After reading the preventing problems section, starting on Page 7, complete the following reflective exercise by answering the questions below.

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| **Reflection** |
| **Preventing problems** |
| What issues may arise in my postdoc? |
|  |
| Can I make changes now which might prevent the problems from occurring? |
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| Who can help me? |
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| **Working Relationships** |
| Is my PI supportive? |
|  |
| What other support is available at the University? |
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| **Planning difficult conversations** |
| What do I want to achieve in the conversation? |
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| How am I going to frame the problem and help them understand my perspective? |
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| **Work-life Balance** |
| Am I balancing work with my home life?  What do I want to do outside work that I have not got around to doing yet? |
|  |
| **Time Management** |
| Do I frequently feel like I have too much to do?  What could be the cause(s) of this? |
|  |
| How can I prevent feeling overwhelmed in future? |
|  |
| What time management strategies can I try? |
|  |