

# self assessment & goal setting

Whole PhD — Part 1





“Don't ask yourself what the world needs. Ask yourself what makes you come alive, and go do that, because what the world needs is people who have come alive.” — Howard Thurman



# Quick Tips

- If you have never completed an Individual Development Plan (IDP), do one from either the resources list or one that your institution provides
- Leverage self-assessment tools to focus on aligning your interests, skill sets, and values
- Think in terms of small actionable steps (SMART goals) to reach your goals
- Review your education/career goals and actionable steps (in IDP) with at least two mentors, because different mentors will offer different and valuable perspectives
- Use these tools as an excuse to have important conversations with yourself, with mentors, and with peers

# Resources

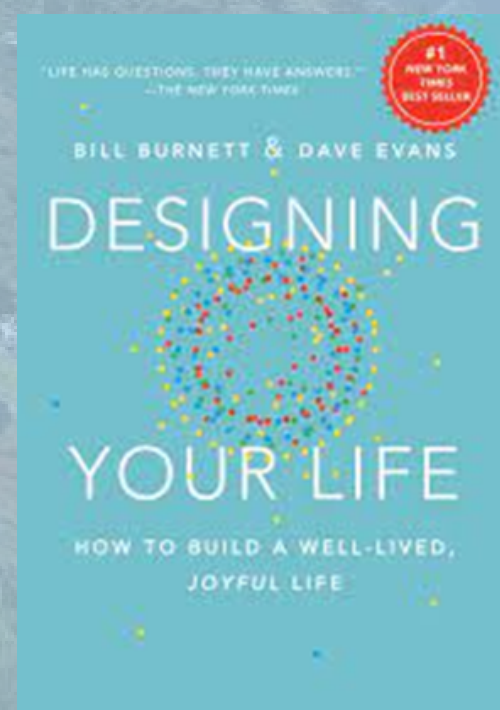
- [myIDP](#)



- [ChemIDP](#)

**ChemIDP**™  
American Chemical Society's Career Planning Tool

- [Designing Your Life](#)





# Further Reading

- [Using SMART Goals to Make Scientific Progress \(NIH\)](#)
- [Two Powerful Assessment Tools to Help You Find Your Dream Job – Definitive Guide \(GetFive\)](#)

# Share your input!

Share your input on this topic and enter to win a \$25 gift card!

Complete the survey's topic task for an entry to win a \$50 gift card!

[Access the survey here!](#) Complete by Sunday at midnight to enter the raffle.

These resources are curated but not comprehensive. They are intended to inspire further personal exploration of each topic. This series is hosted by the Professional Development Series (PDS) for graduate students and postdoctoral scholars and the following:



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