**Wallace Lab Individual Development Plan**

*(derived from Prep@UGA)*

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| Date: |  |
| Mentee: |  |
| Principal Investigator: | Jason Wallace |
| Research Mentor (if different): |  |

*A “research mentor” is a senior member of the lab who’s training you in research. Undergraduates usually have one; other people may or may not.*

**Self-Assessment.** First, articulate 3-5 of your current strengths and 3-5 areas for continued development. The PI and Research Mentor should then note any feedback about these, including specific ways they will help you continue to develop.

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| Strengths: | **PI and Research Mentor Feedback / Contribution** |
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| Areas for development: |
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**Educational and Career Goals.** Articulate your immediate goals (next 1-6 months) and long-term goals (next 2-5 years). The PI and Research Mentor should provide any feedback to keep in mind given your goals and should articulate specific ways they will help you to achieve your goals.

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| **Near-term Graduate Education Goals** | **PI and Research Mentor Feedback / Contribution** |
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| **Long-term Career Goals** | **PI and Research Mentor Feedback / Contribution** |
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**Short-term To-Do List (activities for the next semester).** List the activities you expect to complete over the next semester (6 months), including specific dates / timelines for each activity, to make progress in in developing based on the self-assessment and to make progress in achieving educational and career goals. The PI and Research Mentor should provide any feedback and indicate any specific ways they will be involved in the activities. (Some activities may require finding a mentor outside the lab if no one in the lab is a good fit.)

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| **Activities** | **Timeline** | **PI and Research Mentor Feedback / Contribution** |
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