

Postdoctoral IDP Practice Form

Use this form to organize your thoughts and draft your IDP responses. Once ready, submit your responses through the online IDP Google form. For guidance, refer to the BPRI Graduate Students' Goals and Planning Worksheet, which includes sample responses and objective statements for various sections of the IDP.

1. Email *

Postdoc's Personal Information

2. Postdoctoral Researcher's Name:

3. Year Started the BPRI Program:

4. Primary Mentor Name:

5. Secondary Mentor Name:

6. Current Academic Year:

7. Date of Submission:

Example: January 7, 2019

Section 1: Postdoctoral Career Goals

8. What is your current career trajectory?

9. Where do you envision yourself at the end of this postdoctoral position?

10. What are you doing to achieve your career goal?

Section 2: Key Accomplishments (from the past year)

11. Highlight your key achievements from the previous year.

Section 3: Research Goals (that can be accomplished in the next year)

12. What are your lab/work research goals?

13. What papers are you currently writing or planning to write?

14. What meeting/symposia/workshops are you planning to attend?

15. For the meetings stated above, will you give a talk or poster? If yes, please list the talk or poster.

16. What grant proposals will you be submitting?

17. What are your plans for engaging in interdisciplinary research?

Section 4: BPRI Lab Swaps II

Lab Swap II refers to one-week-long cohort visits to BPRI labs other than the postdoc's primary institution.

18. Will you participate in Lab Swap II? If yes, indicate your preferred BPRI host lab and potential teammates.

Section 4: Professional Development and Personal Goals (that can be achieved in the next year)

19. What are your teaching goals?

20. What are your leadership and professional development goals?

21. What are your outreach and community engagement goals?

Section 5: Self-Assessment (consider the overall process of communication between you and your mentors)

22. What are your current strengths in research, communication, and collaboration?

23. What are your current weakness or skillsets/knowledge that need further development?

Thank you for submitting your IDP responses

**Helpful*

questions are adapted from the individual development plan for graduate students at the University of Minnesota and tailored to the BPRI situation

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