



# INDIVIDUAL DEVELOPMENT PLAN

Date \_\_\_\_\_

Name \_\_\_\_\_

Graduate  Postdoctoral

Institution \_\_\_\_\_

Department/Unit \_\_\_\_\_

Mentor(s) \_\_\_\_\_

## Self-Assessment

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Where do you hope to be 2-3 years from now (academia, industry, entrepreneurship, industry, etc.)?

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What are your strengths?

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What skills or experiences will prepare you for your next steps?

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## Educational & Research Goals

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Goal	Action Steps	Success Indicators
<i>Example: Strengthen Communication skills</i>	<i>Attend writing workshops, give presentations at EARTH meetings</i>	<i>Presentation feedback, increased public speaking confidence</i>

## Career Exploration & Professional Development

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Goal	Action Steps	Success Indicators
<i>Example: Gain industry or applied experience</i>	<i>Seek internship, industry-linked project</i>	<i>Complete internship, submit project report</i>

## Mentoring Plan

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### Meeting Frequency:

Formal review with advisor/mentor at least once per year. Frequent informal check-ins encouraged.

### Annual Progress Reviews

Reflect on

- What have you achieved?
- What skills or experiences are you still working on?
- What is the next step toward your long-term education or career goals?

Student Signature \_\_\_\_\_

Mentor Signature \_\_\_\_\_

Date \_\_\_\_\_