



## Individual Development Plan | Annual Meeting Form

\* U D G X D W H

6 W X G H Q W Name:

Mentor Name:

Date:

Your J U D G X D W H is a professional development period vital to establishing an independent career.

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## Part I. Progress

1. % U L HUA Y L R Z U H V H D S U F R K J U L H O W K S H D V W D U 7 K L L Q F O X S G H E O L F D S W I H R Q I V Q W D W L F  
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4. Describe any unusual or unanticipated challenges you experienced this year in trying to accomplish your goals including actions taken to meet these challenges. How can your faculty mentor help you?

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6. What is the current source and duration of your funding?



## Part II. Goals & Objectives

1. List your career objectives this year by subtopic.

a. Research Objectives

b. Professional Development Objectives

2.

## Part III. Mentoring

1. Your faculty mentor can provide guidance in many areas, and a continuing discussion should be valuable. Input from others about your research, professional development, work/life balance or other areas may also be useful, and you may want to consider using some or all of this IDP form as a basis for conversations with each of your mentors. In the space below, consider the breadth of mentoring you currently receive.

	HOW OFTEN ARE YOU MEETING?	IS THIS SUFFICIENT?	DO YOU INITIATE MEETINGS?
FACULTY MENTOR			
ADDITIONAL MENTORS			
COLLABORATORS			

2. What was most beneficial from the mentoring you received? What would improve the mentoring you receive?





## Part V. Well -Being (optional)

Consider this section as you make your plans.

For example:

- x Research environment: Features of your lab group or your relationships with colleagues and collaborators that are helpful and supportive to your well- E H L Q J , W K P H W K M J D W D Y H I O W your progress.
- x Work-life balance: How to maintain a balance between your work and life/personal needs. What is working? What do you need to change?
- x List any other stressors or concerns you have.

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