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|  | **Helpful to achieving the objective** | **Hamper achieving the objective** |
| **Internal origin** (attributes of the system) | **Strengths**  1. Strong written communication skills developed through research reporting and reflective writing.  2. Ability to critically reflect using models like Rolfe et al. (2001) and Gibbs’ cycle.  3. Growing confidence and competence in SPSS and Excel for statistical analysis. | **Weaknesses / Areas for Further Development**  1. Initial anxiety and low confidence with statistical tools like SPSS.  2. Limited experience using R and advanced statistical languages.  3. Presentation and verbal communication skills need more practice to match written abilities. |
| **External origin** (attributes of the environment) | **Opportunities**  1. Access to university workshops, academic writing support, and digital learning platforms (e.g., SPSS tutorials, online R courses).  2. Peer feedback and collaborative learning environments to share knowledge and improve.  3. Opportunities to apply learned skills in upcoming projects, presentations, and dissertation work. | **Threats**  1. Time pressure and balancing multiple coursework deadlines may impact practice and reflection time.  2. Technical challenges or software limitations (e.g., SPSS licensing, R learning curve).  3. Risk of over-reliance on peer support without developing full independent competence. |