**Individual Mentoring Development Plan (IMDP)**

1. What are my mentoring needs?
2. What are my expectations of a mentor?
3. How do I evaluate a mentor?
4. What is my mentoring philosophy?
5. Reflections on previous mentors
6. My mentoring matrix:
   1. Senior mentor
   2. Scientific mentor
   3. Peer mentor
   4. Staff mentor
7. Self mentorship - what are your professional priorities and goals?