**Instructions:** The student should complete the IDP in preparation for a scheduled meeting with his/her 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.

**Annual Goals:**

**Long Term Plans:**

**Mentor/Advisor Comments:**

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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.)

Annual Goals:

Long Term Plans:

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

Annual Goals:

Long Term Plans:

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

Annual Goals:

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)

Annual Goals:

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:

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Mentor/Advisor Comments:

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**Leadership Development Planning**

My leadership skills and competencies are being developed through the following (include positions held, activities and projects, civic engagement activities etc.) My professional leadership aspirations include the following activities:

Annual Goals:

Long Term Plans:

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Mentor/Advisor Comments:

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**Dissertation Progress Planning**

I am aware of and am following the Department degree progress expectations through the
following steps: (Include plans for committee membership, advancement deadlines and writing schedules).

**Annual Goals:**

**Long Term Plans:**

**Mentor/Advisor Comments:**

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<th>Graduate Student Signature</th>
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<th>Mentor Signature</th>
<th>Date</th>
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