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Individual Development Plan (IDP)

Academic Year	Year in Program	Date

Name	
Program	
NTTA (Normative Time to Advancement)	
NTTD (Normative Time to Degree)	
Advisor	
Mentor	

<u>Instructions</u>: The student should complete the IDP in preparation for a scheduled meeting with his/her mentor and advisor. The IDP is designed to foster communication in a variety of areas to ensure the student is receiving comprehensive feedback about both his/her progress to date and future expectations. Accomplishments, challenges and goals should be addressed as well as any performance/progress issues so that both the student and the mentor/advisor have a clear understanding of the student's progress toward the degree.

## **Academic Course Planning**

In order to fulfill my academic goals and maintain NTTD progress, I plan to enroll in these courses.
Annual Goals:
Long Term Plans:
Mentor/Advisor Comments:





Research Planning
I will make progress on my research agenda through the following: (include collaborations, research theories that you've developed, and studies/projects that you've been involved with.)
Annual Goals:
Long Term Plans:
Mentor/Advisor Comments:
Conference/Publications Planning
I plan to attend the following conferences. The professional papers I plan to submit (include publications and submittal deadlines).
Annual Goals:
Long Term Plans:
Mentor/Advisor Comments:





Career Planning
My long and short-term career goals. Skills and competencies I expect to develop and workshops I plan to attend.
Annual Goals:
Long Term Plans:
Mentor/Advisor Comments:
Funding Planning
My plans for securing funding each year of my graduate program. (Include Dept. Funding, External Grants/Fellowships and Summer Internships)
Annual Goals:
Long Term Plans (including funding for dissertations and research projects):
Mentor/Advisor Comments:





## **Health and Wellness Planning**

This section highlights the importance of maintaining work-life balance to increase wellness and decrease risk for work burnout. Examples of health and wellness activities include participating in moderate to vigorous exercise 3 times a week, meditation, time management, eating balanced meals, getting appropriate hours of sleep, and having supportive social relationships.

I will prioritize my health and wellness by regularly engaging in the following personal and/or professional activities:

Weekly:

Monthly:

Mentor/Advisor Comments:

## Leadership Development Planning

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My leadership skills and competencies are being developed through the following (include positions held, activities and projects, civic engagement activities etc.) My professional leadership aspirations include the following activities:

Annual Goals:

Long Term Plans:

Mentor/Advisor Comments:





## **Dissertation Progress Planning**

I am aware of and am following the Department degree progress expectations through the following steps: (Include plans for committee membership, advancement deadlines and writing schedules).

Annual Goals:

Long Term Plans:

Mentor/Advisor Comments:

Graduate Student Signature

Date

Mentor Signature

Date