# Goals for the Upcoming Year

## 1. In the upcoming year, what:

1. Publications do you plan to submit?
2. Meetings, conferences, and workshops do you plan to attend?
3. Other professional training or activities do you plan to participate in (e.g. teaching, universityservice, courses, internships, etc.)?

## 2. Career goals

1. Approximately when do you hope to finish your lab tech training?
2. If you plan to finish within 12-18 months, estimate when you will begin a job or graduate program search.
3. What is your “Next Step” career goal (e.g. postdoctoral training, research job, science policy)?
4. What is your long-term career goal? (ScienceCareers MyIDP can help you evaluate your optionsin light of your interests and skills.)
5. What further training is required before it is appropriate to start a career search?

## 3. How can your PI help you achieve your goals for the upcoming year? What do you need from your PI?

## 4. How can I, as Mentor, assist the student to develop and achieve his or her specific career development goals for the upcoming year?

# Long-Term Goal Setting

Use the table below to set S.M.A.R.T. goals to develop your skills in these areas which stands for:

S = Specific M = Measurable A = Action-oriented R = Realistic T = Time-bound

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| Some examples are provided in italics. Add as many rows as needed to address the items with an asterisk. Remember, though, that it may not be realistic to work on every goal at once! Prioritize the most important goals work on them first. | **Specific plan for improvement that is action-oriented and realistic** | **How will you measure success?** | **Timeline (could be a self-imposed deadline, or an event like an upcoming conference)** |
| *Do* ***X*** *experiment* | *Do I know how to do it? If not, where or whom can I learn from?* | *Does the result match expectation with controls? If so, then success, if not then troubleshoot.* | *Schedule the timpoints/milestones according to the steps of the experiment.* |
| *Seeking advice from advisors* | *Ask my PI to meet monthly to discuss project progress; schedule meeting times* | *We meet at least 5 times and develop a concrete plan to publish our project results* | *Schedule meeting times by the end of next week; develop publication plan by end of semester* |
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