

Individual Development Plan (IPD) for Undergraduate Success

Name: _____ Davice Jones _____

Goals	Competencies & Skills	Activities & Experiences	Assessment of Progress	Support People and Their Roles
<p>Ultimate</p> <p>Become a dentist and travel the world</p>	<ul style="list-style-type: none"> -Have a bachelor’s degree -graduate from a four-year graduate dentistry. -Travel with organizations in out-of-the-country trips to help third world countries with medical care. 	<ul style="list-style-type: none"> -Intern with dentists at multiple practices. -Become involved with organizations that travel around the world to help countries that do not have access to dental care. 	<ul style="list-style-type: none"> -Obtaining above average grades to be able to compare with competition of dentistry school applicants. -Make myself stand out with community service with problems that I am passionate about. 	<ul style="list-style-type: none"> -Family. -My dentist. -Colleagues and advisors.
<p>Long Term goals</p> <p>Graduate from graduate dentistry school and become established in a town that I could own a business in.</p>	<ul style="list-style-type: none"> -Obtain good grades in dentistry school. -Focus solely on my coursework, not letting distractions get in my way. 	<ul style="list-style-type: none"> -Taking advantage of all the opportunities presented to me through school and colleagues. -Study abroad with peers to obtain a wider understanding of the world and different cultures. 	<ul style="list-style-type: none"> -Pass the DAT with a good score. -Make myself stand out by going above and beyond expectations of professors. -Having respect and professionals’ attitude. 	<ul style="list-style-type: none"> -Family. -Professors. -Colleagues and advisors.

<p>Intermediate/short-term</p> <p>Graduate from undergrad at Longwood University and get accepted into a graduate school not too far from home and become an ambassador.</p>	<ul style="list-style-type: none"> -Work on my communication skills and be able to efficiently communicate with my peers and professors. -Grow in my writing skills by reading more books for fun!!! -Improve my critical thinking skills through actively participating in my class discussions. -Become more comfortable with reading scientific articles by talking with my professors on strategies of understanding each article/ improve my research skills. 	<ul style="list-style-type: none"> -Be a well-rounded student. -Volunteer more. -Participate in Longwood traditions/spirit. -Be a leader! 	<ul style="list-style-type: none"> -Growing in my leadership positions. -Taking on more responsibility. -Set aside time for weekly service activities. 	<ul style="list-style-type: none"> -Pre-Professional Society. -LIFESTEM mentor Dr. Gee herself. -Colleagues.
<p>Immediate goals</p> <p>Focus on school and never fall behind and make a plan for getting a job and save money for the future.</p>	<ul style="list-style-type: none"> -Understand information presented in class/study afterwards and commit it to long term memory. 	<ul style="list-style-type: none"> -Give up more time on the weekend for school so the week is not as stressful aka find a balance. -Apply to things and never stop looking for things that interest me. -Maybe start a running club because Longwood should have a running club. 	<ul style="list-style-type: none"> -Following up with all job opportunities -Be a professional and respectful. -Willing to learn new things without getting frustrated. 	<ul style="list-style-type: none"> -Professors. -Colleagues. -Student resources like the writing center.

