

**Career Plan**  
**BE REALISTIC!!!**

**Name:**

**Year in Program:**

**Hours committed to clinical work:**

**Other time commitments (e.g., administrative duties):**

**Primary Mentor:**

**Secondary Mentors** (Feel free to include mentors outside UNC):

**Long-term Career Goals (aim for beyond 15 years):**

**Personal Goals (short and/or long term):**

**6-month goals:**

**2-Year Goals:**

**5-Year (or 10 year) Career Goals:**

**Key steps to achieve your 6-month goals:**

**Key steps to achieve your 2- and 5-10-year goals:**

**A. CURRENT Mentored Research Project(s)** [list each separately; modify description as needed for type of project; **keep descriptions brief**]

**1. Title:**

**Investigators:**

- a. Study Design:
- b. Specific Aims:
- c. Potential Significance:
- d. Progress to Date:
- e. Expected Progress next 6 months:

**2. Title:**

**Investigators:**

- a. Study Design:
- b. Specific Aims:
- c. Potential Significance:
- d. Progress to Date:
- e. Expected Progress next 6 months:

**B. CURRENT Research projects (not mentored)-list:**

**C. Scientific Meetings to attend in next 2 years (dates):**

**D. Plans for Abstract submissions in next 2 years (due dates):**

**E. Plans for Presentations in next 2 years (dates):**

**F. Planned Publications in next 2 years (What is your target #pubs per year in good journals?):**

**G. Planned Grant Submissions (next 2 years; next 5 years):**

**H. Other Activities with high priority:**

- I. Make a weekly schedule. How many hours will be devoted to clinical work? How many hours to additional research/scholarly activity? Are your plans for weekends and evenings realistic?
- J. When are you the most efficient? Have you set aside time during your efficient period to be optimally productive? (e.g., have you protected mornings (or whenever you work best) to writing (grants/papers)?