

Individual Development Plan Resources

- **National Postdoctoral Association Core Competencies:**

- <http://www.nationalpostdoc.org/?CoreCompetencies>

- Primarily serve as: (1) a basis for self-evaluation by postdoctoral scholars, and (2) a basis for developing training opportunities that can be evaluated by mentors, institutions, and other advisors.

- Core Competencies (<http://www.nationalpostdoc.org/?SixCoreComps#i>)

- 1. [Discipline-specific conceptual knowledge](#)

- 2. [Research skill development](#)

- 3. [Communication skills](#)

- 4. [Professionalism](#)

- 5. [Leadership and management skills](#)

- 6. [Responsible conduct of research](#)

- **University of South Carolina Office Post-Doctoral Affairs website:**

- <http://postdocs.usc.edu/mentoring/idp/>

- **Science myIDP: <http://myidp.sciencecareers.org/>**

- About myIDP: <http://myidp.sciencecareers.org/Home/About>

- IDP process and using myIDP:

- <http://www.sciencemag.org/careers/2012/09/you-need-game-plan>

- Provides:

- Exercises to help you examine your skills, interests, and values
 - A list of 20 scientific career paths with a prediction of which ones best fit your skills and interests
 - A tool for setting strategic goals for the coming year, with optional reminders to keep you on track
 - Articles and resources to guide you through the process