# Research and Career Development Plan

This section is a good place to include a narrative describing how your proposal will enable you to advance your career in achieving your goals. How does this plan provide valuable research training, fill gaps in your career, and add to your background toward building a set of skills and experiences that will help you in achieving research independence? Who will help you along the way and how will they do that? This is a great place to outline your goals and list objectives, as well as measurable indicators to help track your training progress. You can also use this section to outline the role of your mentor or include their contribution below if you have multiple mentors that have very specific contributions to the project. Or both!

In addition to providing some sort of narrative, it is also very helpful to provide a table which outlines different aspects of your career development (research and professional development). Here's an example, which includes a non-exhaustive of things that could be included:

| **Activity** | | | **Year 1** | | | | **Year 2** | | | |
|---|---|---|---|---|---|---|---|---|---|---|
| **Aims** | **1.1** | Develop model system x | | | | | | | | |
| | **1.2** | Test model system | | | | | | | | |
| | **2.1** | Assay 1: Collect and analyze data | | | | | | | | |
| | **2.2** | Optimization | | | | | | | | |
| | **3.1** | Access and download large data set | | | | | | | | |
| | **3.2** | Data harmonization and analysis | | | | | | | | |
| **Publications** | | Write and submit publication on XYZ. | | | | | | | | |
| **Courses** | | Course title offered by X institution and include other important details here. | | | | | | | | |
| **Workshops** | | Attend a workshop focused on XYZ. | | | | | | | | |
| **Seminars** | | Seminar 1 | *Weekly* | | | | | | | |
| | | Seminar 2 | | | | | | | | |
| **Meetings** | | One-on-one meeting with mentor.<br>Lab meetings, etc. | *Bi-Weekly* | | | | | | | |
| **Supervision** | | Supervision of XYZ. | *Weekly* | | | | | | | |
| **Conferences** | | Annual conference X | | | ● | | | | | |
| | | Annual conference Y | | | | | | | ● | |
| **Funding** | | Apply for specific funding mechanism X. | | | | ● | | | | |
| **Career** | | Prepare and submit applications for faculty positions | | | | | | | | |
| | | Interviews | | | | | | | | |