

CAsToR Individual Development Plan

with Dr. Ella August



Create your personalized career development plan

An IDP is a communication tool to support setting and reaching professional goals in collaboration with your mentor(s). In this workshop, you will:

- *Create an IDP using a self-assessment process and template developed specifically for CAsToR trainees & junior investigators (general skills, TRS competencies, and tobacco modeling competencies for modelers or modeling collaborators)*
- *Establish career and research goals*
- *Create a roadmap to reach your goals*

All CAsToR trainees & junior investigators are encouraged to participate.

Join us on Zoom on Tuesday, April 30th from 12-1:30pm ET.

Please register [here](#) by Friday, April 26th.

We will ask that you complete a portion of the self-assessment ahead of time, which you can find [here](#).

NIH National Cancer
Institute and FDA Center
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TCORS

**Center for the
Assessment of Tobacco
Regulations
[CAsToR]**

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