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:
## 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.)

### Annual Goals:

### Long Term Plans:

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**Mentor/Advisor Comments:**

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## 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:**

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### 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:**

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### 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:**

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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:

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:

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:**

<table>
<thead>
<tr>
<th>Graduate Student Signature</th>
<th>Date</th>
<th>Mentor Signature</th>
<th>Date</th>
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