

## Individual Professional Development Plan (IPDP)

|   |  |
|---|--|
| <b>Name</b>   |  |
| <b>Date</b>   |  |
| <b>Mentor Name</b> / Who you will work with to achieve professional development goal(s) |  |

*Professional development is defined as a change process "in which learners gradually acquire a body of knowledge and skills to improve the quality of their Extension work and, ultimately, to enhance intended outcomes" adapted from Kutner, 1997.*

Your Individual Professional Development Plan (IPDP) is a tool to help you reflect on your current skill set, your previous achievements and an intentional opportunity to plan your professional development goals for the upcoming year.

Ask yourself the following questions to help you develop your plan.

- What are my current strengths?
- What are my short-term and long-term goals?
- What new skills, knowledge, and competencies will I need to achieve my professional goals?
- What are the resources needed?

You can break these questions down into short-term and long-term goals.

Once you have answered the questions, then:

1. Begin to plan for your professional development needs.
  - Review opportunities and resources that are currently offered (e.g. ISU Extension and Outreach Professional Development website, Lynda.com, NAEPSPD website, etc.)
  - Mark your calendar for professional development meetings and required or highly encouraged trainings, webinars, workshops
2. Create a yearly IPDP using the template provided
  - Share with supervisor
  - Share with your mentor/coach
  - Make the time and stay on track to achieving your goals

## Personal Assessment

|  |  |
|--|--|
| What are my current strengths?   |  |
| What are my short-term and long-term goals                                   |  |
| What new skills, knowledge, and competencies will I need to get there?       |  |
| What current opportunities am I aware of and interested in participating in? |  |
| What resources are needed?   |  |

## Core Competencies Addressed

*For each professional development experience*

| List the Professional Development activity/experience and date scheduled: | List the Core Competencies addressed and the date of completion (or indicate on-going if applicable). To view a list: <a href="#">Basic Core Competencies</a> |
|---|---|
| 1.  |   |
| 2.  |   |
| 3.  |   |
| 4.  |   |
| 5.  |   |
| 6.  |   |

## With your Supervisor

|   |  |
|---|--|
| List goal(s) I will work on during this year  |  |
| Share expected Extension PD that I will engage in during this year                      |  |
| What other PD experiences will I engage in to help me reach my goals?                   |  |
| <b>Mentor Name</b> / Who you will work with to achieve professional development goal(s) |  |