

In order to fulfill my academic goals and maintain NTTD progress, I plan to enroll in these courses.

### 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:**

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**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:**

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**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:**

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**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):**

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**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:

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Mentor/Advisor Comments:

### **Leadership Development Planning**

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:

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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:**

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**Mentor/Advisor Comments:**

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Graduate Student Signature

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Date

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Mentor Signature

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Date