*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-term1.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-term1. Leave Longwood with a 3.56 GPA or just increase GPA2.Good Grad school | Improve the way I studyAsk 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 gradesDevelop good relationships with professor Always do my best | Parents: Pushing me to do my bestProfessors: help when needed.  |
| Immediate1. Pass all my final with an A or B2.Dean’s List 3.Study More4.Stress less5. 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 dailyEarn an A or B in all classes  | Professors Office hoursAsk more questions in classAsk for help with confused about an assignment.  |