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|  | **Helpful to achieving the objective** | **Hamper achieving the objective** |
| **Internal origin** (attributes of the system) | **Strengths**  They are good written communication and the possibility to critically reflect, which is based on the frameworks such as Rolfe et al. (2001) and Gibbs model. I have also developed the strong background knowledge on SPSS and Excel to analyze quantitative data. | **Weaknesses / Areas for Further Development**  Nevertheless, there are still some weaknesses that require improvement, like inadequate experience in using R programming and the necessity to enhance the proficiency in verbal presentations. |
| **External origin** (attributes of the environment) | **Opportunities**  The most important opportunities are the use of university workshops, working in groups and individual studies with the view to enhancing technical and academic expertise with the help of online learning materials. Such platforms are able to contribute to bridging current gaps in skills and building confidence in practice. | **Threats**  Challenges in time management, the complexity of the software access and the possibility of excessive reliance on the counsel of peers rather than attaining the independent mastery might be deemed as potential risks. |