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**A) OPPORTUNITY**

1. How have I enhanced my career progression in the past 6 months? Rate your contribution:

|  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Poor** | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | **Excellent** |

1. What career opportunities have I identified? Do most science graduates work in labs?

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**B) APPLICATION**

1. Will I apply for jobs while studying/working in my current role? How long do I expect it to take me to find a job?

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**C) PROGRESSION**

1. I do not know anyone in lab/company X. Is contact by LinkedIn the best approach?

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1. Should I follow up with labs/companies which have not responded to my application?

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