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|  | Helpful  to achieving the objective | Hamper  achieving the objective |
| Internal origin  (attributes of the system) | Strengths   1. Research skills 2. IT skills 3. Teamwork 4. Communication skills | Weaknesses/Areas for further development   1. Limited leadership skills 2. Applying Research Ethics 3. Limited knowledge about data analysis software |
| External origin (attributes of the environment) | Opportunities   1. Communication with supervisors 2. Two programs complement and reinforce each other 3. Engaging with academic networks | Threats   1. Rapidly developing field 2. Workload and time clashes of MSc and PhD 3. Balancing with personal life |