

Individual Development Plan

Name______Date_____

SKILLS ASSESSMENT (completed by student)						
STRENGTHS		INTERESTS				
	CO.110					
GOALS						
LONG-TERM CAREER GOALS YOU WISH TO PURSUE AND HOW WILL YOU MEET THEM						
What are you aurious	Find a job posting for a career you are	What are incremental steps you'll need to take	Goal	Completion		
What are you curious about?	interested in. What are the required skills	to get to your end goal? Build your ladder	Completion Date	Date (Act.)		
	you need to develop further?	Build your ladder	Date			
SHORT-TERM NEEDS FOR DEVELOPING SKILLS AND INTERESTS						
Prioritize the skills you			C1			
need to develop. What can	Specifically, how are you going to	Where can you develop these skills? Are there	Goal Completion	Completion		
you accomplish first, or what is absolutely necessary?	acquire these skills? (training, courses, teaching, job shadow, informational interview)	multiple places?	Date	Date (Act.)		

OTHER FACTORS TO CONSIDER					
What career pressures do you currently experience?	What type of environment would you like to work in? Are certain factors nonnegotiable?	What questions do you have about the career you selected?	List three people "living your future" who you could contact for informational interviews or job shadowing		
COMMENTS FROM ADVISOR / OTHER COMMENTS					
Student's signature and date:					
Advisor's signature and date:					

Adapted with permission from Case Western University Office of Postdoctoral Studies