

MEDICIS-PROMED

Career Development Plan

| ESR | | | |
|--|-------------------|--|-------------------------------|
| ESR Number | Last Name | First Name | Title |
| Employer | | Academic Institution (if different) | |
| | | | |
| Supervisor | | | |
| Main Institution | Last name | First name | Title |
| | | | |
| Academic Institution | Last name | First name | Title |
| | | | |
| Project Break Down [100%][180 ECTS] | | | |
| Thesis research | Secondment | Training & Conferences | |
| Project Title | | | Work Package |
| | | | |
| Milestones (e.g. simulations, experiments, publication, conferences, thesis defense, ...) | | | Expected delivery date |
| | | | |
| Secondment | | | |
| Institution | Supervisor | Start date | Duration |
| | | | |
| Project Title | | | Work Package |
| | | | |
| Milestones (e.g. simulations, experiments, publication, ...) | | | Expected delivery date |
| | | | |

| Training | | | | |
|---|---------|-----------|-----------|----------|
| Objectives | Actions | Resources | Milestone | Timeline |
| Research skills | | | | |
| Language, Writing & Communication | | | | |
| Management & Funding | | | | |
| Networking | | | | |

Date: / /

ESR: _____

Supervisor: _____

To aid yourself in the preparation of this Personal Development Plan, we recommend you ask yourself the following questions and write down your answers to reflect on them:

- What are my strengths?
- What skills could improve myself on?
- What are my interests / needs towards achieving my goals?
- What are my mid-term (2 years) and long-term (5-year) goals?

Please discuss your Personal Development Plan with your supervisor, as well as with other members of the MEDICIS-PROMED network who can advise you on the different opportunities for secondment, and help you identify the best way to achieve your personal and professional growth.