**FALL PLAN - 2016**

**PERSONAL**

* Stay physically and emotionally healthy by walking 10,000 steps per day and drinking more water daily

**WRITING AND SCHOLARSHIP**

* Revise journal submission to Endocrinology
* Begin grant writing for NIH deadline in February
* Plan out experiments for current project and purchase disposables

**PROFESSIONAL DEVELOPMENT**

* Update my IDP by Sept. 15

**TEACHING**

* Update to notes
* Write exams
* Explore using clickers

**COMMUNITY ENGAGEMENT**

* Establish connection with El Camino Center

**WEEK 1: AUG 20-24**

* + DONE. Rewrite of notes for CH 1 by Tuesday
  + PENDING. Revisions to paper resubmission
  + DONE. Sign up for clicker workshop

**2: AUG 27-31 [Classes begin]**

* + Rewrite of notes CH 2
  + Update Introduction and Results of paper
  + Update IDP
  + Meet with Mentor

**WEEK 3: SEPT 3-7**

* + NIH grant: meet with Office of Research
  + Revise graphs for resubmission
  + Rewrite notes for CH 3