

	Helpful	Hamper
	to achieving the objective	achieving the objective
Internal origin (attributes of the system)	 Understanding the role of ethics when conducting research Strong analytical skills for statistical and results-based purposes. Understanding the best methods to gather data for research. Proficiency when interpreting results 	 Weaknesses/Areas for further development Not referring to sources that are not on the reading list Articulation of results and understanding how to expand on gathered results (critical analysis). Limited experience in research projects. Less confidence in handling complex data sets in real world scenarios.
External origin (attributes of the environment)	 Learning from discussion posts about different approaches that could be used for my own projects. Exposure to diverse perspectives can enhance my research quality. Case studies and exercises have helped bridge the gap between theory and practice. 	 Focusing on areas of research that are familiar and not taking risks by looking at other areas that I may enjoy Changing my research subject due to not being sure what my focus should be. Time management which has led to missing formative assessments.

Kaplan Open Learning 2019