**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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