

Individual Development Plan (IDP) for G2+ students

In preparation for the SAC meeting please fill out the IDP, and consider the questions below. This will help develop your plan now that you have decided on a thesis lab, and completed many of the initial coursework.

Skills Assessment

Rate your current skill level on a scale from 1 (weakest) to 5 (strongest). Compare to your self-rating from last year.

Research and Science:

Broad-based knowledge of neuroscience

Quantitative/Statistical methods

Critical Reading of the Literature

Ability to frame research questions

Experimental Design

Identifying advisors and seeking advice

Time Management

Communication:

Writing for proposals or publications

Public speaking

Communicating one-on-one

Giving constructive criticism

Accepting constructive criticism

Questions

- 1) What are the areas of strengths and weakness that you have noted? How will these affect your future? Are there resources or support mechanisms that could be helpful for you?
- 2) How do you interact with your thesis advisor? How can you best avail yourself of his/her strengths? How can you deal with his/her weaknesses?
- 3) Who are the people that can provide additional help or feedback for you as you plan your thesis project and your preliminary proposal (faculty, postdocs, students, others)

Action Plan

What are your goals for the coming year, and how will you achieve those goals?

Notes/Additional thoughts: