

## TEAM TRAN - INDIVIDUAL DEVELOPMENT PLAN (IDP)

Use this form as a starting point for discussion at the joint-feedback meeting.

Student: \_\_\_\_\_

Reporting Period: \_\_\_\_\_

### SECTION I: STUDENT SELF-REFLECTION

1. Describe 3 accomplishments since the last IDP meeting that you are most proud of (e.g. equipment training; finished synthesis; wrote a proposal; science communication skill).

2. Describe 3 important, but feasible, research goals you would like to accomplish the next 6 months.

3. What are your short-term professional development goals (e.g. award nomination; attending a conference)?



4. What is one long-term goal you'd like to make progress towards? Since our last IDP, how do you feel about your progress towards the goal and has the goal changed?

5. Which experiences in the past six months have been most valuable to you, your research, and/or your professional goals?

6. What did you find to be an obstacle in your personal performance that you would like to improve? (and propose a plan of change, if you have one).



## SECTION II: STUDENT REFLECTION ON TEAM TRAN & HELEN

1. What aspects of Team Tran do you find positive?

2. What can we do better as a team (both technically and culturally)?

3. How has Helen positively/negatively motivated you? A specific example would be very helpful. How can Helen better motivate you in the future?

4. Do you have ideas to ideas to improve Helen's mentorship?



## SECTION II: HELEN'S REFLECTION

Student: \_\_\_\_\_ Reporting Period: \_\_\_\_\_

1. Comment on the student's strong skills and attributes evident this reporting period.

2. What are potential growth areas for the student (personally, technically, and as a whole in the lab)?

