

## Postdoc Orientation & IDP Workshop

### Agenda

- Introductions
- Overview of the OPA
- The postdoc community and the postdoctoral experience
- The PDA
- Q & A
- Career planning tools: The Individualized Development Plan and Informational Interview (1 hour)

An Individualized Development Plan (IDP) is a tool to help support, plan, and track your career development and learning opportunities. In this workshop, you will learn how to build and use an IDP based on your greatest strengths, address areas for growth, and confidently discuss your IDP with your supervisor.

- Survey