**Individual Professional Development Plan Worksheet**

1. What are your goals?

Long-term (5-10 years):

*I plan on going to medical school and becoming an ophthalmologist.*

Intermediate-term (by the time you graduate from Longwood):

*I plan on graduating from Longwood, with honors, and a 3.6 GPA.*

Short-term (this semester or this academic year):

*I plan on having all my grades this semester to be all A’s or A-’s so that I can boost my GPA for the semester.*

2. What knowledge and skills will you need to successfully reach your goals?

*The skills I need are good study habits, good people skills, and great writing skills in order to get into medical school, do great for the semester, and even achieve my intermediate goals.*

3. What activities and experiences will you engage in to gain the knowledge and skills?

*I will be shadowing and interning at an ophthalmic practice, practicing for the MCAT this summer and possibly a little bit through out my junior year, so that I can be prepared for when I take the MCAT in the future. I am also engaging more in the medical side of things on campus so that I can be more exposed in the field as well.*

4. Who can help you reach your goals and how? (support people)

*My professors can help me achieve these goals by giving feedback on what I can improve on and what I need to do in order to become a doctor, my mentors can help me to push myself to do better in classes and/or studying, my family can help boost up my confidence and keep me on track to preparing for medical school, and my friends can also do the same thing as family, as well as helping me to study for the test as well.*

5. If things don’t go the way you plan, what is your contingency plan? Can you identify barriers/challenges that may impede progress toward your goals? Can you plan for strategies to overcome the barriers/challenges? Can you include flexibility in your plans (e.g., include plan for skills and knowledge that might be valuable regardless of situation to keep your options open)?

*If I don’t end up getting into medical school, my back up plan is to either do an accelerated course in nursing or teaching. What barriers that may impede me going to medical school is having a lower GPA, not enough education that may be needed in order to be successful with the MCAT, or even not enough knowledge about medical schools around VA that I would possible be able to get into. What I can do to plan for this is always have a backup plan for each barrier, if I don’t have a higher GPA, I can look into schools that may take lower GPA’s or work for a while in a medical setting and get more experience before applying again. If there isn’t enough knowledge about medical schools, then research is necessary in order to find schools in the area or around the state.*