**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 material  Strategic additions- programming, data analysis, minors  Honors “broadening” work  Strong grades  Study skills  Strategic Coursework  **Personal Maturing/Growth Development**  Self-care  Study Abroad / Broadening world view  Time Management / Planners  Training in Wellness/Psychosocial Topics/Metacognition  Interpersonal Communication/Skills  Networking w Faculty/Students  Mentoring & Being Mentored  Working w Groups  LOR connections with Faculty  Leadership  Volunteering/Outreach  Yoga/meditation  Scary legal things that “stretch” you  **Laboratory Research & Similar Experiences**  Rotations in lab  UTSA / Intramural Research  Summer Internship  Industry/government experience  **Research-Associated Professional Skills & Experience**  Communication Oral/presentation  Problem solving skills (troubleshooting experimental design)  Conference attendance  Responsible Conduct in Research  Experimental Design / Rigor  Critical thinking – Experiments and in General  Critical reading (review and analysis of the scientific literature)  Writing (abstract, grant, thesis, paper)  Scientific Publication (abstract, travel grant, grant, GRFP, Publication)  Applications – Statements, strategies  Manuscript Review  Self-instruction/learning  Teaching  Career Path Planning and knowledge | **Laboratory/Research -Associated Technical Skills**  Research Techniques  Lab Safety  Data analysis /Statistical analysis  Computer skills  **Leadership and management skills**  Time management  Prioritizing/goal setting  Organizational skills  Ability to multitask  Meeting deadlines  Giving/accepting feedback  **Broadening Access to Science** (GRFP Preparation)  Conveying science to the public  Leadership  Tutoring / Teaching  Science fair Judging  Lab Mentoring  Clubs/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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