



Biomedical Sciences Graduate Program

Individual Development Plan of PhD Student

- Objective:** This document is designed to help students and their mentors document
- I. realistic assessments of current abilities and opportunities for development
 - II. career exploration activities
 - III. short- and long-term goals (including progress towards established goals)
- Instructions:** Students are required to
- I. review and update this document in collaboration with their mentors at least once a year
 - II. submit plans to your mentors for signature by **June 30** each year
- Resources:** See myidp.sciencecareers.org for additional support
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Student Name:

Program Year: PGY1___ PGY2___ PGY3___ PGY4___ PGY5___ PGY6___ PGY7+___

Project Title:

Step I: Self-Assessment

Accomplishments

i. Brief overview of 1) your coursework (applicable for 1st- and 2nd-year students), 2) research progress (was the expectation and goals of the past year met?), and 3) any obstacles to timely degree completion. Please also write down your research expectation and goals for next year.

ii. Publications

iii. Seminar Presentations (students must present at least once at a BMS retreat or a national meeting)



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iv. Workshops attended (e.g. training/mentoring sessions/technical seminars)

v. Grants received or applied for

vi. New areas of research or technical expertise acquired in the past year

vii. Honors/Awards

viii. Community or University service

ix. Teaching Activity

x. Clinical Activity



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xi. Patents

xii. Other professional activities not identified above

B. Skills, Interests, and Values *(consider using the MyIDP Assessment tools to help complete this section)*

i. Identify the scientific skills and knowledge areas in which you are most proficient

ii. Identify the scientific skills and knowledge areas in which you would benefit from additional training and development

iii. Identify the scientific tasks you most enjoy doing

iv. Identify the scientific tasks you would prefer to avoid

v. What is most important to you in your professional life? What rewards or outcomes do you want from your work?



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Step II: Career Exploration

- i. Identify career opportunities of interest to you

- ii. Identify developmental needs based on career interests
 - Prioritize your developmental areas
 - Identify resources to develop the appropriate skills for your desired career path

Step III: Goal-setting

- i. Identify two long-term career goals, targeting at least 3-5 years in the future.

- ii. Identify three short-term development goals, targeting 1-3 years in the future.
 - Short-term goals might include classroom or research-oriented goals, and may focus on areas such as career advancement, skills development, and project completion.
 - Short-term goals should be specific, measurable, achievable, relevant, and time-bound.

iii. Key program milestones

Milestones	Expected Completion Date	Actual Completion Date
Committee Formed	Year 1 Summer	
Completed Preliminary Exam	By the end of 5th semester	
Admitted to Candidacy	By the end of 5th semester	
Completed Prospectus	During the 4th year	
Completed Dissertation Defense	By the end of 5th year	



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Step IV: Implementation

- i. Review and revise your plan as needed
- ii. Engage mentors and peers to assist you in achieving your goals
- iii. Embrace change; be prepared for professional experiences and life events to lead you down paths you had not previously considered.

Student:
Name _____

Signature _____

Date completed _____

Mentor:
Name _____

Signature _____

Date completed _____