**Individual Professional Development Plan – Rebecca Mills**

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| **Goals** | **Knowledge and Skills** | **Activities and Experiences** |
| Long-term  1. Graduate School  2. Obtain a career in the scientific research field. | -Laboratory techniques  -Data management, experimental design  -Professional skills; leadership, teamwork  -Communication skills | -Upper level science courses  -Advanced research experiences  -Job experience as a TA  -Shadowing opportunities |
| Intermediate-term  1. Accomplish research project  2. Work a part time job  3. Graduate undergraduate with a good GPA | -Leadership  -Communication skills  -Problem solving  -Strong work ethic values  -Time management and organization | -Continuing with current research project  -Shadowing opportunities  -Creating stronger relationships with my professors |
| Short-term  1. Stay on Dean’s list  2. Become a better writer  3. Gain professional skills in a lab | -Adequate studying skills to excel in classes  -Organization skills  -Commitment and reliability  -Time management  -Strong work ethic | -Attending tutoring  -Join study groups  -Attend the writing center  -Pay attention to techniques used in lab classes |

Support People and Their Roles:

People who would be my biggest support in achieving my goals would be my family. They always want what’s best for me and help me to achieve my goals. Another major source of support would be my professors in my undergraduate schooling. I have accumulated numerous mentors who have helped lead me in the right direction towards my goals and help me with things I don’t know the answers to. My research advisor has been a great support system with helping me get through my obstacles and help me with academic attributes.

Contingency Plan:

My contingency plan would most likely be to be a genetic counselor. I think the main barrier I would have to achieve this goal would be to have to do additional schooling in grad school for genetic counseling specifically, which can be financially and time consuming. The best way to avoid this would be to make sure I have a clear path to my goal before I go into grad school. I also think this is a fairly good backup plan because for the most part, it requires the same skills and accomplishments in undergrad.