GSBS IDP Overview: This worksheet contains questions that will guide you in setting goals for your annual IDP. It is designed to be used in conjunction with the GSBS IDP Year 1 Guide.

SET MY YEAR 1 TRAINING GOALS

Once you have had an opportunity to reflect on your skills assessment and the training expectations for graduate students, it is now time to set your goals for the upcoming year. Keep in mind that these goals are what you hope to achieve or accomplish this year.

1. What research-related goals (experimental or technical) would you like to accomplish in the upcoming year?
   It may be helpful to examine your training expectations and milestones, your myIDP self-assessment of your skills, and the reflection questions related to the following domains: Scientific Knowledge, Research, and Responsible Conduct of Research. List at least 2-3 goals, although you may list more.

2. What academic or professional goals would you like to accomplish in the upcoming year?
   It may be helpful to examine your training expectations and milestones, your myIDP self-assessment of your skills, and the reflection questions related to the following domains: Communication, Professionalism, Management & Leadership, Responsible Conduct of Research. List at least 2-3 goals, although you may list more.
3. What is your plan for selecting rotation mentors? In your plan list scientific fields, programs, or names of faculty that you are interested in.

PLAN FOR MY CAREER

1. What 2-3 career sectors are you currently interested in? A review of your myIDP assessment results will help guide you in answering this question. *Keep in mind that myIDP ranks career paths based on skills AND interests. Therefore, you should carefully think about your top choices and whether the career you are most interested in requires you to gain additional skills.*

2. What specific steps will you take in the next year to explore your career sectors of interest? (i.e. seminars, networking, courses, etc.)?

PLAN FOR MY WELLNESS

1. What are the main personal wellness goals you would like to accomplish in the upcoming year? *Maintaining your personal wellness is important so that you can maximize your training experience. It may be helpful to review the Personal Wellness reflection questions. While it is not required to answer or discuss this question, everyone is encouraged to reflect on their answers to this question.*