



## Monthly Progress Monitor\*

Name PhD student:

Name supervisor:

Date:

Previous meeting:

1. Of the results I obtained last month, which are the most important?
2. Did I deviate from last month's planning? If so why?
3. What are the most important goals for the upcoming month?
4. What do I need to do to reach these goals? What are the potential hurdles and how do I overcome them?

Suggested date for next month's meeting:

General agreements:

(Instructions: PhD student fills out form prior to meeting with supervisor. At the meeting the answers are completed. Supervisor requests a copy of the final form after the meeting.)

\* Adapted from Gosling & Noordam (2006)