Chart Your Course with myIDP

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NIH/NSF Definition of Postdoctoral Scholar

An individual who has received a doctoral degree and is engaged in a temporary and defined period of mentored and advanced training to enhance the professional skills and research independence needed to pursue his or her chosen career path.
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Individual Development Plan

1. Self-assessment
Consider your skills, interests, and values.

Submit
Your own IDP

2. Career exploration
Learn about career options for PhD scientists, and compare your skills and interests to each option.

Submit

3. Set goals
Make a concrete plan for how to improve your skills, build your network, and prepare for your desired career path.

Submit

4. Implement plan
Recruit mentors to help with various parts of your plan.
Self-Assessment

SKILLS

INTERESTS

VALUES
Career Exploration
Knowledge Alone Doesn’t Change Behavior

WARNING: Cigarettes cause fatal lung disease.

1-800-QUIT-NOW

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A Goal Without a Plan is Just a Wish

- Specific
- Measurable
- Action-oriented
- Realistic
- Time-bound
http://myidp.sciencecareers.org/