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** |
| **Instability** |
| What can I do to improve my employability? |
|  |
| Who can support me? |
|  |
| What matters to me in my job / what is positive about my job? |
|  |
| What am I willing to compromise in my next job? |
|  |
| Using the RDF as a prompt, what transferable skills have I developed? |
|  |
| Do I have connections with anyone in the field/industry that I want to pursue?  If not, how can I make connections in the industry I want to pursue? |
|  |
| **Imposter syndrome** |
| Have I ever felt like I do not belong in my position?  Could I talk to trusted colleagues about this? |
|  |
| How do others deal with imposter syndrome? (many researchers have blogged about this) |
|  |
| **Asking for help** |
| What do I need help with and who can I ask? |
|  |
| **Failure, criticism and rejection** |
| Do I react negatively to critical feedback?  What have I learnt from feedback? |
|  |
| Who can I ask for feedback? |
|  |