Individual Development Plan (IDP)

An individual development plan (IDP) is a career planning tool for graduate students and postdoctoral trainees. IDPs provide students with the opportunity to assess their goals and needs, including long- and short-term career objectives, and plan professional development activities needed to reach those goals. IDPs are also used as a tool to facilitate communication between mentees and mentors.

# Online IDP Tools:

## For STEM Fields: myIDP

For students pursuing STEM field, myIDP (<http://myidp.sciencecareers.org>) is a free tool hosted by the American Association for the Advancement of Science (AAAS). The NIH recommends IDPs for graduate students and postdocs supported by NIH awards.

## For Humanities and Social Sciences: ImaginePhD

ImaginePhD (<https://www.imaginephd.com>) is a free site created under the auspices of the Graduate Career Consortium.