**Sample IDP for Codi Coyote as a Sophomore at CSUSB**

**Mission Statement:** To pursue a career as a muscle physiology researcher and professor, dedicating myself to advancing scientific knowledge and inspiring the next generation of scientists through innovative research and high impact practice pedagogy.

# What are your goals?

* + **Ultimate Goal**
    - I will be a leading muscle physiology researcher and professor at a research university.
  + **Long-term Goal** (10 years)
    - I will be completing a postdoctoral fellow studying muscle physiology to treat muscle wasting disorders at a respected research institution.
    - I will publish 15 peer-reviewed papers in respected science journals.
    - I will present at regional or national scientific conference in muscle physiology.
  + **Intermediate-term** (6 years)
    - I will be done with my PhD coursework and be working on my dissertation.
    - I will publish 3 peer-reviewed papers in respected science journals.
  + **Short-term** (3 years)
    - I will earn my B.S. degree in Biology Magna Cum Laude from CSUSB.
    - I will publish my undergraduate research project in a peer-reviewed journal with the help of my mentor.
  + **Immediate** (6 months – 1 year)
    - I will earn an “A” in BIOL 2020 and CHEM 2500.
    - I will participate in a summer research program at CSUSB with my faculty mentor.
    - I will become an officer in the SACNAS club.
    - I will attend a regional or national scientific conference.

**What competencies and skills will you need to successfully reach your goals?** (See the list from the PRISM IDP Document)

* + Research and extract pertinent information from textbooks/journals/lectures
  + Compare and evaluate data
  + Write technical reports
  + Listen carefully and attentively
  + Communicate with people at all levels
  + Generate ideas and formulate conclusions
  + Collaborate with others

# What activities and experiences will you engage in to gain the competencies and skills?

* + Taking foundational science classes
  + Tutoring, study groups
  + Research experiences
  + Scientific meeting attendance
  + Professional development workshops

# How will you assess your progress in mastering these competencies and skills?

* + Mastery of coursework
  + Mentor/Instructor Feedback
  + Successful experience in conducting experiments
  + Peer review and peer feedback

# Who will help you reach your goals?

* + Professors
  + Mentors
  + Peers
  + Family members

**Insert your IDP Table here from exercise #6 from the PRISM IDP Worksheet.**

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| **Goal** | **Skill needed** | **Strategy**  (what you want to do to become more competent in this skill) | **Timeframe** |
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