

## **Annual Self-Assessment Worksheet**

**Years of training:**

**Number of years graduate school:**

**Number of years postdoc:**

**Number of years other science positions:**

**What is your long-term goal? What did you do this year to help develop contacts relevant to your job search? What career development programs do you need to participate in? What can you do to improve your chances of moving quickly into the job of your choice?**

**What were your short-term goals for last year? Which did you meet, and what helped you meet them? Which did you not meet, and why not?**

**What goal(s) received your top priority for the past year? Why? Did you achieve at your goals? Why or why not?**

**What goal(s) will receive your top priority for the coming year? Do you foresee any major obstacles and what do you need to do to minimize their impact?**

**Provide a rough estimate of your time spent on each of the following activities during the past year, and any changes that are needed in these time commitments next year:**

<b>Activity</b>	<b>Time spent in past year %</b>	<b>Anticipated time coming year %</b>
Research		
Attending Seminars		
Teaching (classroom/TA)		
Teaching (in lab/mentoring)		
Reading		
Writing (grants, papers, drafts)		
Classes		
Non research career skills		
Job searching		
Presentation		
Other		

**For each item above, do you feel your skills, knowledge, or abilities improved? Why or why not? What resources do you have to help improve? Which are most important for your specific career goals?**

**How many presentations did you give, either about your research or in some other 'science' related capacity? How will you work to develop better communications skills?**

**What papers did you write in the past year? Do you feel your writing skills have improved? Are there specific areas of written communication you would like to work on in the coming year? How will you improve your writing skills?**

**What research-related skills have you acquired in the past year? What further skills do you need to acquire to be successful as a postdoc and in your future career? How will you gain exposure to these skills and evaluate your competency?**

**What collaborations have you established? Are they successful and beneficial to you? Do you need to establish others or modify your current collaborations?**

**What fellowships or grants did you write? Where they funded? If yes, how will you assure that you make progress on these projects in the coming year? If you were not successful, what can you do to improve the application? What awards (both those you applied for and those you were nominated for) did you receive (if any)?**