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| **Academic Year** | **Year in Program** | **Date** |

**Individual Development Plan (IDP)**

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

Instructions: 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.

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| **Academic Course Planning** |
| I 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**: |

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| **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:**  **Plan**  **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**  **IDP** |
| 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:** |

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