

Individual Training Plan (ITP)

UCSF Psychiatry Research Resident Training Program (RRTP)

Instructions to Mentees:

Please complete this form yearly and give a copy to your career mentor before your mentoring session. Please attach a copy of your CV, with relevant publications, presentations, and awards.

Instructions to Mentors:

Please review the mentee's CV and this form prior to meeting your mentee.

Date: _____

Mentee Name: _____

Career Mentor Name: _____

Research Advisor Name: _____

Major clinical interest: _____

Major research focus: _____

Child? Yes _____ No _____

Advanced training:

PhD Yes _____ No _____ Area _____

MPH Yes _____ No _____ Area _____

MS Yes _____ No _____ Area _____

Other: Yes _____ No _____
Area _____

Future Professional Goals

Short Term Goals (e.g., post doc, K award, etc)

List your professional goals for the next 5 years. Be as specific as possible.

1. Goal:

2. Goal:

3. Goal:

Long Term Goals (Academic research career, industry, % time in research vs clinical, etc)

List your long term (e.g., next 10 years) professional goals. Again, be specific.

1. Goal:

2. Goal:

3. Goal:

Work Life Balance Considerations (e.g., family, location, etc)

RRTP Goals

List your professional goals for the coming year. Be as specific as possible, and indicate how you will assess if the goal was accomplished (expected outcome).

1. Goal:

Expected outcome:

2. Goal:

Expected outcome:

Long Term Goals

List your professional goals for the RRTP (next 2-3 years). Again, be specific, and indicate how you will assess if the goal was accomplished.

1. Goal:

Expected outcome:

2. Goal:

Expected outcome:

PGY 3 year:

Time Allocation as determined by RTP/RRTP:

30% Research
70% Clinical Care/Didactics

Based on a 40 hour week of *scheduled* activities (not counting administrative time such as paperwork)

All day Monday and Friday afternoon blocked for research time

Clinical needs:

Specialty clinics:

Anxiety
Depression
WMH
Geriatrics
Psychosis

Research needs:

TICR course? Yes_____ No_____ N/A_____

Ethical conduct of research (CITI course) (required) taken?

Ethical treatment of animals Yes_____ No_____ N/A_____

Training needs (be specific and also identify how you will achieve these training needs, specific courses, etc):

Statistics:

Clinical research methods:

Technical or other research skills needed:

Travel? Y_____ N_____

Timing/length:

RRTP Goals

List your professional goals for the coming year. Be as specific as possible, and indicate how you will assess if the goal was accomplished (expected outcome).

1. Goal:

Expected outcome:

2. Goal:

Expected outcome:

Long Term Goals

List your professional goals for the RRTP (next 1-2 years). Again, be specific, and indicate how you will assess if the goal was accomplished.

1. Goal:

Expected outcome:

2. Goal:

Expected outcome:

PGY 4 year:

Time Allocation as determined by RTP/RRTP:

75-90% Research

10-25% Clinical Care/Didactics (including family therapy if delayed)

Clinical needs:

Family therapy in this year? Y_____ N_____

Training needs (be specific and also identify how you will achieve these training needs, specific courses, etc):

Statistics:

Clinical research methods:

Technical or other research skills needed:

Travel?

Presentations?

RRTP Goals

List your professional goals for the coming year. Be as specific as possible, and indicate how you will assess if the goal was accomplished (expected outcome).

3. Goal:

Expected outcome:

4. Goal:

Expected outcome:

Long Term Goals

List your professional goals for the next 3-5 years . Again, be specific, and indicate how you will assess if the goal was accomplished.

3. Goal:

Expected outcome:

4. Goal:

Expected outcome: