**Name \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Tentative Degree \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Semesters towards degree \_\_\_\_\_\_\_\_\_\_\_\_\_ Academic Semester \_\_SPRING18\_\_\_\_\_**

Rate yourself (1-5, with 1 being worst and 5 being best)

**Effort \_\_\_\_\_\_\_\_**

* Hard to be successful treating this as a 40-hour week job with paid vacation and benefits
* Being present 40 hours isn’t the same as working 40 hours
* If you are not passionate about what you are doing, we need to talk
* Be your own worst critic
* Seek to improve yourself without feeling the need to compete against your colleagues

**Research \_\_\_\_\_\_**

* Plagiarism and data fabrication
* Your effort, plans for project, and progress towards achieving long term goals
* Consider presenting data at conferences
* Search for potentially apply for funding that is available for research and travel
* Reading: general
* Papers as assigned/ independently as associated with your research project
* Quality of field/lab/computational research

**Scientific writing \_\_\_\_\_\_\_**

* If you are doing a research project, it is never too early to start writing
* Try starting with 300+ new words per day or week
* Doesn’t matter what the topic is, just write

**Lab citizenship \_\_\_\_\_\_\_\_\_\_\_**

* Share your “life hacks” with other members of the lab
* Give information about career development opportunities as you learn of them
* Provide support to colleagues in the lab by reading drafts, engaging in discussions, and being a positive influence
* Acknowledge and build off the work of others in the lab
* Lab chores

**Lab meetings \_\_\_\_\_\_\_\_\_\_\_**

* Research / chalk talk / journal club format
* Papers for journal club should be sent out the Friday before lab meeting
* All people are expected to read the paper before lab meeting.

**​Seminars \_\_\_\_\_\_\_\_\_\_\_**

* Practice talk with me and lab
* Practice talk with your colleagues

**Goals \_\_\_\_\_\_**

**List two major goals for next 3 months (be specific)**

**List two major goals for next 6 months (be specific)**

**List two major goals relevant to the lab for the end of your degree (be specific)**

**List two or more things that Dr. Brown could do to help you achieve your goals during this next semester?**