**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?