

PATHS-UP Fellow Professional Development Toolkit

Grad Student Name: _____

Date: _____

Faculty Mentor: _____

Home Institution: _____

The purpose of the **PATHS-UP Professional Development Toolkit** is to facilitate open dialogue between PATHS-UP Fellows and PATHS-UP Faculty Mentors regarding Fellows' plans and goals for research and professional development during the upcoming academic year.

Before meeting with your PATHS-UP Faculty Mentor to secure a signature on the annual PATHS-UP Fellows MOU, please reflect on and answer the questions below. You will need to submit this completed form along with your signed MOU each October.

Part A: For returning PATHS-UP Fellows only

Question A1

Take a few minutes to reflect on your research progress over the last year (i.e., Oct. 2024 – Sept. 2025) and provide a brief summary of your major accomplishments. Bulleted highlights are acceptable.

Question A2

What obstacles or challenges, if any, did you encounter in your research over the last year (i.e., Oct. 2024 – Sept. 2025) and what action did you take to address those obstacles or challenges?

Part B: For new & returning PATHS-UP Fellows

Question B1

Describe goals and/or plans that you have for your research during the upcoming year (i.e., Oct. 2025– Sept. 2026).

Question B2

Take a few minutes to reflect on your strengths and opportunities for growth this upcoming year (i.e., Oct. 2025 – Sept. 2026). Please identify your strengths and opportunities for continued growth related to research, technical, and transferable skills in the table below.

	Current Strengths	Opportunities for Continued Growth
Research Skills (e.g., literature reviews, developing RQs, research study design and implementation, collecting/analyzing data, interpreting results, publication / dissemination of findings)		
Technical Skills (e.g., discipline-specific knowledge related to point-of-care)		
Transferable Skills (e.g., leadership, communication, and networking)		

Question B3

How will you improve the skills listed under “Opportunities for Continued Growth”? What resources are available to help you?

Action Plan	Resources Available

Question B4

Identify three short-term career goals to discuss with your PATHS-UP faculty mentor (i.e., 1-5 years).¹ Explain what is needed to accomplish these goals and any steps you have taken or will take to accomplish them.

Short-term Career Goals	Action Plan

Question B5

Identify three long-term career goals to discuss with your PATHS-UP faculty mentor (i.e., goals you have for the next 5-years).¹ Explain what is needed to accomplish these goals and any steps you have taken or will take to accomplish them.

Long-term Career Goals	Action Plan

¹ **Reminder:** Per MOU, PATHS-UP Fellows must participate in at least one experiential learning opportunity and the activity should be beyond your current scope of work as a graduate student. Experiential learning activities include one or more of the following PATHS-UP immersive experiences:

- Internship/Co-op/Job Shadowing
- Global Experience (research/internship/study abroad)
- Test-Bed Immersion (community outreach/data collection/focus groups/stakeholder engagement)
- Involvement in Community outside of PATHS-UP

Experiential learning activities may include a university or community service type of activity but the activity must be related to the PATHS-UP vision/mission statement; check with your PI for further clarification or authorization.