

## Individual Development Plan (IDP) for ME PhD/D-PhD Students

### Purpose:

The College of Engineering released a generic IDP plan for graduate students, and we've modified it so that it can help you optimize your success in the Mechanical Engineering graduate program. An IDP allows you to internally reflect on your goals and skills and sets your plan on how to improve skills you see that are vital to you being successful in your future career plans.

### Recommendation:

Complete your initial IDP prior to your start in the graduate program. Once completed and you have an idea of your professional goals and the type of work environment that will make you most successful, share with your research advisor when convenient, as they may have additional suggestions to help you accomplish your goals or that may aid in your journey through your graduate program to be smooth and enjoyable.

Fill out the IDP with intrinsic motivation, imagining your ideal career and what you need to obtain that position. Writing down your goals and how you plan to accomplish them, being as specific you can, will increase the likelihood of you accomplishing what you've set out to do.

Plans do change, so make sure to evaluate at the beginning of each semester, and update as you go along.

Questions you can ask to get yourself started:

- What do I want to do after I graduate?
- When looking at my future, what is most important to me?
- What sort of impact do I want my future job to have?
- What skills do I need to be successful in my ideal career?
- Do I need to participate in certain activities to develop interpersonal relationships?
- What type of mentoring do I need?
- How will I develop contacts or networks in relation to my career goals?

### Steps to complete your IDP:

1. **Self-Assessment:** Get to know yourself better—your personality, interests, values, and skills. This inner reflection will help you identify jobs and personal/professional career goals best suited to you, and identify any knowledge or skills that you might need to improve or acquire to achieve your goals.

We've provided some skills you can evaluate yourself against starting in Appendix 1, on [page 9](#). There are also many free personality and career planning tools online to help you with your self-assessment; we've listed just a few below:

<http://myidp.sciencecareers.org/>

<https://www.truity.com/view/tests/personality-career>

<https://www.123test.com/career-test/>

[https://www.careerfitter.com/free\\_test/careerbuilder/test](https://www.careerfitter.com/free_test/careerbuilder/test)

2. Research your career options: Once you know more about yourself and what you're looking for, you can start to research jobs that play to your strengths. Research companies that interest you, take advantage to talk with their representatives when they visit campus, plan to do internships at the company, talk to professional in the field, attend the professional seminars offered by ME and other schools, etc.

A great resource on Purdue's campus is the Center for Career Opportunities, <https://www.cco.purdue.edu/> who offer a lot of helpful services---resume review, mock interviews, career fairs, career exploration, networking guidance, job postings, etc. Check them out!

You should also subscribe to the ME Grad Blog, if you haven't already, <https://purduemegrad.blog/>, as our office and our professors are contacted by companies looking to hire Purdue engineers, and we post all opportunities on the blog.

3. Set your Goals: What do you want to be doing in two years? In five years? In ten years?
  - Be specific as possible as to what you want to achieve.
  - Define it in a physical way so you can track your achievement
  - Make goals that are achievable and relevant to you
  - Set a deadline to achieve, to stay on track.
4. Develop your plan and implement it (we've provided an example on how to get started in Appendix 2, on [page 11](#), with a blank form for you to copy and modify for yourself on [page 12](#)):
  - Identify and investigate multiple career paths—Is teaching for you? Do you want to eventually pursue the legal profession, like as a patent attorney, or safety investigator? Is your interest research only, or implementation?
  - Be realistic about expectations and timelines.
  - Understand that things change, and continue to review and amend your career plan as needed.
5. Review and adjust your plan: Life happens and things change, so it's OK if your goals change. Just continue to review your plan at least once a year--what goals you've achieved, what skills you've developed, and figure out if you need to change your strategy or put more effort into achieving your initial plan.

## General Degree Timeline

This timeline provides you with a general idea of checkpoints to keep you on track. It's your plan, so it's OK to be a little ahead, or behind your plan, as long as you meet ME's degree requirements and stay in compliance with Purdue's and [ME's policies/procedures](#).

### Year 1:

#### **Learning & Research:**

- Bookmark the [ME Grad website](#), as this covers all the ME policies/procedures and is always kept updated. Review ME's requirements for obtaining your degree, and mark your calendar to attend the virtual meetings that are held for incoming students, 'How to Navigate Grad School in ME' and 'Plan of Study'. Details/links for all virtual meetings and ME's virtual office hours can be found on the [ME Grad Blog](#). All academic administration questions, should be directed to your academic advisor, not your research advisor, and can be emailed to [megradoffice@purdue.edu](mailto:megradoffice@purdue.edu).
- Review and complete the incoming student [to-do list](#) on the ME Grad website.
- Identify your research advisor and begin to identify who will be the other members of your [advisory committee](#). Reach out to them to confirm they'll accept the position.
- Check with your research advisor as various lab operational procedures and expectations. We've added some sample questions in Appendix 3, on [page 13](#), to get you started.
- During orientation week, you'll attend ME's [Orientation](#), and your required research lab orientation/safety training. Get familiar with [ME's building safety](#), and complete the ME Building Safety Quizzes. International students should complete International Student Service's (ISS) [pre-arrival and orientation](#) requirements.
- Discuss with your research advisor, what research you're expected to complete this semester, and the appropriate number of credits it'll require, and make sure to follow the [2-step research registration process](#). Research-based students are required to register for research every semester they're attending.
- Discuss with your advisor, and register, in courses that will help you improve knowledge in your research area.
- Scout out and engage in opportunities to increase your skill set. You can find an [entry-level programming in Python course](#) available, if needed. Learn how to use [MATLAB and Simulink](#), if needed, as you have [unlimited access](#) to all MathWorks products. Pursue other opportunities that will be help you to be successful in your coursework and research.
- Submit your initial [Plan of Study](#) (POS), between the 3<sup>rd</sup>-6<sup>th</sup> week of your first semester.
- Learn to design research studies that will properly address various research questions.
- If you are applying for fellowships or grants, please check with the [Fellowship Office](#) and create a timeline for your application steps, including attending workshops and seminars on how to successfully apply. Please note: most Fellowship applications need to be submitted in the fall semester.
- Monitor the [ME Grad Blog](#) for Scholarship and other award announcements.
- You'll need to take your first attempt at area exams in your third semester of the PhD/D-PhD program, so you can start preparing in advance. Please see the [Area Exam](#) webpage, for potential waivers as well as study guides and past tests to help you prepare. The ME Grad Blog

announcement page, will list the virtual meeting we hold on Area Exams, and you should plan to attend in advance of the semester in which you need to take them for the first time, if not earlier.

**Communication:**

- Learn who the key contacts are in your lab, department, and college. Begin forming respectful relationships with them. Some other special resources that might be helpful to you, are listed below:
  - [Veteran Success Center](#)
  - [Disability Resource Center](#)
  - [Cultural & Resource Centers](#)
  - [International Student Services](#) (ISS)
- Learn to organize, interpret, and present your data.
- Work on effectively communicating results in written, oral, and graphical form:
  - develop technical writing skills through feedback from your advisor
  - utilize the [Purdue Writing Lab](#) to improve your skills
  - attend Graduate School [workshops](#) that help with developing an elevator pitch, preparing a demonstration, publishing a scientific paper, and more.
  - [Purdue Language & Cultural Exchange](#) (PLaCE)—supports international students who learned English as a second language and offers language and cultural support as you adjust to life at a US university.
  - [Purdue Toastmasters](#)—teaches public speaking and leadership skills.
- Review '[How to Talk to professors about Personal Matters](#)'; these tips can apply to improving communication with your research advisor, your course instructors, or other parties.

**Professional Development:**

- Get Involved and develop interpersonal relationships and leadership skills. Just a few organizations that may offer programs of interest are listed below, but you can find others around campus:
  - [OMEGA](#) (ME's Grad Student Organization)
  - [Women in Engineering](#)
  - [Purdue Student Activities & Organizations](#)
  - [Purdue Graduate Student Government](#)
- Improve your teaching skills:
  - [Teaching and Learning in Engineering Graduate Certificate program](#)
  - [College Teaching Development Program](#), by Center for Instructional Excellence
  - [Summer Course Design Institute](#)
  - [Engineering Academic Career Club at Purdue](#)
- [Burton D. Morgan Center for Entrepreneurship](#)—offers the certificate in entrepreneurship and innovation program, the Purdue Foundry, innovation communities, and more.
- Seek out other ways to develop yourself that will align with your goals.

**Career Development:**

- Learn about the career opportunities for someone with your degree. Search the internet, talk with your research advisor/peers/family members, seminar speakers within ME and other schools on

campus, check out what the Center for Career Opportunities can offer, etc. Do your homework; a ME degree is very versatile!

- Seek opportunities to mentor younger students or undergraduate researchers with your research advisor, local after-school programs, etc. We've added some points about what makes a good mentee and mentor in Appendix 4, on [page 14](#), for you.
- Identify your natural and learned skillset to match your career options.
- Investigate/pursue [internship](#) opportunities with companies that align with your career interests.
- Check out Purdue's [GRID](#), which helps expand the international development network among graduate students and provides events and resources to succeed in global endeavors.
- Explore Purdue's [Cultural and Resource Centers](#), as these are open to all students, not just students from a particular culture. They hold various events, including seminars, that are open to all Purdue students.
- Prepare yourself in other ways to thrive in a diverse global environment.

### **Well-Being:**

While it's important to focus on your coursework and research, you still need to build some work-life balance into your overall plan.

- There's lots of opportunities in the Lafayette/West Lafayette area, but also throughout Indiana and Chicago as well; we've just pulled a few tourism links to give you a start to explore:
  - [Purdue events calendar](#)
  - Lafayette, IN [downtown](#)
  - Visit [Lafayette/West Lafayette, IN](#)
  - West Lafayette/Lafayette [Hiking/Biking Trails](#)
  - [Indiana Tourism](#)
  - Indiana [Travel Guides](#)
  - [Indiana State Parks Guide](#)
  - Indiana [Festivals](#)
  - [Chicago](#), IL Visitor Guide
- If your schedule and home environment allow, consider adopting a pet—whether that's a gold fish or a golden retriever, or something in between.
- Remember, you can read books for fun, too!
- Take advantage of the Purdue Co-Rec or other work-out opportunities.
- Volunteer! You'll be surprised at how volunteering adds to your overall well-being, but it also opens you up for various service scholarships. Monitor the [ME Grad Blog](#) for the Dr. Anil Bajaj Outstanding Service Scholarship as well as other opportunities.

**Year 2-3:**

As you're getting ramped up in your PhD/D-PhD program, you'll be taking your area exams and preparing and defending your prelim during this timeframe, while continuing to work on wrapping up your coursework and delving into your research future.

**Learning and Research:**

- You need to register for the Area Exams in your third semester in the PhD/D-PhD program. Please see the [Area Exam](#) webpage for the registration form, waiver options, study guides, links to past area exams, and the tentative schedule that is updated as information is received. Make sure to get your registration form completed and to your research advisor to complete, so it can be submitted before the deadline!
- Check out the [Prelim Exam](#) webpage on the ME Grad website, so you can be prepared in advance on what is needed. You should plan to take your prelim within a year after passing all your area exams.
- By now, you would have started on your dissertation:
  - Watch the [video series](#) from the Thesis/Dissertation Office as to what you should know about formatting and depositing your dissertation so you can be prepared in advance.
  - Schedule an appointment with the [Thesis/Dissertation Office](#) so they can review your formatting to make sure it meets the requirements.
- Review your advisory committee members and create a plan as to how often you'll meet to review your research and thesis progress.
- Continue to monitor current literature and discoveries in your research area.
- Set short- and long-term research goals to stay on track to graduation.
- Continue to register for coursework as needed, and register for research every semester you're attending.
- Continue to develop as a researcher in criticizing literature and understanding argumentation of research in your field.
- Practice balancing multiple responsibilities and managing your time with experimentation, data analysis, and reporting.
- Continue to improve your ability to think creatively, troubleshoot, and design experiments to resolve problems and demonstrate expertise in your field of study.
- Publish as many first-author conference and journal papers as is relevant while maintaining high quality, with your research advisor's review/approval.
- Attend relevant conferences as you and your research advisor deem appropriate.
- After completing your prelim, discuss with your research advisor the opportunity to pursue internships.
- Set a tentative timeline for graduation, including when you plan to defend, deposit, and actually graduate.

**Communication:**

- By now you should have established methods of organizing, interpreting, and presenting your data.
- Attend at least one conference to present your work (poster or verbal) and network.

- Request feedback from your advisor, peers, other mentors, on your presentation and writing skills.
- Aim to be the first or second author on a journal paper.
- Maintain relationships with relevant contacts within and outside of your lab, department, and college.
- Continue to improve your communication skills overall, and seek opportunities to practice your facilitation and teaching skills.
- Learn how to present your highly technical research to a general, non-technical audience.
- Refine your interview skills and be aware of negotiation methods for your job field.

**Professional Development:**

- Continue to monitor the Grad School workshops for opportunities that might help you grow professionally and personally.
- Once you've passed your prelim, continue to check the [ME Grad Blog](#) for award/funding opportunities, as if you have been a TA, there's the Lambert Fellowship or Dean's Teaching Fellowship, you can apply for that allows you to shadow for a semester and teach for a semester.
- Look for additional opportunities that are available to increase your professional development skills.
- Join an association related to your job field and get involved.

**Career Development:**

- Identify a few career options that are a match to your skillset, and learn what is necessary to obtain these positions.
- Seek opportunities to mentor younger students or undergraduate researchers.
- Continue acquiring and improving your skills to better match your ideal position.
- Proceed with growing your network, and use these connections as you search for a job.
- Develop a CV and keep it updated and share with relevant connections when appropriate.
- Update your professional online profile, and keep it professional.
- Continue to prepare to thrive in an increasingly diverse global environment.
- Monitor your field and what positions seem to be needed, or look like they'll be needed in the future. Have new companies emerged as leaders in the industry? Do you need to add skills, or pivot on your decision regarding your desired position and/or employer?

**Well-Being:**

- Continue to build plans into your schedule to relax and re-energize.
- Explore a new hobby.
- Make time for family and friends.

**Year 4-7:**

A lot of what you'll be doing from here on, is 'continuing' with things you've already started doing to improve your skills and knowledge, and hopefully, will even continue once you graduate. Since you can refer back to the previous suggestions, we've chosen not to repeat them here just to make the document longer. Instead, we've only added new things you should be aware of during this time-frame.

**Learning and Research:**

- Review your progress toward completing your degree within the required timeline, as stated on ME's [Policies & Procedures](#) webpage.
- Set a tentative timeline for graduation, including when you plan to defend, deposit, and actually graduate. When you're close to wrapping up your degree requirements and ready to graduate:
  - Review the [Final Exam](#) webpage as to requirements, how to register, time limit to deposit, procedure for ME's review of final dissertation, etc. Make sure you've registered two full semesters between the semester you passed your prelim and the semester you plan to deposit.
  - Review the [graduation/candidacy](#) webpage and use the checklist to make sure you've met or will meet degree requirements. If yes, make sure to register for candidacy in the scheduling assistant by the deadline. Make sure to attend the virtual candidate meeting that is offered every semester, with details and link found on the [ME Grad Blog](#).
  - Once registered for candidacy, make sure to register for commencement when available, complete required surveys, RSVP to ME's graduation reception, schedule an exit interview with the Dept. Head, and submit the ME Exit form.
- Review previous suggestions.

**Communication:**

- Review previous suggestions.
- Check with [Xiaomin](#) in the ME Grad Office, to see about presenting your research poster at upcoming recruitment events.
- Participate in the [Three Minute Thesis \(3MT\)](#) Research Communication Competition.
- Compete in '[Say It in 6'](#)—tell your story about your graduate experience.
- Get an article published in [InnovatED](#) magazine!
- Volunteer to give tours at your research lab to visitors.

**Professional Development:**

- Review previous suggestions, especially remembering to look for Award & Fellowship opportunities, on the [ME Grad Blog](#) or elsewhere, like the Lambert Teaching or Dean's Teaching fellowships.

**Career Development:**

- Review previous suggestions.
- Monitor your field and what positions seem to be needed, or look like they'll be needed in the future. Have new companies emerged as leaders in the industry? Do you need to add skills, or pivot on your decision regarding your desired position and/or employer?



- If you're thinking about becoming a postdoc after graduation, talk with your research advisor, and check out the [Office of Postdoctoral Studies](#) for information for future postdocs and [Career Development](#) opportunities. The College of Engineering, posts known [Postdoc Opportunities](#) from various universities. Check out the [Purdue Postdocs & Postdoc Alumni](#) on LinkedIn and expand your network.
- If you're thinking about becoming a future faculty member, think about registering for [GRAD 590, Preparing Future Faculty](#) (not ME degree allowable, but relevant to your career goal). Check out the [Purdue Engineering Academic Career Club \(EACC\)](#) that offers a summer mentoring circle program aimed at demystifying the process to go from successful student to scholar to faculty member, and offer opportunities to attend Future Faculty Workshops at other institutions. If applicable, check into [Black Trailblazers in Engineering \(BTE\)](#) and [Latinx Trailblazers in Engineering \(LATinE\)](#).
- As you wrap up your final year, begin the job search and submit applications when ready.

**Well-Being:**

- Review previous suggestions.
- Once you've secured a job, check out the opportunities in their area—sites to explore, work-out opportunities, social events, volunteering opportunities, etc.

## Appendix 1: Self-Assessment of Skillset

This assessment is designed to help you identify your current levels of development in a number of skills and will be reflected in the goals you create in Step 2 of this IDP. The skills listed below will be important to your development as a graduate student and in your future career. Rate your current abilities with these skills from 1 to 5, where 1 indicates low proficiency/limited experience currently and 5 represents a level of mastery.

Skills that are 4-5 should be maintained and honed during your graduate experience, while skills that are 1-3 may need to be addressed and improved upon before graduation. To develop any of these skills further, check out the seminars and workshops offered by The Graduate School that are specifically designed for your professional development.

### Communication Skills: Written, Oral, Graphical, Interpersonal:

	1	2	3	4	5
Technical report writing					
Publication & journal article writing					
Grant proposal writing					
Oral presentation of technical research					
Presentation to a general/non-technical audience					
Ability to teach in a classroom setting					
Ability to prepare graphical presentation of data					
Negotiating conflict					
Receiving feedback and constructive criticism					
Providing feedback and constructive criticism					
Fluency in English					
Work effectively with peers and colleagues					
Work effectively with advisor and mentors					

### Leadership & Classroom Management:

	1	2	3	4	5
Setting timelines and objectives					
Providing constructive feedback					
Supervising or mentoring researchers					
Running a meeting efficiently to stay on track					
Managing a project budget					
Conducting a classroom lecture					
Conducting a laboratory class					
Preparing and facilitating active learning					
Creating meaningful course assessments					
Preparing a syllabus, measurable course goals					
Designing a course					
Maintaining engagement in distance learning					

**Diversity and Inclusion Values:**

	1	2	3	4	5
Work with people from various backgrounds					
Work with people from varying cultures/ethnicities					
Demonstrate equitable leadership skills					
Promote a respectful workplace and classroom					
Recognize difference and similarities					
Cultivate relationships with different cultures					
Engage in cultural activities to learn from others					
Consider differences in learning styles					

**Research and Scientific Skills:**

	1	2	3	4	5
Knowledge within academic field					
Knowledge within specific research area					
Technical skills relevant to your research					
Interpretation of data					
Statistical analysis					
Creativity and innovation, troubleshooting					
Develop advanced skills within your field					
Designing experiments to solve research questions					
Ability to conduct research independently					
Conduct research in a sound, ethical manner					

**Personal and Career Development:**

	1	2	3	4	5
Balance work and life to maintain motivation					
Maintain physical and mental health					
Manage personal finances					
Engage in community and civic duties					
Participate in service and outreach					
Make contacts and network					
Attend conferences					
Apply for fellowships or grants					
Phone, video, and in-person interview skills					
Prepare a concise resume, cover letter, and CV					
Understand basic job offer negotiation					

## Appendix 2: Individual Development Plan for Year 1

For your first year, focus on skills you would like to improve and set achievable goals for the upcoming year. The more specific the goal, the more likely you'll complete it. We've provided an example below, as to how to approach setting up a section of your first IDP. Choose to focus on skills tailored to your path and career goals. You can use the skills listed in Step 1 to guide you, or add your own skills. Following the example below, we've provided a blank form that you can copy and customize to track the various areas you'd like to improve (Research & Scientific Skills, Communication, Leadership & Classroom Management, Diversity & Inclusion Values, Personal & Career Development, etc.) your skills.

### Research & Scientific Skills (Example):

Skill	Importance	Opportunities/Goals
Statistical Analysis	Data should be analyzed to determine if it is statistically consistent and can be reported. Statistical analysis of data should be reported in journal publications.	Take STAT 511 next semester and earn an A, so I am prepared to do statistical analysis when the time comes.
		Take STAT 512 within the next three semesters.
Creativity & Innovation	Creative problem solving is vital in engineering. Improving creativity and innovation approach to research will be beneficial for improving knowledge in my field of study.	Read at least 2-5 journal articles per week to learn how other researchers have approached solving problems.
		Talk with my advisor about working toward the Purdue Entrepreneurship and Innovation Certificate.
Ethical Research	If research is not conducted ethically, it is worthless. Everything from safety protocols to consideration of affected individuals must be evaluated.	Email advisor or lab manager about safety training.
		Attend the Grad School Responsible Conduct of Research workshops. Take notes and revisit them each year.
Technical Skills	In order to collect data, I need to understand how to operate relevant software and instruments. I also need to improve my ability to conduct literature reviews efficiently.	Ask my advisor/lab group what instruments, procedures or software I need to learn in order to be successful. Schedule relevant trainings.
		When reading literature, take note of the Methods section to learn about relevant resources in my field.

Skill: \_\_\_\_\_

Skill	Importance	Opportunities/Goals

### **Appendix 3: Sample Informational Questions on Research Group Operation/Expectations**

- When/where/how often will we meet one-on-one?
- When/where/how often do we meet as a lab group?
- Best way to communicate with your research advisor, and expected response time?
- Best way to communicate with the research group?
- How many students make up the lab group? Are there others who assist, like research staff or does the lab work closely with another professor's lab, etc?
- Will there be meetings with sponsors? If so, what's expected/involved?
- Preferred method for reporting progress or data to your research advisor? (written reports, raw data, calculations and plots, PowerPoint summary, verbal conversation, etc.)
- Expectation for balancing coursework and research responsibilities? What are expected lab working hours?
- What safety/other training required before starting in the lab? How often conducted? How often is it to be renewed?
- What's the chain of command when there's a research question? Do I contact an senior-level lab mate first, or contact research advisor directly?
- Expectation for students to attend and present at conferences?
- Expectation for students to publish papers?
- What kind of positions do your former students hold? Mostly industry, academia, or a mix?
- What is your management style? Does your research advisor meet often with students or prefer them to work more independently?
- Check with your research advisor and lab mates, as to whether there is a standardized reference paper management or citation software to track the literature you are reviewing, that is used by the lab. If not, choose one to use.
- Check with your research advisor and lab mates, as to the method that should be used for filing of data in an organized manner.

## Appendix 4: Mentee/Mentor Tips

As you enter your graduate program, you'll want to be seeking various mentors to aid you in your professional and personal growth. Obviously, one will be your research advisor, but others should be members of your advisory and/or examining committees, upper-level graduate students in your research lab, industry professionals, and others you encounter as you build your professional and personal network.

We've listed below some qualities of what makes a good mentee, as well as what makes a good mentor, but neither of these lists, cover all characteristics, but you can use them as a starting point.

Qualities of a good **mentee**, include:

- Be respectful of their mentor's time.
- Advocate for oneself and ensures they have the resources to be successful.
- Ask questions and ask for help when needed, to avoid unnecessary mistakes or delays in progress.
- Work hard to achieve objectives and goals, but takes time to relax and decompress when needed.
- Understand that different career path goals (academia vs. industry) may have different implications on work/life balance flexibility.
- Keep in close communication with mentors and keep them updated on your progress, results, plans.
- Be open, honest, and professional in your communication.

Qualities of a good **mentor**, include:

- Knowledgeable in the field of research you're pursuing, or the skill you're trying to improve, and willing to share their knowledge, expertise, etc.
- Interested in helping you grow, develop, and provides support in various ways.
- Open to various learning styles.
- Able to give constructive feedback.
- Respectful, values diversity of perspectives.
- Good Listener/sounding board.
- Demonstrates positive attitude and acts as a positive role model.
- Values learning and growth.