



Training

PHEW! Another successful year's flying. Time to sit back and bathe in the glory of your achievements.....Or is it?

At the start of these Safe T lines articles, I said that

***Practice makes Perfect and
Perfect Practice makes *Perfection****

The end of the year is a good time to look back and reflect on the last flying season and try to work out what your needs are for next year.

Improving and progressing as a pilot doesn't "just happen". You have to plan and train. Firstly you need to identify your learning needs. Secondly you need to work out how to address these needs. Finally, once you have identified these you can then work on a specific training plan. When the weather improves you can then put this into action.

Those of you who have annual "appraisals" might be familiar with this style of self directed learning.

The "Parappraisal" pro-forma below will help you identify your needs and build up a plan. You can use this as a "DIY" list on your own, or meet up with a buddy over a pint and discuss it with a fellow pilot. Often, another person's input will enhance the thoroughness of the self critique.

Parappraisal considerations:

- What went well and what are you particularly proud of and why?
- What are your strengths?
- What didn't go so well and you are least happy about and why?
- What do you perceive as your weaknesses?
- Thinking about your best flight, what opportunities and factors came together to make this happen?
- Any low moments or accidents and what was your worst experience?
- What were the contributing factors that caused this?
- What have you learnt from this?
- What aspects of your flying have improved over the year?

- How did this happen?
- Did you have any specific objectives to achieve this year?
- Have you met them? If not, why not?
- Looking ahead, what could and do you want to do better?
- Where do you see your flying career in 1, 3 and 5 years time?
- What extra skills do you need to help you get there?
- How do you learn best? - Reading, videos, courses, talking to other pilots?
- Are there any articles that you have read, videos that you have seen or lectures that you attended that made a big impression on you? Why?
- Are you an active member in your club? Do you feel that you have anything special that you could contribute either in the running of the club or a special topic that you could talk about?
- What does your flight log look like? Do you reflect after each flight and think about what you might have done differently?
- Do you keep a "Learning Log"?

Plans for the next 12 months:

The objectives that you set yourself should be:

Specific,
Measurable,
Achievable / Attractive,
Realistic and
Time achievable.

Objective 1

How will you achieve this?

Objective 2

How will you achieve this?

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How will you achieve this?

In the next few Safe-T lines I intend to look at learning styles (including a learning log), the SMART objectives and positivity.