

# CNRC Postdoctoral Fellowship Individual Development Plan

**Name:**

**Department:** Department of  
Baylor College of Medicine  
**Appointment:** Children's Nutrition Research Center  
Department of Pediatrics  
Baylor College of Medicine

**Start Date:**

**Revised:**

**Mentor:**

(Provide signature) \_\_\_\_\_  
Mentor name

**List Committee Members:** \_\_\_\_\_

(List institution, if not CNRC)

*Use this form to identify your goals and develop a strategy to achieve those goals. Use as much space as you need. Postdocs are encouraged to reference specific professional development activities. Local training and development activities can be found on the BCM internet under Career Development Center, Office of Postdoc Affairs, Pediatrics Clinical Research Administration, NORC, Consortium for Translational and Precision Health, etc.*

## Part I. Goal Setting

### A. Current career goals (long-term goals)

- 1.
- 2.
- 3.

### B. Goals for the upcoming year (short term goals)

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### C. What further research activity or other training is needed before it is appropriate to start a job search?

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### D. Please indicate if there are other issues that affect your job search:

## Part II. Plans for Upcoming Year

### A. Training plans

- Activities that support the development of your research project (journal clubs, conferences, seminars, workshops, wetlabs)

\*Required: CNRC Postdoc *Research in Progress* Seminar and CNRC faculty seminar series

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- Professional development activities such as clubs, courses or workshops that will help you to achieve your goals (scientific writing, grant writing, oral communication, teaching, certifications)

\*Required: FCI course or some responsible conduct of research alternative with IRB or IACUC course

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**B. How will your mentors function to facilitate the above activities and to assess your progress and improvement?**

\*Required: timely review of research progress and IDP at semi-annual committee meetings

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- **Proposed meetings with mentors include:**

- e.g. Weekly meetings with mentor
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**C. Anticipated publications (indicate authors and projected titles):**

*In Preparation*

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*Anticipated*

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**D. Anticipated conferences/meetings:**

*List relevant local, regional, and/or national conferences/meetings listed for lab's preparation/planning purposes. Possible attendance and presentation at these meetings will be discussed and decided as the year unfolds.*

Conference	Location	Abstract Deadline	Conference Dates

**E. Anticipated workshops/courses at the TMC that support your technical training:**

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**F. Fellowship, grant, or other funding applications planned (indicate name of award and deadline):**

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**G. Other professional development/networking activities:**

Template revised: 2025

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### **Part III. Research Goals and Methodologies to Learn in the Coming Year**

#### **Research goals:**

- a)
- b)
- c)

#### **Methodologies and technical skills to attain**

- a)
- b)
- c)