

## Individual Development Plan (IDP)

Time Frame:

### Career Opportunities Over the Next 3 Years:

**Goals should be:**  
**S**pecific  
**M**easurable:  
**A**ttainable:  
**R**esult-oriented:  
**T**ime-limited

#### Matrix Mentoring Model



#### Career Goal 1:

<b>What I need:</b> Resources, Time, Connections, Training, Personal wellbeing support, Space, MSCI, Decreased clinical time, Coursework, Statistical support	<b>Who can help and what do I need from them?</b>	<b>How much time will it take? Do I need to give something up?</b>	<b>Next Step:</b> <b>1 week (or by when?)</b> Meet with advisor, develop timeline	<b>Next Step:</b> <b>1 month (or by when?)</b> Meet with grants officer

**Career Goal 2:**

<b>What I need:</b>	<b>Who can help and what do I need from them?</b>	<b>How much time will it take? Do I need to give something up?</b>	<b>Next Step: 1 week (or by when?)</b>	<b>Next Step: 1 month (or by when?)</b>

**Career Goal 3:**

<b>What I need:</b>	<b>Who can help and what do I need from them?</b>	<b>How much time will it take? Do I need to give something up?</b>	<b>Next Step: 1 week (or by when?)</b>	<b>Next Step: 1 month (or by when?)</b>

## Individual Development Plan

Time Frame:

### Research Opportunities Over the Next 3 Years:

**Goals should be:**

- Specific**
- Measurable:**
- Attainable:**
- Result-oriented:**
- Time-limited**

**Matrix Mentoring Model**



**Research Goal 1:**

<b>What I need:</b> Resources, Time, Connections, Training, Personal wellbeing support, Space, Decreased clinical time, Coursework, Statistical support	<b>Who can help and what do I need from them?</b>	<b>How much time will it take? Do I need to give something up?</b>	<b>Next Step:</b> <b>1 week (or by when?)</b> IRB approval, Meet with advisor, develop timeline	<b>Next Step:</b> <b>1 month (or by when?)</b> Meet with grants officer, patient enrollment

**Research Goal 2:**

<b>What I need:</b>	<b>Who can help and what do I need from them?</b>	<b>How much time will it take? Do I need to give something up?</b>	<b>Next Step: 1 week (or by when?)</b>	<b>Next Step: 1 month (or by when?)</b>

**Research Goal 3:**

<b>What I need:</b>	<b>Who can help and what do I need from them?</b>	<b>How much time will it take? Do I need to give something up?</b>	<b>Next Step: 1 week (or by when?)</b>	<b>Next Step: 1 month (or by when?)</b>