

# Grad Outline - Personal Progress

Y2-3

Name:

Date:

## ASSESS YOUR RESEARCH PROCESS

*Pending - In progress - Achieved*

Transition from collecting preliminary data to creating publication-quality data.

Establish a peer network (beyond your lab) to gain feedback on your research.

Refine your research question.

Develop the critical thinking skills to assess your own and others' research.

Co-author a paper and present your research orally to master research storytelling.

## BRAINSTORM...

How can I refine my plan into manageable chunks that still have broad implications?

What can I do to give my experiments/study the best chance of success? How confident am I in my data?

## ASSESS YOUR PROFESSIONAL SKILLS DEVELOPMENT

*Pending - In progress - Achieved*

Intentionally develop professional skills to achieve goals set in Year 1.

Identify opportunities to build your confidence and understand your values.

Take leadership, communication, entrepreneurship, or cross-disciplinary courses.

Take on leadership roles in professional societies (e.g. volunteer at a conference).

Request to attend/present at meetings with industry partners or collaborators.

Mentor an undergraduate research student and TA a course.

## BRAINSTORM...

What experiences have enabled me to effectively develop my skills and confidence and why were these effective?

What additional professional activities should I seek to strengthen my weaknesses?

## ASSESS YOUR NETWORK DEVELOPMENT PROGRESS

*Pending - In progress - Achieved*

Attend at least one event with an opportunity to network each week (this doesn't have to be formal — you can meet people anywhere!).

Conduct regular informational interviews with new people in various fields.

Attend conferences and follow up with new connections.

Request introductions to expand your network.

## BRAINSTORM...

What can I do to build meaningful connections with people? What do I want to learn when I network?

What are the characteristics of an excellent collaborator, mentor, champion for me? How do I identify these individuals?

# MY ACTION PLAN

| Goal | Action | Timeline |
|------|--------|----------|
|      |        |          |