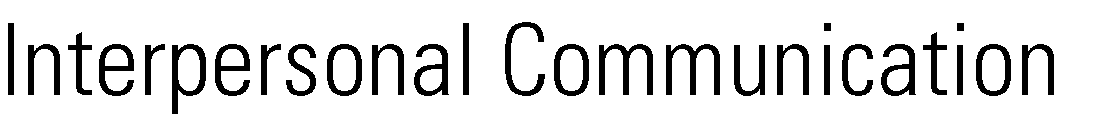
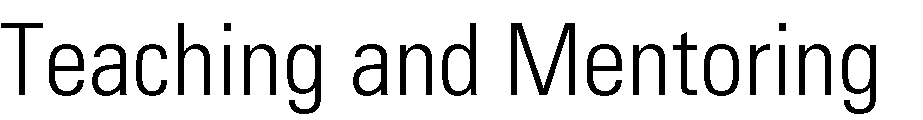
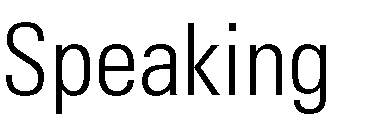
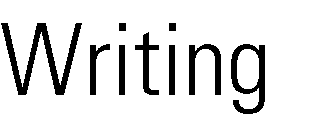
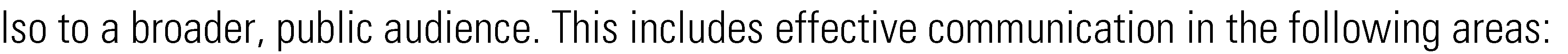
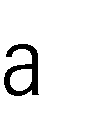
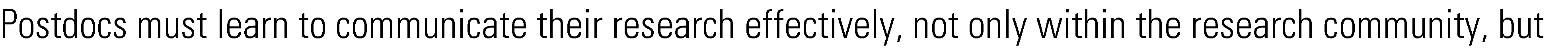
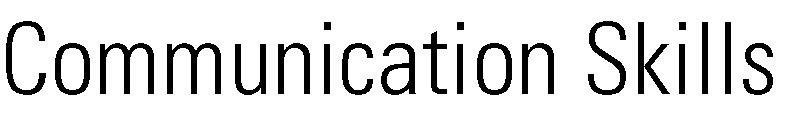
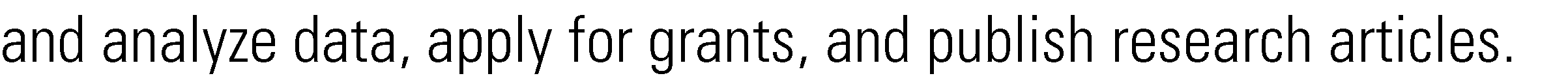
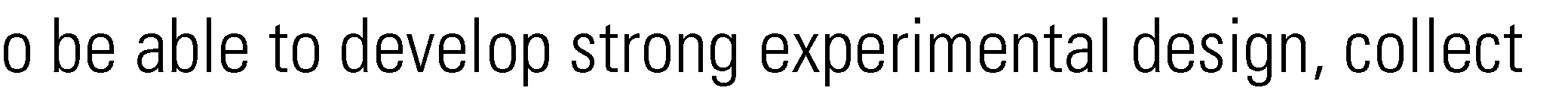
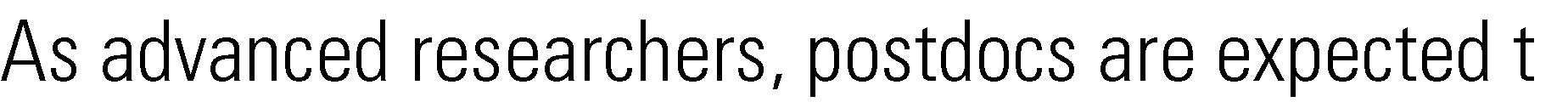
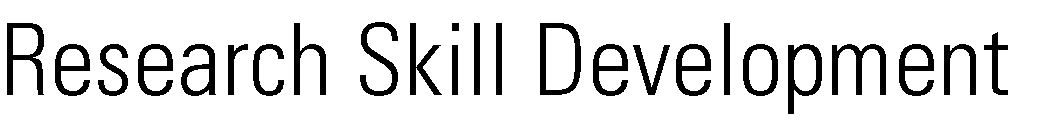
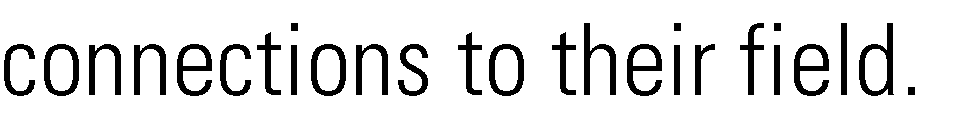
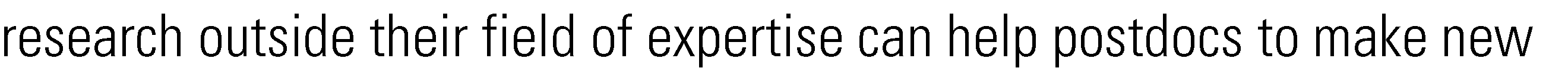
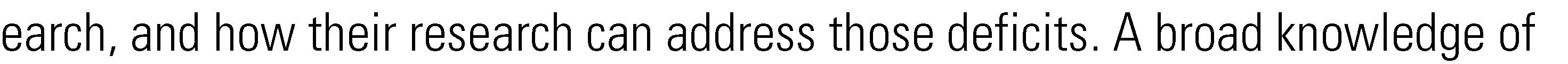
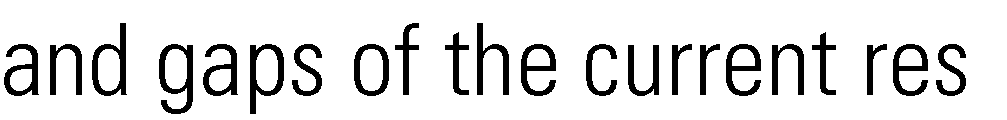
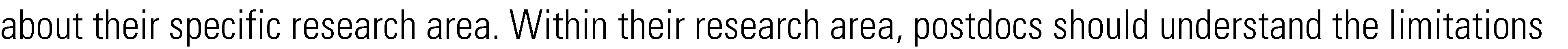
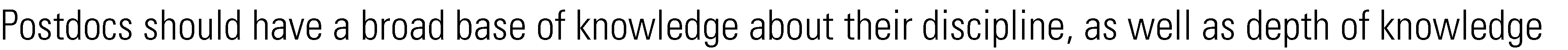
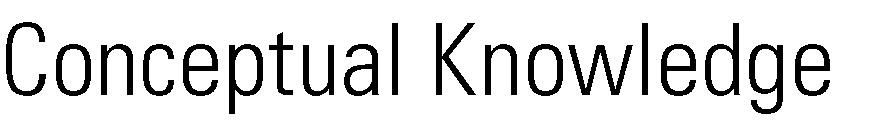
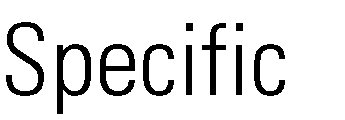
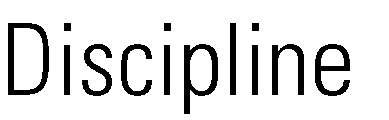
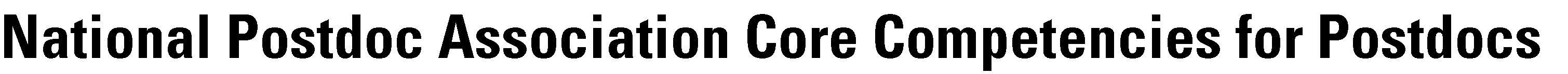
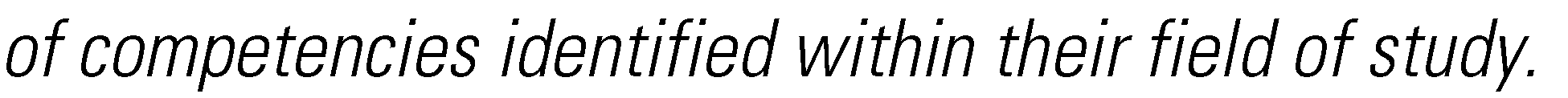
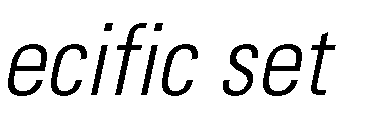
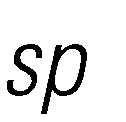
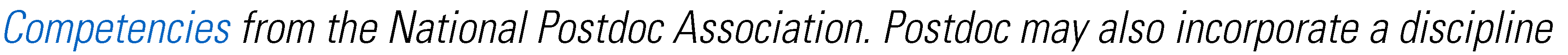
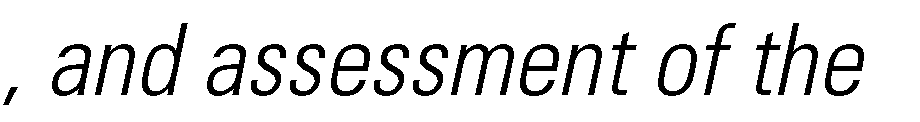
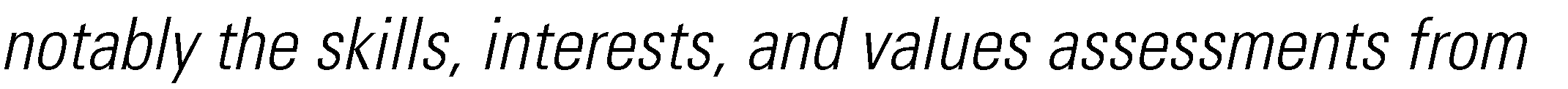
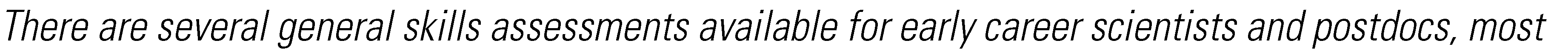
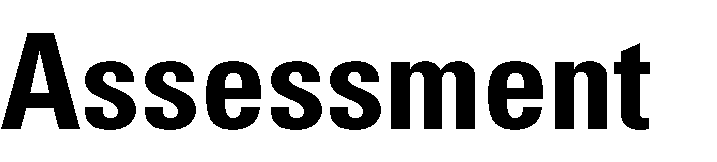
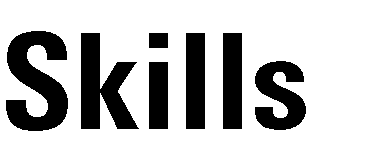
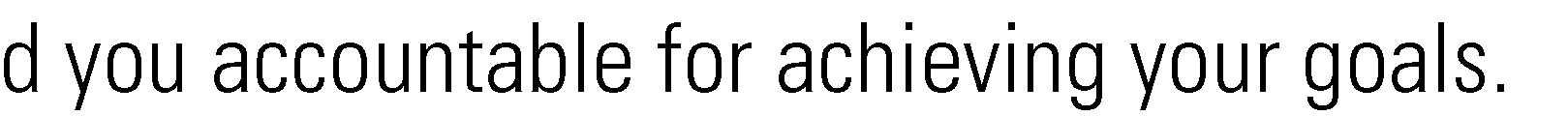
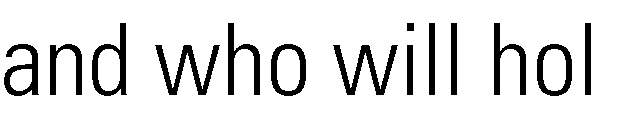
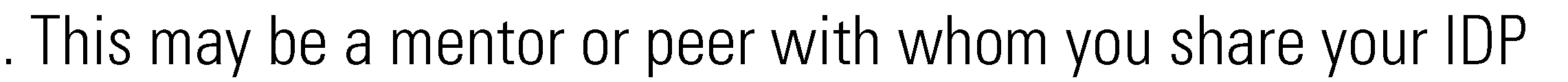
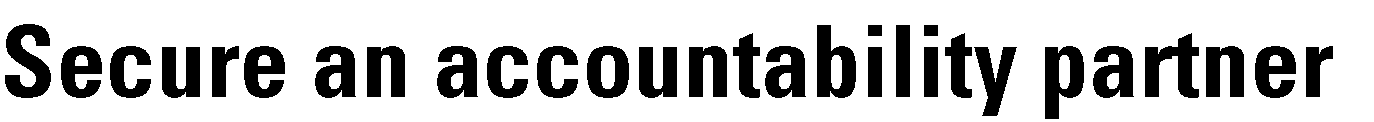
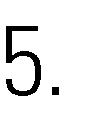
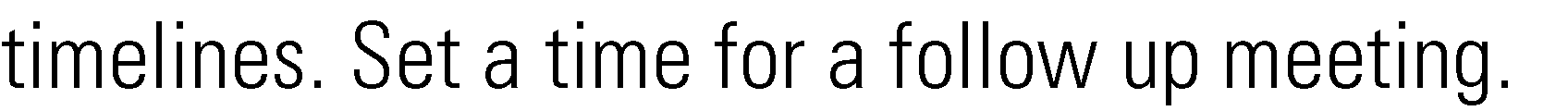
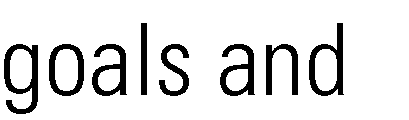
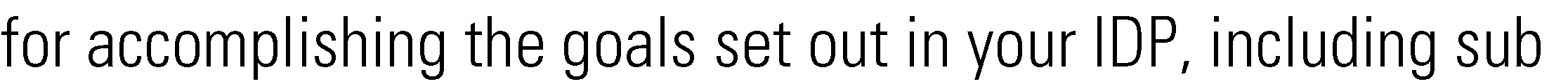
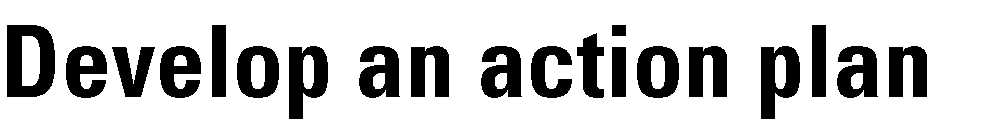
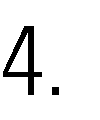
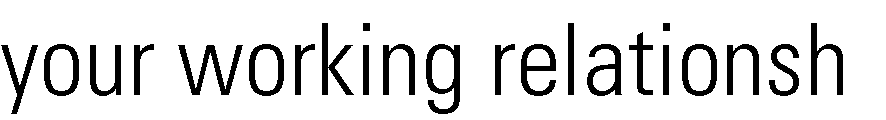
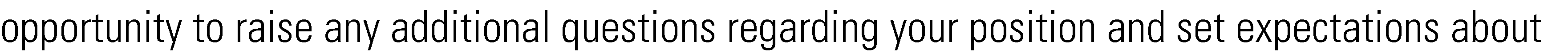
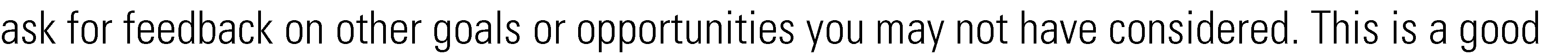
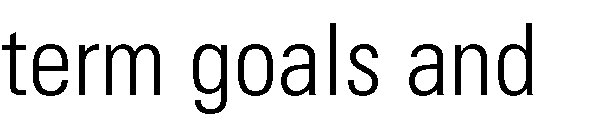
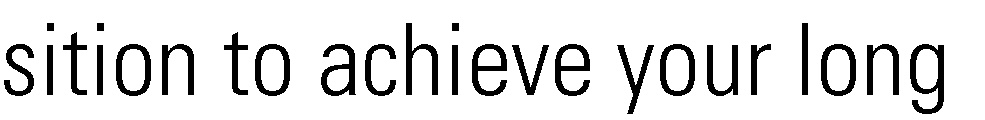
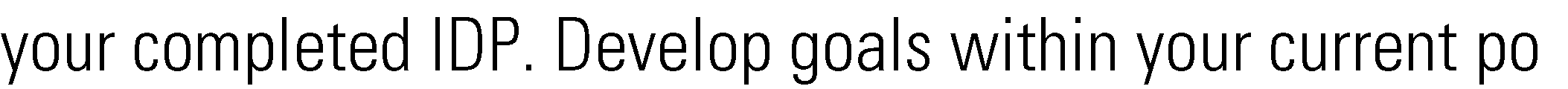
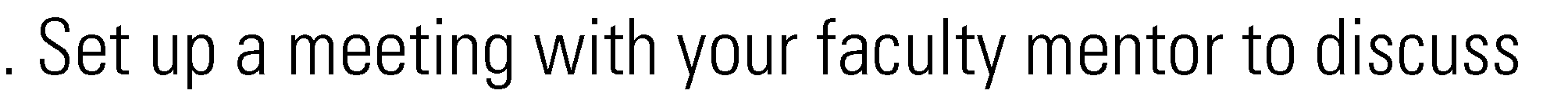
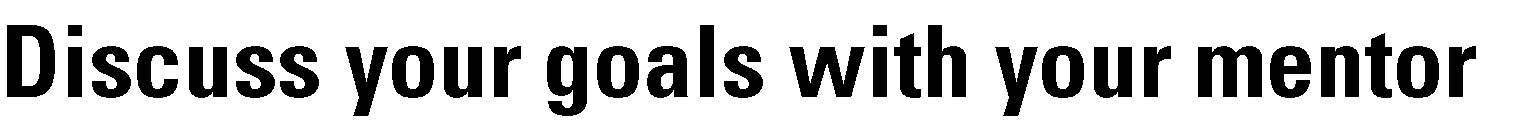
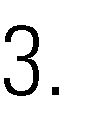
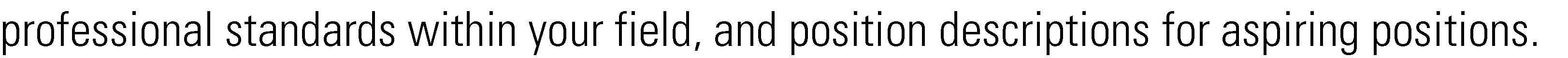
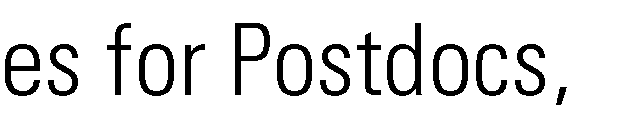
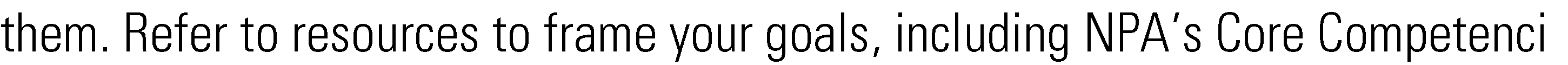
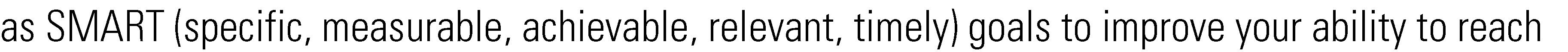
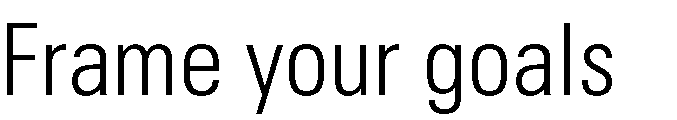
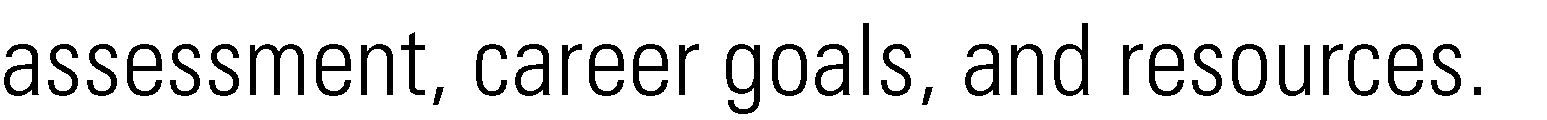
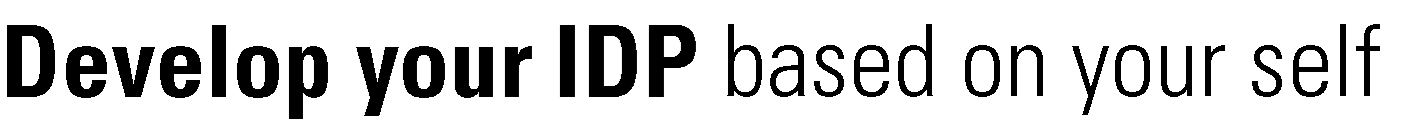
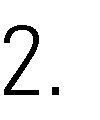
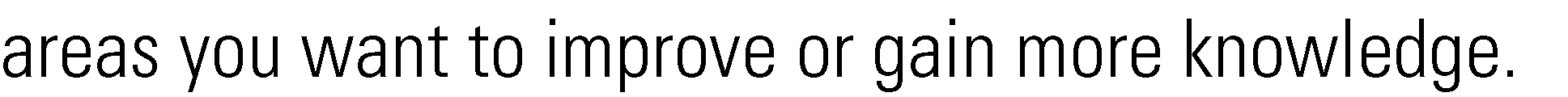
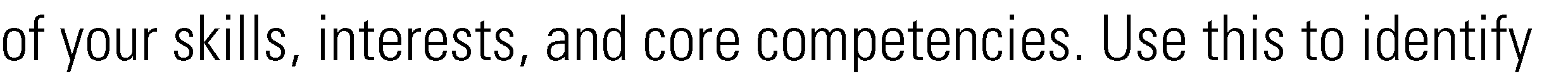
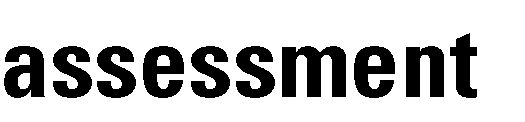
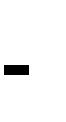
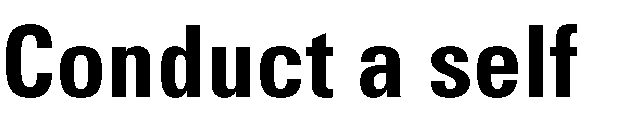
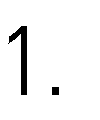
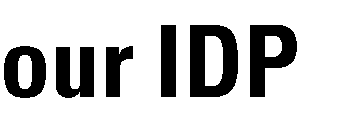
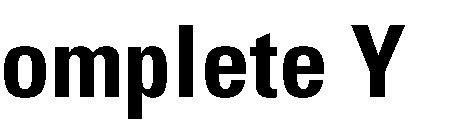
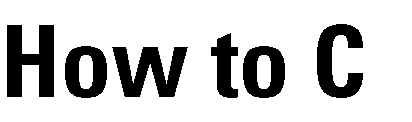
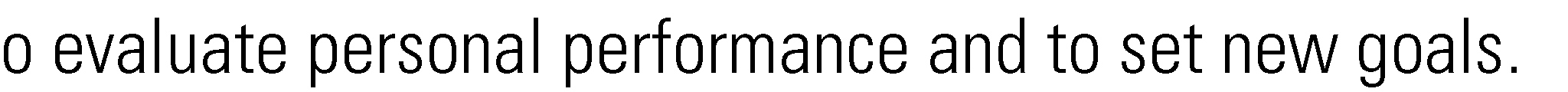
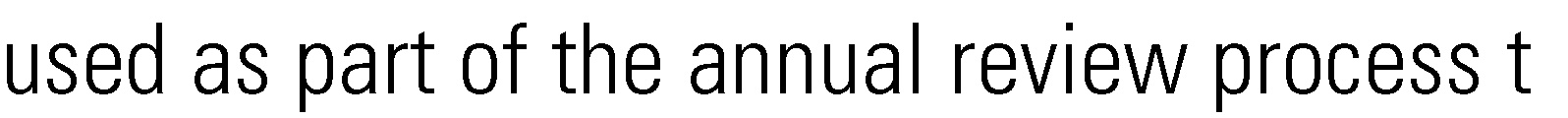
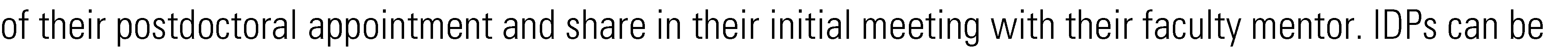
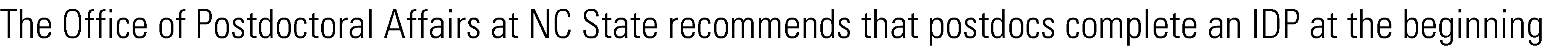
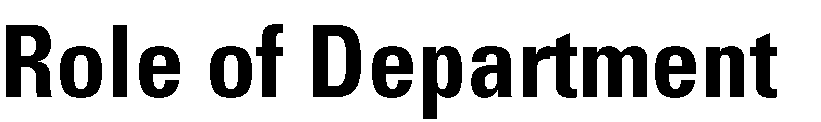
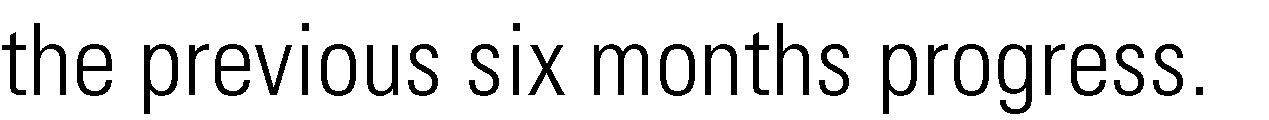
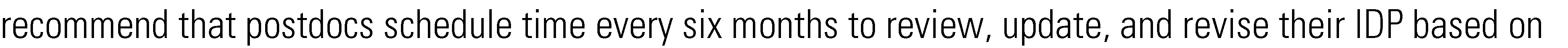
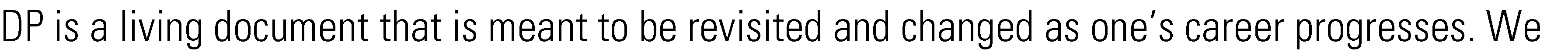
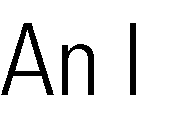






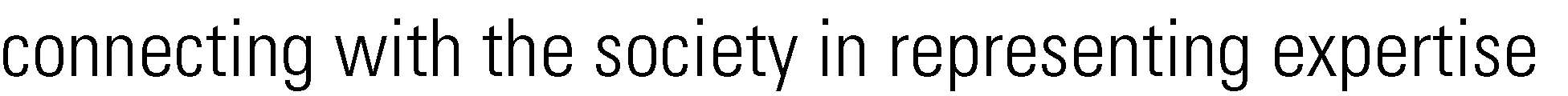
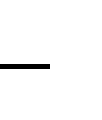
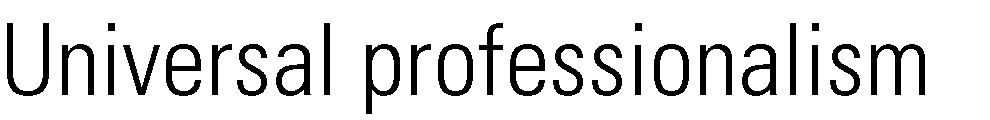
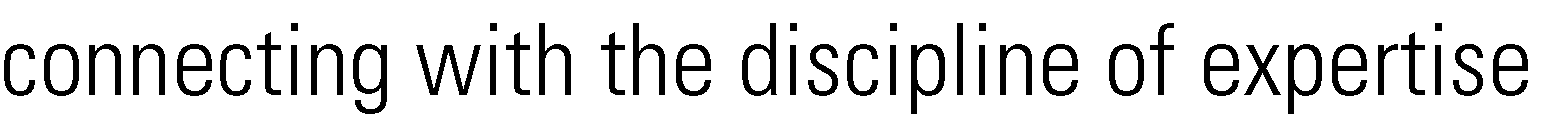
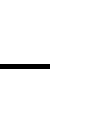
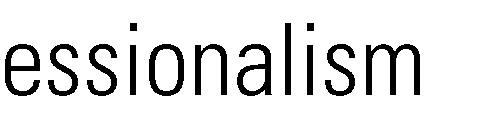
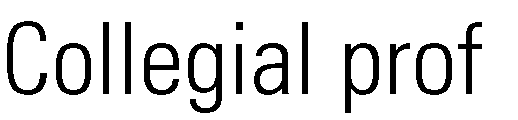
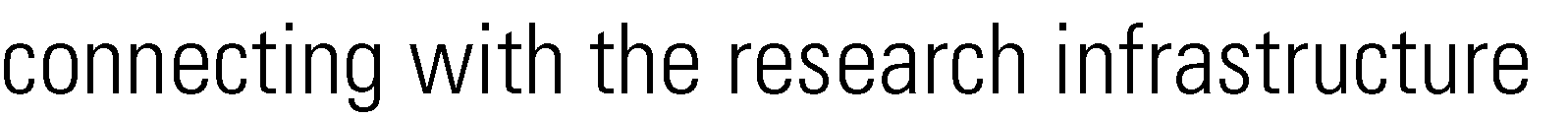
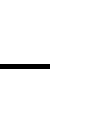
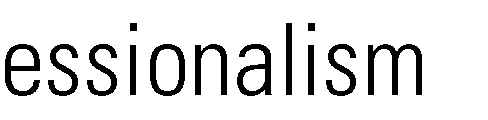
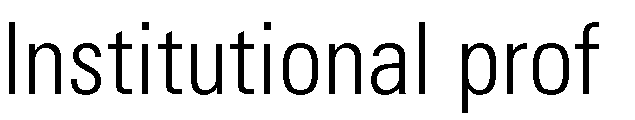
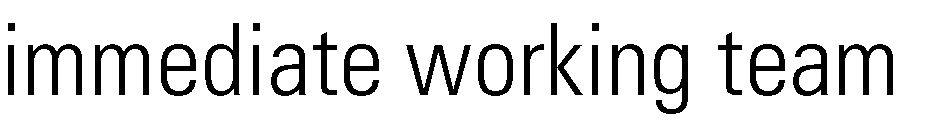
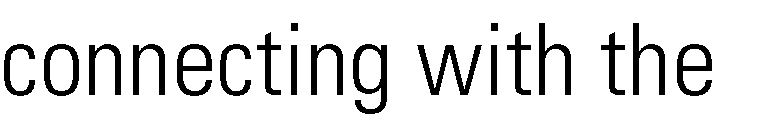
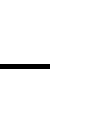
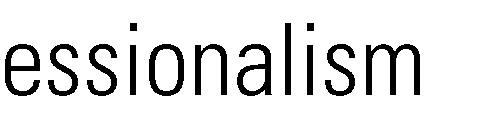
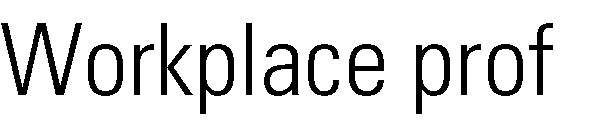
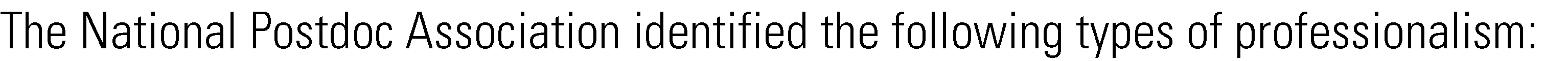
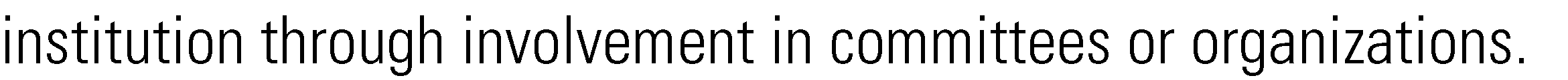
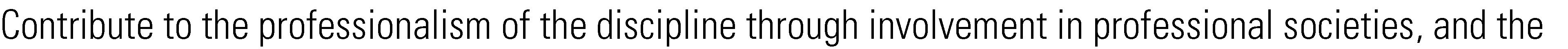
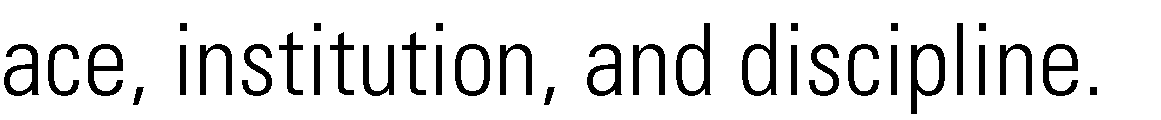
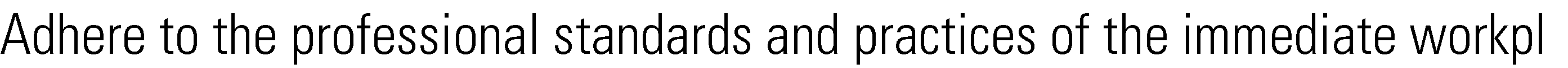
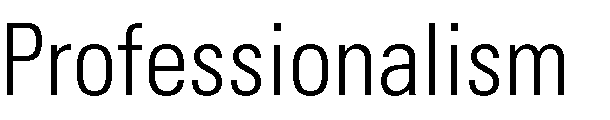










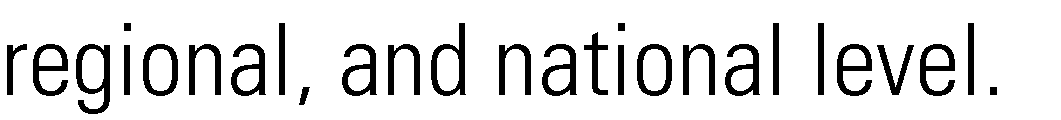
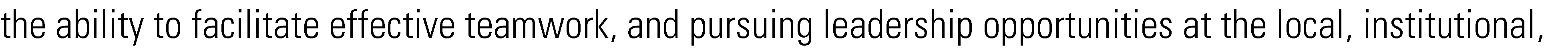
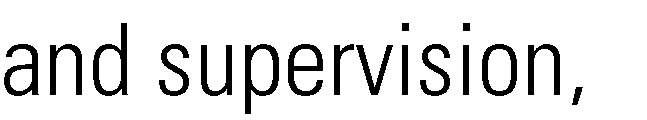
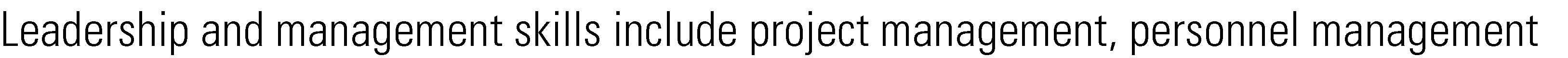
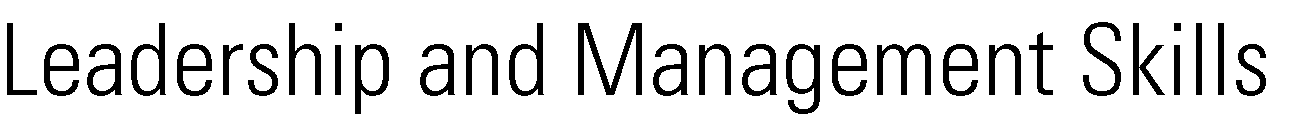












Responsible Conduct of Research

Postdocs should participate in training in responsible conduct of research to ensure they are conducting research in ethical and responsible ways .

**My IDP - Science Careers**

[Skills Assessment](https://myidp.sciencecareers.org/Skills/Assessment) [Interests Assessment](https://myidp.sciencecareers.org/Interests/Assessment) [Values Assessment](https://myidp.sciencecareers.org/Values/Assessment)

# *Self-Assessment Reflection*

*Use the results of your professional self-assessments, past performance evaluations, and self-reflection to identify areas of strength, your professional interests and values, and areas for improvement.*

**Strengths**

**Areas for Interest**

**Important Values**

**Areas for Improvement**

***Career Goals***

What is your first choice career goal?

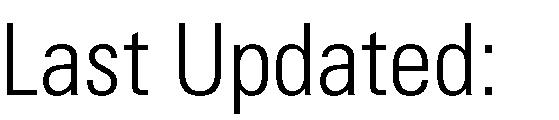
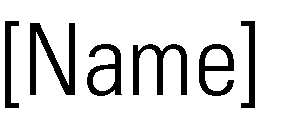
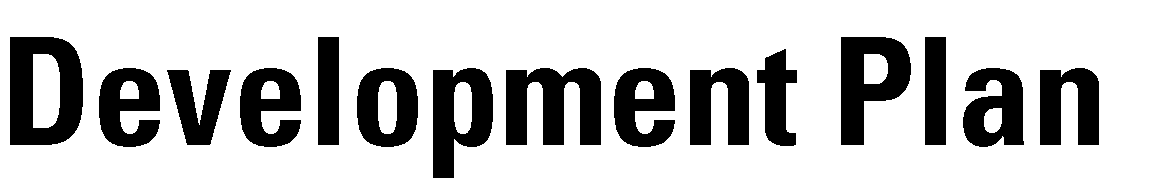
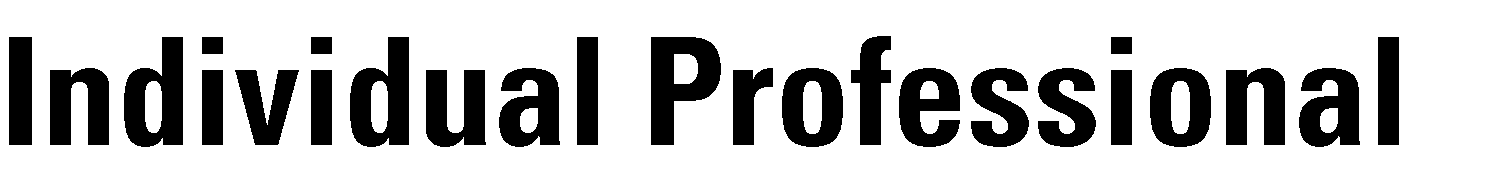
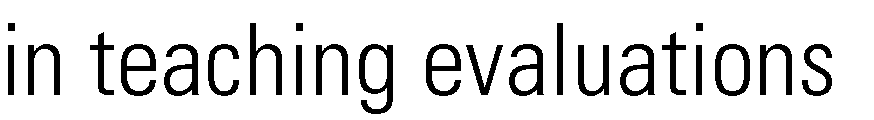
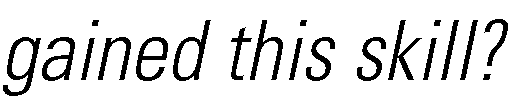
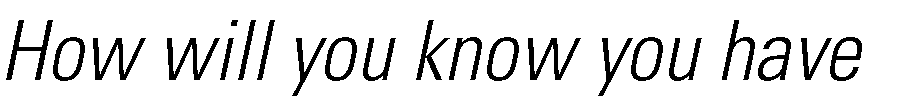
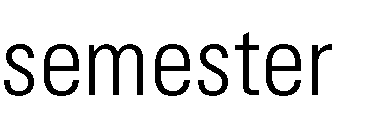
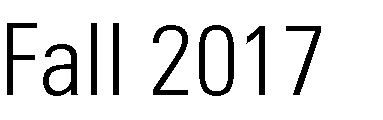
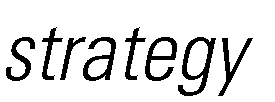
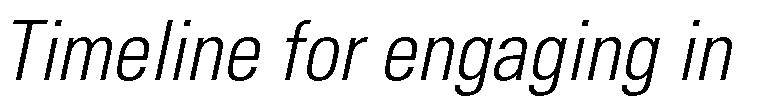
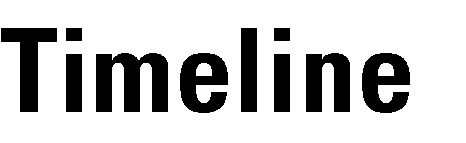
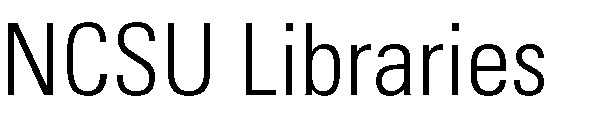
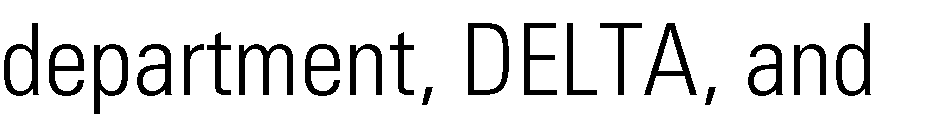
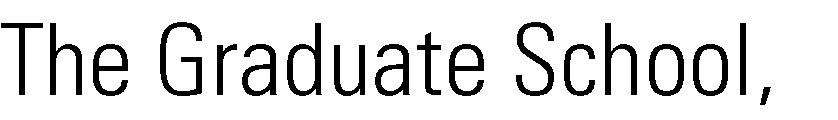
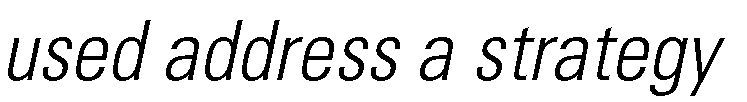
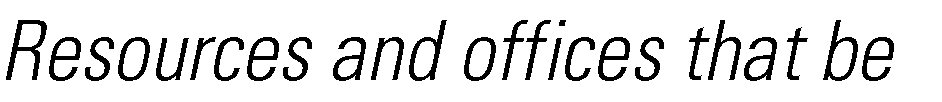
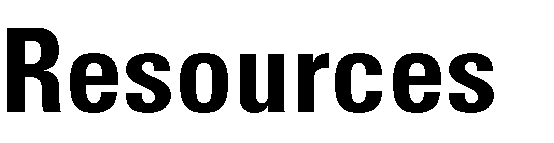
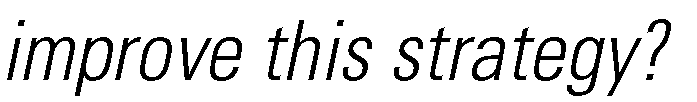
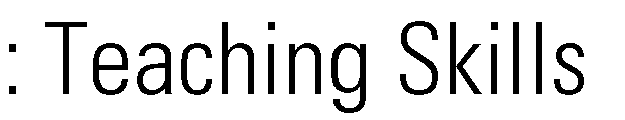
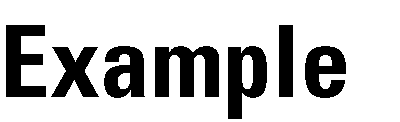
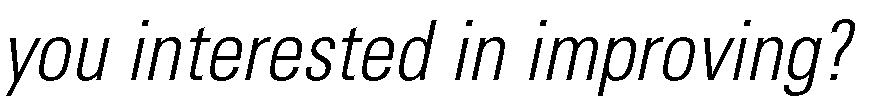
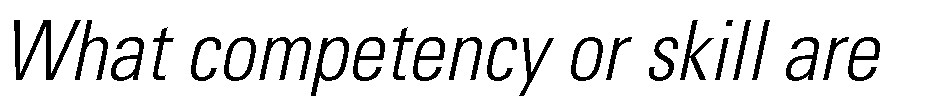
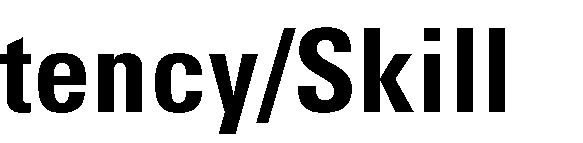
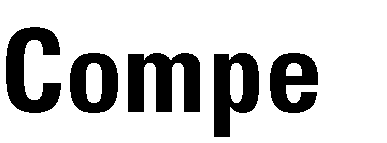
What skills are necessary for this career?

What is your second choice career goal?

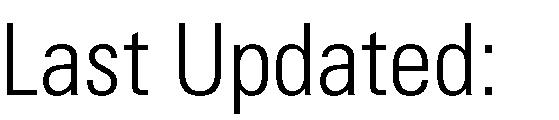
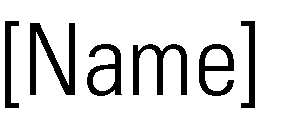
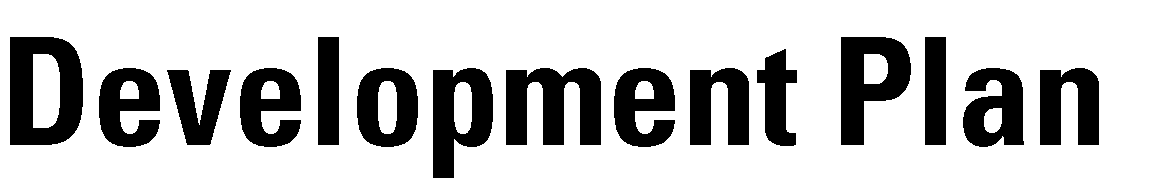
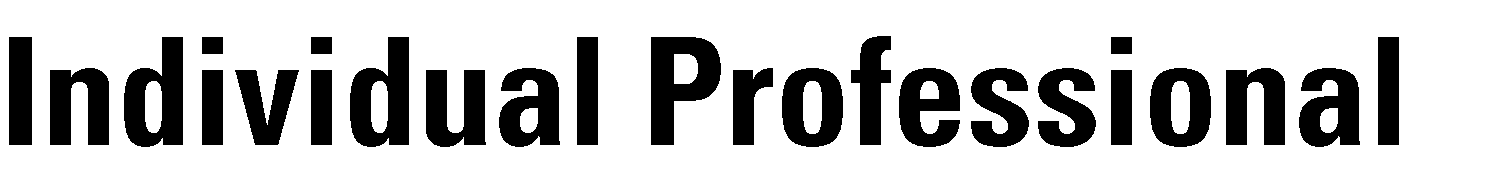
What skills are necessary for this career?

When would you like to transition into a new role?

What other factors must you consider when developing career opportunities (visa restrictions, partner, family etc.)?



|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |



|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |

**Resources**

AAAS. (2015). *My IDP*. Retrieved from <http://myidp.sciencecareers.org/>

Federation of American Societies for Experimental Biology (FASEB). (2017). *Individual development plan for postdoctoral fellows* [PDF file]*.* Retrieved from <http://www.faseb.org/portals/2/pdfs/opa/idp.pdf>

Stanford University, Office of Postdoctoral Affairs. (n.d.) *Individual development plan (IDP) – Initial meeting form [PDF file]*. Retrieved from <https://postdocs.stanford.edu/sites/default/files/opa_idp-initial_0.pdf>