**Post-doctoral Fellow Individual Development Plan**

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| **Name:** |  | **Date:** |  |
| **Dept.** |  | **PI:** |  |

**Answer the following questions and meet with your PI to discuss.**

**i. Professional Goals/Motivation:**

1. What are your career aspirations?
2. Why have you chosen aforementioned career?
3. What skills do you feel you have that will aid you in this goal?
4. What skills will you need to be successful in the next phase of your career?
5. How do you think these aspirations can best be met at UNE?
6. What actives outside the lab do you intend to do to develop your career goals?

**ii. Progress during the past year**

1. What were some of your goals for the past year? What goals did you not meet?
2. What was your most valued research accomplishment in the past year?
3. What were some unexpected events/ results from last year? What did you learn from them?

**iii. Setting goals and objectives for next year:**

1. What are some scientific questions you want to answer next year?
2. What are your goals for the next 12 months?
3. What areas to you want to acquire more knowledge in? What method(s) will you use to develop this?
4. What skills will you need to be successful in your next role? What will you do to develop these skills?
5. Is there a part of your current job that you would like to not be doing in the future, what is it?
6. What extraprofessional leadership/ communication skills are you looking to improve upon on this year? How will you do this?
   1. **Laboratory objectives:**
7. Are there any specific skills you want to acquire or improve on this year?
8. What skills related to this area are you interested in improving/ building upon?
9. What will you do to develop these skills?

**b. Writing objectives:**

1. Are there any writing projects you want to work on this year?
2. What skills related to this area are you interested in improving/ building upon?
3. What will you do to develop these skills?

**c. Presentation objectives:**

1. Are there any presentations you expect to give this year?
2. What skills related to this area are you interested in improving/ building upon?
3. What will you do to develop these skills?