



120 Aldrich Hall, Irvine, CA 92697-318 | Phone: (949) 824-4611 | Fax: (949) 824-9096 | www.grad.uci.edu

**INDIVIDUAL DEVELOPMENT PLAN (IDP)
ACADEMIC YEAR 2021-2022**

Name	
Program	
NTTA (Normative Time to Advancement)	
NTTD (Normative Time to Degree)	
Advisor	
Mentor	

Instructions: The student should complete the IDP in preparation for a scheduled meeting with his/her/their mentor and advisor. The IDP is designed to foster communication in a variety of areas to ensure the student is receiving comprehensive feedback about both his/her progress to date and future expectations. Accomplishments, challenges and goals should be addressed as well as any performance/progress issues so that both the student and the mentor/advisor have a clear understanding of the student's progress toward the degree.



Academic Course Planning

In order to fulfill my academic goals and maintain NTTD progress, I plan to enroll in these courses:

This year:

Long Term course plans:

Mentor/Advisor Comments:



Research Planning

I will make progress on my research agenda through the following: (include collaborations, research theories that you've developed, and studies/projects that you've been involved with.)

This year:

Long Term Plans:

Mentor/Advisor Comments:



Conference/Publications Planning

I plan to attend the following conferences. The professional papers I plan to submit (include publications and submittal deadlines).

This year:

Long Term Plans:

Mentor/Advisor Comments:

Career Planning

My long and short-term career goals. Skills and competencies I expect to develop and workshops I plan to attend.

This year:

Long Term Plans:

Mentor/Advisor Comments:



Funding Planning

My plans for securing funding each year of my graduate program. (Include Dept. Funding, External Grants/Fellowships and Summer Internships)

This year:

Long Term Plans (including funding for dissertations and research projects):

Mentor/Advisor Comments:



Health and Wellness Planning

This section highlights the importance of maintaining work-life balance to increase wellness and decrease risk for work burnout. Examples of health and wellness activities include participating in moderate to vigorous exercise 3 times a week, meditation, time management, eating balanced meals, getting appropriate hours of sleep, and having supportive social relationships.

I will prioritize my health and wellness by regularly engaging in the following personal and/or professional activities:

Weekly:

Monthly:

Mentor/Advisor Comments:

Graduate Student Signature

Date

Mentor Signature

Date