

## Postdoctoral Individual Development Plan (IDP)

The IDP is a personalized planning tool to help you reflect on your current career stage and identify goals to help you make timely progress and achieve your career objectives.

### Purpose

- To identify short-term goals in making timely progress toward completion of your training period.
- To identify long-term career goals and the steps necessary to meet those goals.
- To facilitate ongoing guidance conversations between you and your faculty advisor.

### Set goals and make plans for the upcoming year

Fill in the boxes below with specifics that are applicable to your expertise and your research field. Name conferences, types of trainings, or opportunities you may need to pursue to reach your career goals. Remember that this document is a revolving guide for your career development and you will revise it from time to time as your career progresses. Use information from your MyIDP report as appropriate.

Current career target:

Long-term career goals:

Short-term career goals:

**Postdoctoral Trainee:**

- How can your PI/Research Advisor help you achieve your goals for the upcoming year?
- What resources can your research advisor provide or help you find to achieve your goals?

**PI/Research Advisor:**

- Provide feedback to the postdoctoral fellow how he/she can improve performance and achieve his/her goals for the upcoming year.

Name:

Department:

Signature:  Date:

Program Mentor:

Program Mentor signature:  Date:

PI/Research Advisor:

PI signature:  Date: