

**DOS Resident/Fellow
Individual Development Plan (IDP)**

Form version date: 10/8/25

Trainee: _____

Date Created: _____

Date Updated: _____

Have you updated your CV? You will need an updated CV to complete part of this IDP. If you have not updated your CV recently, use the [NU faculty template](#).

What subspecialty/ies are you interested in?:

Describe your “ideal” job upon completion of all training:

**DOS Resident/Fellow
Individual Development Plan (IDP)**

Form version date: 10/8/25

Mentor

Who are your mentor(s)? You can have a mentoring team (e.g., primary research mentor, clinical mentor, methodological mentor, peer mentor.

--

Plan on meeting with your mentors at least 1 per quarter. It is your responsibility to schedule these meetings and update your IDP mentors ahead of time. In person meetings are best whenever possible. A suggested cadence for meetings is September, December, March and June of each year. You can use this mentoring team planner as a reminder for yourself. Add more rows as necessary.

For research residents, weekly or biweekly meetings with the primary mentor are customary.

	Date	Location	Attendees
Sept Y1			
Dec Y1			
March Y1			
June Y1			
Sept Y2			

**DOS Resident/Fellow
Individual Development Plan (IDP)**

Form version date: 10/8/25

Dec Y2			
March Y2			
June Y2			
Sept Y3			
Dec Y3			
March Y3			
June Y3			

**DOS Resident/Fellow
Individual Development Plan (IDP)**

Form version date: 10/8/25

Clinical

Clinically, I am proficient in these areas:

Clinically, I plan to improve on these areas (short and intermediate included):

Area for improvement:	Strategy to address:

**DOS Resident/Fellow
Individual Development Plan (IDP)**

Form version date: 10/8/25

Research

Personal narrative: Describe your background, research interests, and career goals in 1 paragraph. Follow the [NIH biosketch instructions](#) for personal statements, which are at the beginning of every NIH biosketch (both fellowship and non-fellowship).

**DOS Resident/Fellow
Individual Development Plan (IDP)**

Form version date: 10/8/25

My current active research projects: (Add additional projects if necessary)

Project Title/Topic	
Purpose/Research Question	
My Role	
Primary Mentor	
Update Since Last Meeting	
Next Step/Issues for Discussion	
Papers and their status (<i>under development, awaiting feedback from mentors, submitted, in press, etc.</i>):	
Abstract status (<i>writing, submitted, accepted, etc.</i>)	

Project Title/Topic	
Purpose/Research Question	
My Role	
Primary Mentor	

**DOS Resident/Fellow
Individual Development Plan (IDP)**

Form version date: 10/8/25

Update Since Last Meeting	
Next Step/Issues for Discussion	
Papers and their status <i>(under development, awaiting feedback from mentors, submitted, in press, etc.):</i>	
Abstract status <i>(writing, submitted, accepted, etc.)</i>	

Project Title/Topic	
Purpose/Research Question	
My Role	
Primary Mentor	
Update Since Last Meeting	
Next Step/Issues for Discussion	
Papers and their status <i>(under development, awaiting feedback from mentors, submitted, in press, etc.):</i>	
Abstract status <i>(writing, submitted, accepted, etc.)</i>	

**DOS Resident/Fellow
Individual Development Plan (IDP)**

Form version date: 10/8/25

Project Title/Topic	
Purpose/Research Question	
My Role	
Primary Mentor	
Update Since Last Meeting	
Next Step/Issues for Discussion	
Papers and their status <i>(under development, awaiting feedback from mentors, submitted, in press, etc.):</i>	
Abstract status <i>(which meeting, writing, submitted, accepted, etc.)</i>	

I am interested in these research questions for future projects:

Question	Potential Mentor

**DOS Resident/Fellow
Individual Development Plan (IDP)**

Form version date: 10/8/25

I have experience or am proficient in these research skills:

I plan to develop these research skills:

Skill desired:	How it will be learned:
-----------------------	--------------------------------

Scientific Meetings and Didactics: Workshops, Short Courses, Seminars: List any meetings or research courses you have attended*

Meeting or Course	Date	Did you Present?

**DOS Resident/Fellow
Individual Development Plan (IDP)**

Form version date: 10/8/25

**do not include coursework associated with degree programs.*

Funds for meetings and discretionary spending

Name of funding source	
Current Balance:	\$
Amount Spent to Date:	\$
Describe Expenses Incurred:	
Plan for remaining funds	

Name of funding source	
Current Balance:	\$
Amount Spent to Date:	\$
Describe Expenses Incurred:	
Plan for remaining funds	

Are you pursuing an advanced degree? Yes or No

If so, which one? (Examples: [Masters in HSOR](#), [MS in Clinical Investigation](#), [Masters in AI](#), etc.)

Which courses are you taking? Fill in rows if necessary.

Course	Quarter Completed/ Quarter Expected to Complete	Grade	Course Waived?

**DOS Resident/Fellow
Individual Development Plan (IDP)**

Form version date: 10/8/25

Grant Preparation Activities: List any grant applications you have submitted or are preparing for submission. Add more rows if necessary.

Grant Application Title	Title of Grant & Funding Agency	Submission Date (Note: internal DOS deadline for all extramural grants is 10 business days before final deadline)	Outcome

Work-in-Progress Presentations:

Date	Topic	Issues for Discussion

**DOS Resident/Fellow
Individual Development Plan (IDP)**

Form version date: 10/8/25

Will you be moonlighting or taking call?

Estimated clinical responsibilities this quarter (e.g., hours per week or percentage of time):

Estimated on-call responsibilities this quarter (e.g., hours per week or percentage of time):

Any other issues that you want to discuss with your mentor(s)?

--

**DOS Resident/Fellow
Individual Development Plan (IDP)**

Form version date: 10/8/25

**DOS Resident/Fellow
Individual Development Plan (IDP)**

Form version date: 10/8/25

Education

As a learner, I am good at these areas:

As a learner, I need to work on these areas:

Area for improvement:	Strategy to address:

As a teacher, I am good at these areas:

As a teacher, I need to work on these areas:

Area for improvement:	Strategy to address:

**DOS Resident/Fellow
Individual Development Plan (IDP)**

Form version date: 10/8/25

**DOS Resident/Fellow
Individual Development Plan (IDP)**

Form version date: 10/8/25

Other Professional Development Activities

Past Professional Development Activities: List any professional development activities you have completed

Activity	When attended	What did I learn?

Future Professional Development Activities: List any professional development skills you want to develop

What do I hope to learn?	How will I learn it?

Professional Organization, Professional Society, and Committee Memberships

Organization/Society/Committee Membership (include institutional and other affiliations)	Committee, taskforce, or other roles	Dates

**DOS Resident/Fellow
Individual Development Plan (IDP)**

Form version date: 10/8/25
