Progress Report

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 ${\it Abstract} {\it --} {\it Abstract}. \ {\it Certainly!} \ {\it Here's a suggestion for how to being your PhD progress report.}$

I. INTRODUCTION

simple as



Figure 1. wow he's literally me remember equations are part of sentences; don't forget $% \left(1\right) =\left(1\right) \left(1\right) \left$

II. SOME EXAMPLES TO GET STARTED

Hmmmm testing

A. How to create Sections and Subsections