



<b>Name</b>		
<b>Program</b>		
<b>NTTA</b> (Normative Time to Advancement)		
<b>NTTD</b> (Normative Time to Degree)		
<b>Advisor</b>		
<b>Mentor</b>		
<b>Academic Year</b>	<b>Year in Program</b>	<b>Date</b>

**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.

<b>Academic Course Planning</b>
In order to fulfill my academic goals and maintain NTTD progress, I plan to enroll in these courses.
<b>Annual Goals:</b>
<b>Long Term Plans:</b>
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<b>Mentor/Advisor Comments:</b>

<b>Research Planning</b>
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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:**

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**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).

**Annual Goals:**

**Long Term Plans:**

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**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.

**Annual Goals:**

**Long Term Plans:**

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**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):**

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**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:**

**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:**

**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:**

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**Mentor/Advisor Comments:**

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Graduate Student Signature

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Date

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Mentor Signature

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Date