**Candidate background and career development plan**

**Formative experiences**

What have you done to date, especially related to the proposed research.

My current position ….

**Career goals and objectives**

I have identified gaps in (1) …, (2), …. (3), etc

**My career goal is to …**

My **short-term goal** during this K award is to …

**Training goals**

Overview paragraph (include career trajectory figure)

Include table: Examples <https://uams.app.box.com/file/1234436985835> or <https://uams.app.box.com/file/934547272911>

**Mentors**

**Dr. XX (primary mentor).** Dr XX is an expert in xxxx (repeat for each mentor, use same approach for any collaborators)

(state any applicable titles, how great he/she is, if you’ve worked together, his/her mentoring experience)

Dr. XX will be responsible for ….

I will meet with Dr. Xx on a xxx basis via xxx during which we will discuss …

**Goal 1. Xxxxx. (repeat for each training goal)**

Rationale: xxx (how does it relate to your career & training goals)

I will …. (training activities)

Coursework: ….

Seminars:

Experiential learning:

Conferences:

Mentorship:

Deliverables:

**The transition from mentored to independent researcher.**

Example: <https://uams.app.box.com/file/1237010335046>

**Monitoring and evaluating progress**.

[Monitoring progress.docx | Powered by Box](https://uams.app.box.com/file/1304170861548)

**Timeline of activities**