This list of topics is intended to facilitate communication between fellows and mentors regarding research and career goals. The process consists of two parts: First, the fellow will complete a self-evaluation, using the questions below as a guide. Feel free to include other information that is pertinent. Second, the fellow and mentor will meet to talk about progress using these points as a guide.

A. Please provide the following information from the past year:

1. What are your career goals? How have you moved toward that goal?

2. Is your project progressing well? If so, list your major accomplishments during the past year. If not, why?

3. Please consider the following topics that are relevant to your career goals:
   a. Have you submitted any papers or presented your work at meetings (local or national)? If yes, where?
   b. What is your funding situation? Have you applied for your own funding? If yes, what was the outcome? If not, why?
   c. What other research or clinical projects have you been involved with besides your main project?
   d. Have you established any institutional or external collaborations? What training are they providing?
   e. What training and teaching responsibilities have you had this last year? How did they impact your training and project?
   f. What additional training have you completed (may include new lab skills, course work, professional development, etc.)
   g. Are you interacting with other researchers who can assess your research (i.e., when you require letter of recommendation)?

4. What are your career and research goals for the upcoming year?

5. Please update your CV.

B. After the discussion with your mentor, summarize your mutual goals and prioritize your plans for the next year.