The OGPS Staff and Fellows hope to do. and your advisor's expectations, you can plan your next steps improvement. With a clear picture of you as a scholar and you while also getting insight and advice on areas that need part of an ongoing conversation between you and your advisor. be stressful, but we encourage you to approach it as an important A formal review of your performance as a student or fellow may be done. OGPS has templates for both a self-evaluation and an advisor's evaluation on common areas where students may need more help and it's important to talk about that with your advisor.

Many departments already have rigorous review practices in useful at all stages of your academic career, but especially as a postdoctoral fellowship. More information about IDPs including EDPs and other ways to document all of those things – it's possible that your PI doesn't know that you've joined a professional society or that the director of graduate studies. It isn't intended to be a formal evaluation of your progress, but rather a way to discuss your accomplishments and challenges and to set goals for the future. The survey should take fewer than five minutes to complete.

We advise students to prepare for this meeting by having a clear understanding of their progress and accomplishments, as well as any areas where they need improvement. This can help you to communicate effectively with your advisor and to set realistic goals for the future.