Creating Your Individual Development Plan

for Graduate Students and Postdocs in STEM

Tuesday, November 14, 2017
11:00am-12:30pm - Garrison Room, Memorial Union, 2nd floor
Please register: https://f17createidp.eventbrite.com

- Do you ever promise yourself that you'll finish that paper, or improve your presentation skills, but never quite get around to it? Do you have trouble setting goals...and sticking to them?

- Would you like to finally develop a plan that will get you moving in the right direction (and thus finish your project, paper, or degree sooner)?

Survey data has shown that trainees in the sciences who create and follow a written plan are more likely to reach their research and career goals. In this hands-on workshop you will learn principles for how to set achievable goals, and strategies for ensuring that you'll follow through and we'll get you started on creating an Individual Development Plan (IDP) using the myIDP online tool for completing projects and developing professional skills that you'll need for success.

Bring your laptop or tablet to begin work on your plan!

Instructor: Teresa Dillinger, PhD, Academic Administrator, Professional Development Programs, Graduate Studies, UC Davis
Teresa Dillinger manages and coordinates professional development programs for graduate students and postdoctoral scholars at UC Davis. She is the director of GradPathways and co-director of the Professors for the Future program. She is involved with a number of professional development programs and initiatives including Leaders for the Future, Mentoring at Critical Transitions, and the FUTURE/ NIH BEST program.