

**University at Buffalo  
Department of Oral Biology**

**Individual Development Plan (IDP)  
POSTDOCTORAL TRAINEE**

Trainee: \_\_\_\_\_

Mentor: \_\_\_\_\_

Date of Postdoctoral Appointment: \_\_\_\_\_

Date of Last IDP Meeting: \_\_\_\_\_

Meeting Date: \_\_\_\_\_

1. Comment on your research progress – including research proposal plans/preparation – since your last IDP meeting. Please note any areas in which you are experiencing difficulty.

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2. Comment on your progress toward and/or changes in your career goals since the last meeting.

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3. What are your plans for the next 6 months?

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4. Please attach examples of the following not previously submitted:

- Research or fellowship proposals
- Papers, abstracts, or presentations
- Honors or awards
- Anything else professionally noteworthy