

Individual Professional Development Plan (IPDP)
Early Childhood Family Mental Health
Cover Page

See the Northern Lights Career Development Center website: www.northernlightscdc.org for more information.

Name: _____

Address: _____

Phone: _____ Work Phone: _____

E-Mail: _____

BFIS Quality/Credentialing Case ID¹: _____

Reflective Practice Consultant: _____

Other resource person to help me with my IPDP: _____

Signature

Date

Step 1- Identify areas of strength and areas for growth based on your self- -assessment

Step 2- Based on the areas you identified on page 1, identify what you will do next. These are your **goals**. They should be specific and clear so you know when you have achieved them. Now, consider *how* to achieve them. **Strategies** should be specific, such as: gathering materials, interviewing specific people, visiting specific places to observe, etc. Add **resources** such as written materials you will read, websites you will explore, funding needed to attend events, etc. Finally think about how long it will take to reach your goal. This is your **timeline** and helps you meet your goal. Put a month and year next to each goal and/or strategy showing when you expect to complete it or check in on your progress.

¹ BFIS Quality Case ID: When you sign up for a Quality and Credential Case Account in the Bright Futures Information System (BFIS) at <https://bfishelp.ahs.state.vt.us/> you are assigned a Quality Case ID number. A BFIS Quality and Credential account provides you with free access to a resume tool, which you can use to track training and coursework that you have completed, and to write your Individual Professional Development Plan (IPDP) as a child care professional in Vermont. Please check out the Northern Lights website at <http://northernlightscdc.org> to learn more about BFIS and what it can do for you.

1. SELF-ASSESSMENT

Name: _____ Date: _____

	What do I already know and what skills do I have?	I want to increase my knowledge or skills in each of these areas:
<u>Philosophy and Professional Orientation</u>		
<u>Family Systems</u>		
<u>Child Development</u>		
<u>Assessment</u>		
<u>Addressing Challenges</u>		
<u>Systems Resources</u>		

2. GOALS, STRATEGIES/RESOURCES, TIME LINE

Name: _____ Date: _____

Domain	Goals: "I will..."	Strategies and Resources How will I do it? What do I need to accomplish my goal?	Timeline	Status
<u>Philosophy and Professional Orientation</u>				
<u>Family Systems</u>				
<u>Child Development</u>				
<u>Assessment</u>				
<u>Addressing Challenges</u>				