

Resources for Completing Your IDP

Online Tools

1. myIDP (Science Careers)

- Website: <https://myidp.sciencecareers.org>
- A free online tool tailored for graduate students and postdocs in the sciences. It helps you:
 - Assess your skills, interests, and values.
 - Explore career options.
 - Create a customized development plan with specific goals.
- Offers built-in reminders to track progress.

2. ImaginePhD

- Website: <https://www.imaginephd.com>
- Geared toward postdocs in the humanities and social sciences but also useful for interdisciplinary researchers.
- Provides self-assessment tools and matches you with career paths based on your interests and skills.
- Includes templates for goal-setting and progress tracking.

Organizational Guides

1. NIH Office of Intramural Training and Education (OITE)

- [Blog post](#) about how to write an effective IDP

2. National Postdoctoral Association (NPA)

- Offers an IDP toolkit with templates and example plans.
- Membership (free through the U) grants access to additional resources, including webinars and mentoring opportunities.
 1. [Sign up](#) as an Affiliate Individual Member, Postdoc
 2. Use your university-affiliated email to sign up!

3. Society for Neuroscience

- Check out [the NeuroJobs Career Center](#) for webinars related to all Professional Development topic
- Offers a [webinar](#) on how to build an effective IDP using the myIDP tool.

University of Utah Guides and Tools

1. Office of Postdoctoral Affairs

- The [Career Hub page](#) offers resources such as templates and lists [of NPA Core Competencies](#) to identify strengths and weaknesses. These resources help postdocs clarify and align their goals with long-term professional aspirations.
- Hosts a yearly IDP workshop

2. U Career Services

- The [U Career Services](#) offices can help postdocs develop IDPs, particularly postdocs interested in Industry-related career paths.