



LEAF

Learn • Engage • Activate • Foster
Your Graduate Professional Development

Individual Development Plan Resources

Individual Development Plans (IDPs) provide a planning process that identifies goals and progress on a regular basis. Granting agencies (e.g. NIH, NSF), doctoral programs, and postdoctoral fellowships usually request an IDP annually. These agencies also usually focus their IDP requests on research, professional development needs, and career objectives. This type of IDP is intended to serve as a communication tool between students, trainees, or fellows and their mentors.

However, IDPs can be very helpful to the student, trainee, or postdoctoral fellow as a personal planning tool that may be more comprehensive than what is requested by granting agencies or mentors. For example, each of the four categories in the GradLEAF framework may be included with specific details about a multiple-year view. This type of IDP may be shared with a mentor IF the student, trainee, or fellow chooses, but should be used as a structure plan and reflect on professional and personal development issues.

Vanderbilt:

GradLEAF: <https://my.vanderbilt.edu/gradleaf>

Biomedical Research Education & Training (BRET): <https://medschool.vanderbilt.edu/postdoc/IDP>

Postdocs: <http://research.vanderbilt.edu/postdocs/mentoring/>

Science Careers:

My IDP: <http://myidp.sciencecareers.org/>

UC Davis:

IDP: <http://www.hr.ucdavis.edu/sdps/forms/IDP%20Final%2010.14.11.pdf>

University of Virginia:

IDP: www.virginia.edu/vpr/postdoc/docs/IDP.doc

Federation of American Societies for Experimental Biology:

IDP for Postdoctoral Fellows: <http://www.faseb.org/portals/2/pdfs/opa/idp.pdf>