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

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| **Reflection**  |
| **Career outside academia** |
| What is your motivation for pursuing the career of interest? |
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| Which transferable skills do you have from your PhD and research position(s)? |
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| What connections do you have with employees in your chosen sector? (e.g. can you contact anyone who used to work in your department/lab?) |
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| What challenges do you foresee and how will you overcome these? |
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| **Career in academia** |
| What are your motivations for pursuing an academic path? |
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| What do you need to demonstrate for success in academia? |
|  |
| Which contacts will help me understand what academia is like in my discipline? |
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| What challenges are ahead and how will you overcome these? |
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| Do I understand the REF and TEF? |
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