Did you know that survey data has shown that trainees in the sciences who create and follow a written plan are far more likely to reach their research and career goals? Would you like to finally solidify your plans so they yield results? Come to this workshop and:

- Learn what “SMART” goals are and how to create your own
- Map out at least two longer term goals of your choosing
- Set a timeline for achieving these goals
- Create an individual development plan using myIDP or ChemIDP
- Learn about professional development resources available at UC Davis and online

**Please 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 and Mentoring at Critical Transitions.

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