**Career Check In Qs.**The goal of these questions is to step back and consider your career goals, and to create concrete actionable plans that connect to them. You should feel free to interpret, or modify, the below questions as you best see fit, this is really about your own goals. Please write out the answers to your questions, which we can use in subsequent meetings to reflect on progress.

**Self-Assessment:**

1) Which of your past accomplishments will contribute to the success of your graduate/postdoctoral training? What skills are you bringing? (Consider papers, presentations, technical skills, etc.)

2) What areas of learning and growth would you like to develop in the next year? Which of these could be addressed in the next quarter? Which would better be addressed in 6 or 9 months? Be as specific as possible, including how you would like to accomplish them.

**Career Goals:**

1) Describe your long term goals. These should paint a vision of your future.

a) Research goals: What specific area(s) of research do you wish to explore during your postdoctoral training? Are there specific methods or approaches that you would like to gain familiarity with and/or become expert in?

b) Professional development goals: What professional skills would you like to acquire during your training? Examples might include: public speaking, grant writing, manuscript preparation, team-work personnel management, teaching, mentoring, etc.

c) Career goals: What are your first and second choices of long-term careers -i.e. what position do you hope to hold 10 years from now? Be as specific as you can, and indicate relative enthusiasm for each choice.

**Objectives:**

What are some activities that might help you achieve the research and professional goals you outlined on the previous page? goals on the previous page?

1) Research goals (list 1-3): For example, a course, meeting or workshop attendance (specify if possible); fellowship or grant application; anticipated publication; may include objectives in the coming year or longer-term objectives. Include a relative timeline for each objective (i.e. are these objectives dependent on each other? Do some make sense to approach immediately, while others make sense to delay?)

2) Professional development objectives (list 1-3): For example, courses, meetings or workshop attendance (specify if possible); teaching/mentoring; service opportunities, etc.

**Mentoring:**

What aspects of my mentoring are working well for your development, and what areas can be improved to help you with your career and scientific development?

**Action Plan:**

Together we will put together a plan for the next 6-12 months that moves you towards these goals.