



Co-funded by the
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Science 4 all

Individual Development Plan (IDP)

.....
Name and family name

.....
School

1. I know myself

Pay attention to your strengths and weaknesses. Sometimes what is an obstacle in one profession can be a benefit in other one. In *ITALIC* are questions filled in by others.

Hobbies (I am interested in..., I like to...)

-
-
-
-
-

Skills (I can...)

-
-
-
-
-

My skills described by my parents (He/she can..., he/she is usually praised for...)

.....
.....

My best characteristics

.....
.....

My best characteristics by my friends (Ask what do they like me for? For what appreciate?)

.....
.....

My biggest successes by now

.....
.....

School subjects with best marks (favourite)

-
-
-

.....	•
	•

.....	•
	•

.....	•
	•

Values, which are important the most in my life ----->

In bigger windows (on left) write values, starting from important the most, in windows on right explain their importance in your life.

Best features of my appearance

Write 4 or more things you like in your body, face etc.

.....
.....







Characteristics thanks to which I will be a great employee in the future

Write at least four.

.....
.....



Replace with First name(s) Surname(s)


 


 Replace with type of IM service

Sex | Date of birth | Nationality

PERSONAL SKILLS

Mother tongue(s)

Other language(s)

Replace with language

Replace with language

UNDERSTANDING		SPEAKING		WRITING
Listening	Reading	Spoken interaction	Spoken production	
.....				
.....				

Levels: A1/A2: Basic user - B1/B2: Independent user - C1/C2 Proficient user
[Common European Framework of Reference for Languages](#)

Communication skills

-
-
-

Organisational / managerial skills

-
-
-

Job-related skills

-
-
-

Digital competence

SELF-ASSESSMENT				
Information processing	Communication	Content creation	Safety	Problem solving

Levels: Basic user - Independent user - Proficient user
[Digital competences - Self-assessment grid](#)

.....

Other skills

-
-
-

Driving licence N/A

2. I know professions and chose reasonable

Reasonable choice is not only knowing strengths and setting aims. It is also knowing different types of jobs and environment in which you will work. It is also knowledge how to find information on professions and educational path to acquire it.

Profession from my dreams is

Sources of information on this profession

Write where you can find informations, description etc.

.....
.....

Working environment for my favourite profession

Write the most important aspects of work environment for example shift work, number of working hours per day, tasks at work, physical work etc.

.....
.....

Describe a person who works in this profession

He/she should be...

- | | |
|---------|---------|
| • | • |
| • | • |
| • | • |
| • | • |

Health requirements in this job

Healthy, no glasses, no allergy, strong etc.

.....
.....

Employment opportunities in the local labour market

.....
.....
.....

3. I plan my educational path

This is the last stage. Think who can support you in implementing your plan and correct it potentially.

Support

Write people who can help you in achievement of your professional aim.

.....
.....

PLAN OF MY CAREER

Write stages of your professional goal achievement. Do not forget about terms.

A vertical flowchart template for career planning. It consists of eight empty rectangular boxes stacked vertically, connected by downward-pointing arrows. The bottom-most box is labeled with the text '* YOUR CAREER GOAL *'.

*** YOUR CAREER GOAL ***

Obstacles in goal achievement

.....

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