement that we were going on a field trip to The Art Department on March 20th from Chris. The field trip would be about 'The Art of Filmmaking.' Semester 2 and 3 were invited to it under the condition that the venue wasn't full.

Task:

I had to be in front of the Klokgebouw at 9:00 AM on March 20th to meet my peers and pick up our tickets. I then had to attend the event at 10:00 AM.

Action:

I read the website that was linked in the announcement, and I thought that it was a bit vague. I didn't see the reason why it would help me with my project. I then made the decision that I would not be attending. Instead of attending, I got together with a friend to work on my portfolio.

Result:

I missed out on the opportunity to go to The Art Department field day, and I disappointed my

teachers. I also wasted the €75 that was spent on my ticket.

Reflection:

I am disappointed in myself that I took this opportunity for granted. I should not have let my first impressions make the decision of not going. I now see that this was an unprofessional and ungrateful decision because not only did I waste €75, but I also wasted an opportunity given by Fontys. Therefore, I am sorry to my teachers, and I will do better if we get another opportunity in the future.

5.6 Reflection of this semester

5.6.1 Next steps for me

In the next semester, I want to continue to actively work on my weaknesses. I think I have already made a big step by identifying them. I will continue building better habits and asking for feedback.

Another focus point will be preparing for my internship abroad. I want to do this right and I want to be fully ready. This will help to make it a smooth and successful experience. My current goal is to secure an internship in Lisbon. I'm very excited for it.

I'm also looking forward to specializing in generative AI as this is something I'm very interested in.

Lastly, I hope to find a part-time job related to ICT. This would help me to gain practical experience while earning some extra income.

5.6.2 What went well this semester

This semester, I have definitely made progress in my technical development and personal development.

An example of this is my preparation for the upcoming Generative AI specialization. I took initiative by working with AI tools and exploring prompt engineering techniques. I also had conversations with professionals and people who just use it sometimes while working. These conversations gave me new insights and ways to look at AI and how people use it differently. An example of this is my friend who does sales, she uses AI for organizing her clients and writing e-mails.

I've also started to take more steps to become more professional. I looked at how I present myself and wanted to change that. One of these changes was that I improved my LinkedIn profile. I wanted it to align more with where I want to go in my career. I think this was a positive change for me.

Lastly, I thought the communication between me and my group went well. I also think that my experience was very helpful in the project.

5.6.3 What could've been better this semester

There were also a few areas where I struggled. One of the biggest challenges was making decisions during the group project. The most difficult part was choosing the direction for the app. In my opinion, we spent too much time on this phase. I've learned that it's better to make a decision, test it and iterate rather than getting stuck in one place.

Another thing that did not go well is that I am still not asking for enough feedback. Although I've improved, I still tend to hold back. I reflected on this and I came to the conclusion that I am just uncomfortable with showing unfinished products. Moving forward, I want to become more comfortable with sharing unfinished work and using feedback as a tool for my growth or development.

Lastly, while implementing AI in the application, I went into it with little to no research. I should have done some research because this would have made the whole process a lot easier. In the future, I would take a bit more time up front to understand my options better before trying to do it by myself.

5.6.4 What do I want to continue

During this semester I have been working very hard on improving myself and exploring who I am and what I can improve. I was very motivated for this because I really want to do an internship outside of the country next year. I also felt like I was more motivated from the beginning because of a meeting that I had with one of the teachers after the last semester.

I want to continue learning about myself and learning what works for me. I have found that my schoolwork has been more enjoyable because I am able to work more effectively and efficiently.

5.6.5 Behavior that I would like to change

This semester, I looked at myself in different ways. For example, I did a SWOT analysis. This analysis made me more aware of the things that are my current weaknesses but it also gave me more motivation to change these things about myself. I also saw that my weaknesses are related to each other. My tendency to procrastinate because of unclear expectations makes me stressed. Because I can be a people pleaser I want to always match these (unclear) expectations. I also think that being a perfectionist can sometimes be me procrastinating working on the bigger picture. By focusing on small details, I don't have to think about the bigger picture yet.

The behavior that I want to change is:

- Procrastinating
- Perfectionism
- Difficulty saying 'no' (people pleasing)
- Prone to stress

I'm aware that these are big changes that can't happen all at once but I think that slowly changing smaller things like I have been doing this semester will end up making a big difference. I also think that trying out new things and techniques will help me with problem solving and becoming more professional.