*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-term1. Get into graduate school2. Graduate with a GPA of at least 3.6 | 1. Need to be dedicated, be involved, be able to handle an increased work load2. Stay motivated and focus on school work before other things, be studious and proactive | 1. Standardized tests such as GRE’s, visit schools, apply2. 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 VCU2. 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 tests2. Instructors and tutors, teach me and help me understand |
| Intermediate/short-term1. 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 therapy2. Work hard and get promoted, good money management, apply for scholarships | 1. Apply, attend interviews, No experience needed but be prepared to learn2. Summer jobs, apply for scholarships | 1. On track, I have connections at Advantage physical therapy now2. On track, was promoted for work this year, and I’m applying for scholarships | 1. Career counselor, aid me in getting internship credits accepted2. Financial advisors, help me create a budget and show possible payment options |
| Immediate1. Finish the semester well enough to keep my overall GPA above 3.72. Find a job for the summer3. Make the money in my account last the rest of the semester4. Get more sleep5. Go to the gym every day and create a calisthenics program for over the summer | 1. Stay motivated, need to focus on what is important2. Hard working, trustworthy, likeable3. Self-discipline, tolerate eating average to bad food (d-hall)4. Time management5. Self-discipline, collect more knowledge on program possibilities | 1. Work with study groups2. Apply for jobs, attend interviews3. Eat enough food in d-hall4. Avoid Netflix5. Rugby, previous experience designing work out programs | 1. Currently on target, all As and one B+2. Succeeded, I will be working at Shreckise landscaping3. I’m going to d-hall more, but it’s going to be close4. I have drastically increased the amount of sleep I get, got at least 6 hours every night for a week5. Program completed, going to gym every day | 1. Instructors and tutors that can teach me2. Steve Shreckise, boss3. My friends, advise me 4. Teachers, determine amount of homework5. Rugby teammates, motivate me and work out with me  |