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|  | Helpful  to achieving the objective | Hamper  achieving the objective |
| Internal origin  (attributes of the system) | Strengths   1. Ability to write 2. Experience of editing dissertations 3. ..... | Weaknesses/Areas for further development   1. Time management 2. Meeting Deadlines 3. ..... |
| External origin (attributes of the environment) | Opportunities   1. Time available due to working from home 2. .... 3. ..... | Threats   1. Work pressures 2. Home Stresses 3. ..... |