

SF BUILD Scholar Development Plan

Below you will layout your academic and professional goals. You will also develop an action plan to help guide your progress in this program. You will review this document with your Research Advisor as well as with the SF BUILD student program directors to get feedback at least twice year.

Date: _____

SF BUILD Scholar Name: _____

Research Site: SFSU UCSF

UCSF/ SFSU Research Advisor (PI): _____

UCSF/ SFSU Research Mentor (your immediate research contact): _____

SF BUILD Program Director: _____

1. Please describe your career aspirations.

2. What is your target date for graduation? _____

3. Given your target date for graduation, when do you plan to take the courses required to fulfill your degree requirements? Please complete the table below with the semester date and course names/numbers:

Semester 1:	Semester 2:	Semester 3:	Semester 4:
<input type="checkbox"/> Fa <input type="checkbox"/> Spr 20 ____	<input type="checkbox"/> Fa <input type="checkbox"/> Spr 20 ____	<input type="checkbox"/> Fa <input type="checkbox"/> Spr 20 ____	<input type="checkbox"/> Fa <input type="checkbox"/> Spr 20 ____

4. Please describe your academic goals. These goals should align with your long-term career plans stated above (#1).

5. What are the requirements for admission into the graduate programs to which you are interested in applying?

	Institution 1	Institution 2	Institution 3
Institution Name			
Graduate Program			
UG Major			
GPA			
GRE Scores			
GRE Subject (Y/N)			
Prior Research Experience			

6. Please describe the overall goal of the research, research question(s) to be addressed, and general approach.

Overall Goal:

Research Question(s):

General Approach(es):

7. Given your target date for graduation, what do you want to achieve with regards to your research project?

8. Complete the table below.

<p>Below is a list of my talents and strengths that I can bring to my research training experience</p>	<p>Below is a list of the skills and knowledge that I would like to enhance. (Please consider research skills, lab and/or quantitative techniques, oral and written presentations skills, and other such skills.)</p>
Empty space for student input	Empty space for student input

9. Please map out a timeline to achieve these goals. Below is an example.

Example of checkpoints/milestones:

January 2016: Project approved, start literature review

February-March 2016: Work in the lab; preliminary data gathering/samples tested

March-April: data analysis conducted

End April: poster/abstract drafted

Mid May: Present poster at local conference

End May: Request letters of support for graduate school applications

Checkpoint (Month, Year)	Milestone

10. Please establish your plan for meeting with your academic and research mentors. Below is an example.

Examples of meetings with mentors and targets:

- *Meet with Research Adviser once or twice a week*
- *Research consultation – with <<who>> at least weekly and as needed*
- *Abstract support - submit writing to <<who>>*
- *Meet at least quarterly to address career counseling and professional development activities*
- *Meet with academic advisor once every semester.*

Meeting Details	
Date(s)/Frequency	Meeting Purpose/Target/Goal

11. An important aspect of the research training experience is the opportunity to attend and present your research at a scientific meeting. Below are some suggestions for national conferences that are undergraduate-centered or have an undergraduate-focused component. Please discuss these options with your mentor to plan the appropriate venue for you to share your results with the broader scientific community.

SACNAS – Society for the Advancement of Chicanos and Native Americans in Science.

<http://sacnas.org/events/national-conf>

2016 Conference will be in Long Beach, CA October 13-15

Abstracts due in May 2016

ABRCMS – Annual Biomedical Research Conference for Minority Students

<http://www.abrcms.org/>

2016 Conference will be in Tampa, FL November 9-12

Abstracts due Sept 9, 2016

ASBMB – American Society for Biochemistry and Molecular Biology

<http://asbmb.org>

2016 Conference will be held in San Diego, CA April 2-6

Abstracts due November 8, 2015 (*Attendance and participation in events still possible*)

Other conferences: Please describe and provide deadlines below.

12. Given all the things that you would like to achieve, it is important for you to maintain your health and well-being. Please List below specific coping mechanisms and support that will help you most while pursuing your goals.

13. List below specific resources that will help you most with your transition to graduate school.

14. Please list the days and times that you will devote towards your research project this semester.

Times					
Monday	Tuesday	Wednesday	Thursday	Friday	Weekend



15. Please use the space below to identify any additional items that you and your research advisor and/or research mentor wish to include in your IDP.