**Individual Development Plan - Undergraduates**

**Aim at Degree...but also focus on Scholarships/Fellowships and Your Health!**

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| **Name:**  |
| **Major:** |
| **Program or Programs:**  |
| **Degree working on:** |
| **Expected graduation date:** |

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| **GOAL SETTING!**  |
|  ***Highest Degree Desired:*** |
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|  ***Intermediate Degrees/Steps before highest Degree (MS, Postbacc, Res Asst, if needed or desired) & Deadlines*** |
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| ***Graduate/Postbacc/Professional Programs Under Consideration & Deadlines*** |
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|  ***Major Scholarship/Fellowship Desired & Deadlines (NSF Graduate Research Fellowship [GRFP], Ford, Etc)***  |
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|  ***Desired Areas of Personal Growth***  |
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|  ***Experiences/Credentials Needed or Desired to Grow & Reach Above Goals*** |
|  ***For EXAMPLES of each, see section below.*** |
| Academics |
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| Personal “Maturing” Growth/Development |
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| Laboratory Research or other Experiences |
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| Laboratory-Associated Professional Skills & Experience |
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| Laboratory-Associated Technical Skills |
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| Leadership & Self-/Others Management Skills |
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| Broader Impact (Conveying science to the public, Leadership, Tutoring, Teaching, Science fair Judging, etc) |
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| Other – Make your own category!! |
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| **Example Scientific Competencies/Experiences. You can add others as well!!!** |
| **Academics**Knowledgable of major materialStrategic additions- programming, data analysis, minorsHonors “broadening” workStrong gradesStudy skillsStrategic Coursework**Personal Maturing/Growth Development**Self-careStudy Abroad / Broadening world viewTime Management / PlannersTraining in Wellness/Psychosocial Topics/MetacognitionInterpersonal Communication/Skills Networking w Faculty/Students Mentoring & Being Mentored Working w GroupsLOR connections with FacultyLeadershipVolunteering/OutreachYoga/meditation Scary legal things that “stretch” you**Laboratory Research & Similar Experiences**Rotations in labUTSA / Intramural ResearchSummer InternshipIndustry/government experience**Research-Associated Professional Skills & Experience**Communication Oral/presentationProblem solving skills (troubleshooting experimental design)Conference attendanceResponsible Conduct in ResearchExperimental Design / RigorCritical thinking – Experiments and in GeneralCritical reading (review and analysis of the scientific literature)Writing (abstract, grant, thesis, paper)Scientific Publication (abstract, travel grant, grant, GRFP, Publication)Applications – Statements, strategiesManuscript ReviewSelf-instruction/learningTeachingCareer Path Planning and knowledge | **Laboratory/Research -Associated Technical Skills**Research TechniquesLab Safety Data analysis /Statistical analysis Computer skills**Leadership and management skills**Time management Prioritizing/goal settingOrganizational skills Ability to multitask Meeting deadlinesGiving/accepting feedback**Broadening Access to Science** (GRFP Preparation)Conveying science to the publicLeadershipTutoring / TeachingScience fair JudgingLab MentoringClubs/Organizations to Join |
| **Enhanced from: Building Your Individual Development Plan (IDP): A Guide for Undergraduate Students**By C. Gita Bosch, PhD*SACNAS News*, summer 2013, Volume 16, No. 1 – Article URL –<http://sacnas.org/about/stories/sacnas-news/summer-2013/building-your-IDP> |

**Course Preparation and Calendar of Activities. Copy or delete until all semesters are included.**

**COURSES:** Use DegreeWorks to map out courses: 1) Leave time to engage in research, 2) insure that you do NOT take too many courses in one semester (15 cred max) and 3) avoid bad combinations of courses.

**ACTIVITIES:** In concert with DegreeWorks, map out activities that will increase your Broader Impact, Leadership, Research Experience, Professional Development, etc. from the first page. You should also Include extra courses that you take to strengthen yourself (Dr. Aguilar’s Writing, Technical Writing, EdX Computational, any other…)

**ACTIVITIES**

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| Fall 1 - 20\_\_ |
| Courses (DEGREE WORKS) |
| Activity | Date | Deadline(s) | Complete? |
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| Spring 1 - 20\_\_ |
| Courses (DEGREE WORKS) |
| Activity | Date | Deadline(s) | Complete? |
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| Summer 1 - 20\_\_ |
| Courses (DEGREE WORKS) |
| Activity | Date | Deadline(s) | Complete? |
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| Fall 2 - 20\_\_ |
| Courses (DEGREE WORKS) |
| Activity | Date | Deadline(s) | Complete? |
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| Spring 2 - 20\_\_ |
| Courses (DEGREE WORKS) |
| Activity | Date | Deadline(s) | Complete? |
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| Summer 2 - 20\_\_ |
| Courses (DEGREE WORKS) |
| Activity | Date | Deadline(s) | Complete? |
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