INFORMATION			
Postdoc Name:	Department or Program:		
Job Title:			
Mentor:	Department or Program:		
Appointment Date:	Last IDP Date:		
Indicate your regular Postdoc-Mentor Meeting time and location (e.g. every other Monday at 3 PM via Skype).			
Expected duration of postdoctoral training. If you plan to finish in 18 months or less, estimate when you will begin your job search.			
APPRI	OVALS		
Postdoc Signature	Date		
Mentor Signature	Date		



PART L SELF-ASSESSMENT

Reflect honestly on your level of development in each of the listed skill areas. Learn more about these skills at the <u>National Postdoctoral Association Core Competencies website</u>.

As an alternative, <u>myidp.sciencecareers.org/</u> offers a checkbox-style skills assessment and includes values and interests assessments, after creating a free account.

	STRENGTHS	AREAS FOR IMPROVEMENT
DISCIPLINE-SPECIFIC CONCEPTUAL KNOWLEDGE		
RESEARCH SKILLS		
COMMUNICATION		
PROFESSIONALISM		
LEADERSHIP & PROJECT MANAGEMENT		
RESPONSIBLE CONDUCT OF RESEARCH		
MENTORS Provide feedback on your po	stdoc's skills in the above areas. How h	nave they improved in the last year?

PART II. ACCOMPLISHMENTS

Note: if this is the your first IDP, use this section to list all relevant prior accomplishments.

	our research progr ds/honors, and fu				ons, presentations, s).
What other prof	essional activities	have you partici	oated in this year?)	

PART III. RESEARCH GOALS

Outline the overall goal of your research, and list your project objectives for the coming year.

LONG-TERM	
RESEARCH GOAL	
11202/11011 3.3/12	
SHORT-TERM (6-12	1.
MONTH) RESEARCH	
GOALS	
407123	
	2.
	3.
Identify any arong you fool yo	and improve amont or additional training to complete your receased chicatives
	u need improvement or additional training to complete your research objectives
(i.e., new techniques or data	analysis methods, courses or trainings, or collaborations).
MENTORS	
Provide feedback on these re	esearch objectives, and any resources you may be able to connect your
postdoc with to meet these of	
postdoc with to meet these c)DIJECTIVES.

PART IV. CARFER GOALS

LONG-TERM CAREER GOALS

List one (or two, if you are early in your postdoctoral training) long-term career goal (i.e. tenure-track faculty member at a research university, research scientist in industry, etc.). What additional training do you need to make the transition to this career?

SHORT-TERM CAREER GOALS

The next two pages contain space to map out 3 or more goals for the next year in the SMART format. Use your self-assessment from Part I, research goals from Part III, and long-term career goals from Part IV to write your annual goals (see: <u>Guidelines for Postdoctoral Fellows</u>).

SMART GOALS

SPECIFIC Details what will be accomplished

MEASURABLE What is produced to demonstrate goal completion

ACHIEVABLE Is within your power to attain

REALISTIC Can be completed given other goals & duties TIME-BOUND Includes a realistic completion timeframe

Note: Additional goals may be added at your and your mentor's discretion.

	GOAL 1	GOAL 2
SKILL AREA		
TARGET ABILITY		
SPECIFIC GOAL		
HOW SUCCESS WILL BE		
MEASURED		
TIMEFRAME FOR		
COMPLETION		



	GOAL 3	GOAL 4
SKILL AREA		
TARGET ABILITY		
SPECIFIC GOAL		
HOW SUCCESS		
WILL BE		
MEASURED		
TIMEFRAME FOR		
COMPLETION		

	GOAL 5	GOAL 6
SKILL AREA		
TARGET ABILITY		
SPECIFIC GOAL		
HOW SUCCESS		
WILL BE		
MEASURED		
TIMEFRAME FOR		
COMPLETION		

MENTORS

Provide constructive feedback on the postdoc's long- and short-term goals. In what ways can you help the postdoc meet these goals?

