After reading the Developing your Career section, starting on Page 28, complete the following reflective exercise by answering the questions below.

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| **Reflection** |
| **Be assertive** |
| What do I want to get out of my postdoc? |
|  |
| How can I achieve this? |
|  |
| **Use networks** |
| How can I connect with people in my field? |
|  |
| What networks in Edinburgh can I engage with? |
|  |
| **Develop your skills** |
| What 3 skills would I like to develop and how can I develop them (e.g. communication skills could be developed through presenting at a conference)? |
|  |
| **Become a leader** |
| What qualities are important in a good leader? |
|  |
| How can I demonstrate my leadership skills? |
|  |