

The following Individualized Training Plan template is a product of the Research Resident Training Program, Department of Psychiatry, University of California, San Francisco, School of Medicine.

# ***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)**



## **Apply to RRTP in spring (Usually January)**

### 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).

1. Goal:

Expected outcome:

2. 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.

1. Goal:

Expected outcome:

2. Goal:

Expected outcome: