

editor's page

Personal Development

This is a special issue of the *Journal* and hopefully will serve as a stimulus for continued personal and professional growth for Extension professionals. In no way is it a complete summary of what's happening around the country. If you have had a stimulating experience, why not share it in a future issue of the *Journal* in the "Idea Corner" or "Forum" sections?

Why personal development? I feel we each need some new experience, new insights, and "think" time or stimulation away from our everyday job. For me, this last year interacting with the Delaware Extension staff at their annual conference and working on this special issue of the *Journal* have been personal/professional growth experiences. What experiences have you had in the past year or two?

There are many commercial workshops and courses on the market today. Two of the more recent ones are described in short articles—two which I have personally had contact with and which I feel might be of interest to other Extension people: (1) Adventures in Attitudes, by Personal Dynamics, Inc., and (2) Leadership Workshop of the Center for Creative Leadership. Addresses for more information on these programs are given at the end of each article.

Would you review your own Plan of Work sometime soon? How many days do you have planned for personal growth and development? Is it adequate or should you plan for more time? Did you participate in the days you had planned last year? If not, what happened? I feel we each need to plan for and take time for personal improvement in the future.

Recently, I read an article describing a commercial company study which showed that the motivational effects of a salary raise last only 19 days. Perhaps someone should do a study of the motivational aspects of personal development experiences. I expect that most meaningful experiences motivate us much longer than 19 days!

Phyllis E. Worden, Guest Editor

Editor's Note: After we decided personal development was to be featured in the 1977 theme issue, we searched for an Extension professional who not only emphasized personal and professional growth but practiced "what he/she preached." We found such a person in Dr. Phyllis Worden. As assistant director for Human Development at Colorado State University, Fort Collins, she's responsible for family living and 4-H programs. Her involvement as director of a human development workshop at the National 4-H Center "turned her on" to personal and professional growth. She's a past contributor to the Journal and has edited in-house newsletters and other publications. She has done a superb job with this issue!

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