

A. NAME AND YEAR:

Mentor:

Thesis Advisory Committee:

Date of last meeting:

Members of Committee:

B. SUMMARY OF THE PAST ACADEMIC YEAR

Scholarship:

Posters, talks, presentations:

Papers drafted, submitted or published:

Meetings, seminars or workshops attended:

Awards or recognitions:

Grants submitted or funded:

Teaching:

Classroom teaching:

Mentoring and lab training:

Service:

Committee membership:

Research: (write a paragraph outlining your research accomplishments e.g. established *C. elegans* as a model system in the lab, identified protein X as important for process Y, etc.)

C. POSITIONING YOURSELF FOR THE FUTURE.

Goals:

Research

Career

What have you done to improve/develop your skills in:

communication (oral presentation and scientific writing)?

leadership or organization?

project management?

teamwork?

networking?

What have you done to explore career options you may be interested in?