*Individual Development Plan (IPD) for Undergraduate Success*

Name: \_\_\_\_\_\_\_\_\_\_\_Jonah Hottinger\_\_\_\_\_\_\_\_\_\_

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| Goals | Competencies & Skills | Activities & Experiences | Assessment of Progress | Support People and Their Roles |
| Long-term  1. Get into graduate school  2. Graduate with a GPA of at least 3.6 | 1. Need to be dedicated, be involved, be able to handle an increased work load  2. Stay motivated and focus on school work before other things, be studious and proactive | 1. Standardized tests such as GRE’s, visit schools, apply  2. Study with groups for motivation, tutor sessions when needed, anything extra credit | 1. On track, a rugby executive which I believe adds to my appeal for VCU  2. On track, currently have a GPA of 3.75 | 1. Career counselor, advise me in needed classes and schedule, help me set up for standardized tests  2. Instructors and tutors, teach me and help me understand |
| Intermediate/short-term  1. Get a physical therapy internship at Advantage  2. Reduce amount of loans needed for tuition | 1. Need to understand human anatomy, have a working knowledge of injury therapy  2. Work hard and get promoted, good money management, apply for scholarships | 1. Apply, attend interviews, No experience needed but be prepared to learn  2. Summer jobs, apply for scholarships | 1. On track, I have connections at Advantage physical therapy now  2. On track, was promoted for work this year, and I’m applying for scholarships | 1. Career counselor, aid me in getting internship credits accepted  2. Financial advisors, help me create a budget and show possible payment options |
| Immediate  1. Finish the semester well enough to keep my overall GPA above 3.7  2. Find a job for the summer  3. Make the money in my account last the rest of the semester  4. Get more sleep  5. Go to the gym every day and create a calisthenics program for over the summer | 1. Stay motivated, need to focus on what is important  2. Hard working, trustworthy, likeable  3. Self-discipline, tolerate eating average to bad food (d-hall)  4. Time management  5. Self-discipline, collect more knowledge on program possibilities | 1. Work with study groups  2. Apply for jobs, attend interviews  3. Eat enough food in d-hall  4. Avoid Netflix  5. Rugby, previous experience designing work out programs | 1. Currently on target, all As and one B+  2. Succeeded, I will be working at Shreckise landscaping  3. I’m going to d-hall more, but it’s going to be close  4. I have drastically increased the amount of sleep I get, got at least 6 hours every night for a week  5. Program completed, going to gym every day | 1. Instructors and tutors that can teach me  2. Steve Shreckise, boss  3. My friends, advise me  4. Teachers, determine amount of homework  5. Rugby teammates, motivate me and work out with me |