

	Helpful to achieving the objective	Hamper achieving the objective
Internal origin (attributes of the system)	<p>Strengths</p> <ol style="list-style-type: none"> 1. Preparation and presentation of learning. 2. Criticality in summative assignments. 3. Time management: Completing all summative and formative assignments. 	<p>Weaknesses/Areas for further development</p> <ol style="list-style-type: none"> 1. Note taking from the reading material. 2. Consistency in having a direct focus in discussion, not drifting off on tangents. 3. Self-confidence and over-thinking assignments after outcomes have been produced.
External origin (attributes of the environment)	<p>Opportunities</p> <ol style="list-style-type: none"> 1. Further external professional development courses or certifications to expand on knowledge and skills gained. 2. Apply the knowledge and skills gained in practical setting. 3. Preparation for the MSc Project. 	<p>Threats</p> <ol style="list-style-type: none"> 1. Time – work/life balance managing studies with family. 2. External professional development opportunities in conjunction with the course. 3. Cognitive load – volume of new knowledge undertaken could potentially overwhelm.