

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