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|  | **Helpful**  **to achieving the objective** | **Hamper**  **achieving the objective** |
| **Internal origin**  **(attributes of the system)** | Strengths   1. Strong work experience in field 2. Highly analytical 3. Hard working when fully engaged | Weaknesses/Areas for further development   1. Lack of recent academic experience 2. Weak math skills 3. Difficult to get motivated when not fully engaged |
| **External origin (attributes of the environment)** | Opportunities   1. Potential to get feedback from work peers 2. Lots of active research in peripheral areas 3. Strong potential capstone project supervisor | Threats   1. Potential for anti-LGBTQ+ bias in reviewers and supervisors 2. May need to undergo surgery during project timeline 3. Increasing work and family life demands on time |