



COLUMBIA

COLUMBIA UNIVERSITY  
IRVING MEDICAL CENTER



# Individual Development Plan - Goal Setting

YOUR NAME/PI NAME

**Internship Duration:** XXX weeks

**Instructions:** Please make a list of Short-Term Goals, Long-Term Goals and Skills to Strengthen. For each goal, please elaborate on your approach in working towards that goal. Make sure to incorporate where in your approach you will be working to strengthen your skills.

## SPECIFIC AIMS – Short Term Goals (List as many as needed)

1. e.g., Develop skills in running and analyzing Western Blots
2. e.g., Draft an Abstract of my research project
3. e.g., Presentation

## SPECIFIC AIMS – Long Term Goals/5 Year Plan (List as many as needed)

1. e.g., Apply to Medical School

## SKILLS TO STRENGTHEN (Based on self-assessment and iterative discussions with mentors)

1. e.g., Analytics, Communication, etc.

## APPROACH - Detailed Approaches for Short Term Goals from list above

1. Western Blots
  - a. Work with Dr. Krasnow on running p53 gels and Dr. Locke on running NFkB dimers
2. Abstract
  - a. Have a rough draft of background to give to Dr. Terry, PI, to review by XX/XX/XXXX date
  - b. Have a rough draft of entire abstract for Dr. Terry review by XX/XX/XXXX date

## APPROACH - Detailed Approaches for Long Term Goals from List Above

1. Apply to Medical School
  - a. Attend medical school application workshop at CUNY
  - b. Enroll in MCAT preparation course
2. Gain more clinical experience
  - a. Shadow clinicians as part of YES in THE HEIGHTS internship

*This Individual Development Plan was completed in a partnership between the below mentor and mentee and all parties are aware of and committed to ensuring the above commitments and goals to the best of their abilities.*

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Print – Name of Mentee

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Print – Name of Mentor

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Signature – Name of Mentee

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Signature – Name of Mentor