



GRADUATE PROGRAM IN LIFE SCIENCES

Individual Development Plan (IDP) for University of Maryland Graduate Students (before mentor is selected)

Name of Graduate Student:

Date:

Advisor:

Program:

The Graduate Program in Life Sciences is committed to providing a top-tier research training environment for graduate students. To further support the development of graduate students in their trajectory towards independent careers, the Graduate Program in Life Sciences is pleased to provide the Individual Development Plan (IDP) as a mentoring guidance document. Once completed, please turn in to your program administrator.

The specific goals of the review process are to:

- Identify the graduate student's goals to promote enhanced productivity
- Identify graduate student's professional development needs to foster career growth
- Help ensure graduate expectations and goals are aligned with their faculty advisor and program

Instructions

Graduate students and faculty advisors should complete **Section A** together, and the **graduate student** should complete **Section B** to bring with them to their meeting with the faculty advisor. During this meeting, both parties should discuss the graduate student's responses to the career development section and also ensure that the graduate student and the faculty advisor are aware of the expectations of their studies.

Additional Assistance

Jennifer Aumiller (Director, Pre/Postdoctoral Career Development) is available to meet individually with graduate students and/or faculty advisors to provide additional guidance in preparing this document. For additional information, please contact at jaumiller@som.umaryland.edu.

Part A (completed by graduate student and faculty advisor)

Plans for upcoming year

1. Research Interests

2. Courses you plan to take in the upcoming year

3. Research rotations (completed and in progress)

Mentor name	Rotation dates	Project title

4. Plans for improving scientific writing and oral presentation skills in the upcoming year

5. Anticipated meeting and workshop attendance in the upcoming year

6. What professional societies do you wish you could be a member of?

**Part B. Professional Development Goals for the Upcoming Semester
(completed by graduate student)**

1. Current career goal (s) Please indicate short, mid and long term goals.

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2. Indicate which of the following workshops or seminars offered by the Graduate Program in Life Sciences or by partner groups on campus you plan to attend the upcoming year.

	Yes	No	Plan to attend this year
NRSA Workshop	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Getting your research published	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Presenting your research	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Scientific Leadership and Project Management	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Networking	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Writing a CV or resume	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Individual consultation	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
“Careers in Science” seminar	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Other	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Other	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Signature of Graduate Student _____ Date _____

Signature of Faculty Advisor _____ Date _____

By signing this form, both parties confirm that they have discussed all items outlined in the document. This form does not constitute a binding contractual agreement between both parties.

Signature of Graduate Program Director _____

Date _____

Members of the Graduate Student Advisory Committee (at least 2 in addition to Faculty Advisor)

Name _____

Name _____

Name _____

This document is available for download at:

Additional Resources

Additional resources regarding IDPs are available through FASEB and Science Careers. These materials are available at: http://opa.faseb.org/pages/PolicyIssues/training_links.htm
<http://myidp.sciencecareers.org>