

Individual Professional Development Plan Worksheet

1. What are your goals?

Long-term (5-10 years):

1. Home ownership (apartments count)
2. Financial independence
3. Therapy
4. Stable Career: Lab Technician

Intermediate-term (by the time you graduate from Longwood):

1. Lab technician certification
2. Possibly phlebotomy certification
3. Clinical lab experience
4. Good credit, primary account holder

Short-term (this semester or this academic year):

1. Apply to INOVA program
2. Get into INOVA program
3. Be accepted into one of 3 internships I applied for
4. Keep bank balance above 50\$ not including club expenditures for university reimbursement
5. Cry minimally; survive

2. What knowledge and skills will you need to successfully reach your goals?

1. Clinical lab research experience
2. Lab etiquette and basic practices
3. Data management
4. Organizational Adaptability
5. Creativity; control thereof
6. Interview etiquette
7. Teamwork; Leadership
8. Self-advocacy
9. Flexibility
10. Good communication
11. Accountability
12. Candor
13. Perseverance (no crying in baseball)

3. What activities and experiences will you engage in to gain the knowledge and skills?

1. (Hopefully) One of 3 internship opportunities
2. Continued employment
3. True clinical lab experience
4. Or any lab experience, but clinical more key

4. Who can help you reach your goals and how? (support people)

1. Lulu Tam; Housecat, best friend, always has the right answers, everything is okay
2. Bjoern Ludwar; Connections in pertinent field, academic advisor, direct contact with INOVA advisor
3. Technically the INOVA advisor whose name escapes me; The key lady to impress. Too intimidated to talk to her: must work on this
4. Chair of Biology at GMU who's name also escapes me, but she loves my mother; Willing to give me research opportunities in the event I am unable to make it into internships like GMU's ASSIP program

5. If things don't go the way you plan, what is your contingency plan? Can you identify barriers/challenges that may impede progress toward your goals? Can you plan for strategies to overcome the barriers/challenges? Can you include flexibility in your plans (e.g., include plan for skills and knowledge that might be valuable regardless of situation to keep your options open)?

~~Cry I guess~~

Unfortunately the structure of the program actually makes my situation more inflexible and depends entirely on what Dr. Fink is letting me sub in or out of my previous class load to account for degree requirements. I would pursue a Pre-Med concentration instead of CLS upon my not getting into INOVA program and do a 4+1 certification program for lab technician roles, presumably at INOVA but subject to change. Overall, the general direction of my long-term goals does not change, but messing up the plan does affect me up until I graduate. Many classes I take would not count. Backup plan is not really the best case scenario and talking about it is giving me hives.