*Individual Development Plan (IPD) for Undergraduate Success*

Name: \_\_\_\_Tyra Nevers\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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| Goals | Competencies & Skills | Activities & Experiences | Assessment of Progress | Support People and Their Roles |
| Long-term  1.Researcher  2. Trauma surgeon | Expand knowledge  Start studying for things in this field. | Start doing research with professor at Longwood | Achieve this goal | Parents: they would do anything and everything to see me achieve this goal |
| Intermediate/short-term  1. Leave Longwood with a 3.56 GPA or just increase GPA  2.Good Grad school | Improve the way I study  Ask for help when needs  Read up on different graduate schools around me or in New York. | Go to tutoring/ office hours.  Study more and don’t wait to the less minute to do things | Better grades  Develop good relationships with professor  Always do my best | Parents: Pushing me to do my best  Professors: help when needed. |
| Immediate  1. Pass all my final with an A or B  2.Dean’s List  3.Study More  4.Stress less  5. Start research with a professor | Expand knowledge  Study More  Read up on things I don’t really know about that deals with research and school. | Go to tutoring  Spend less time with people and focus on myself  Mix my mental state. | Better grades in currents classes  Checking my Longwood canvas page daily  Earn an A or B in all classes | Professors  Office hours  Ask more questions in class  Ask for help with confused about an assignment. |