

What progress did I make this week who helped me?

A tool to aid doctoral students in reflecting on their work

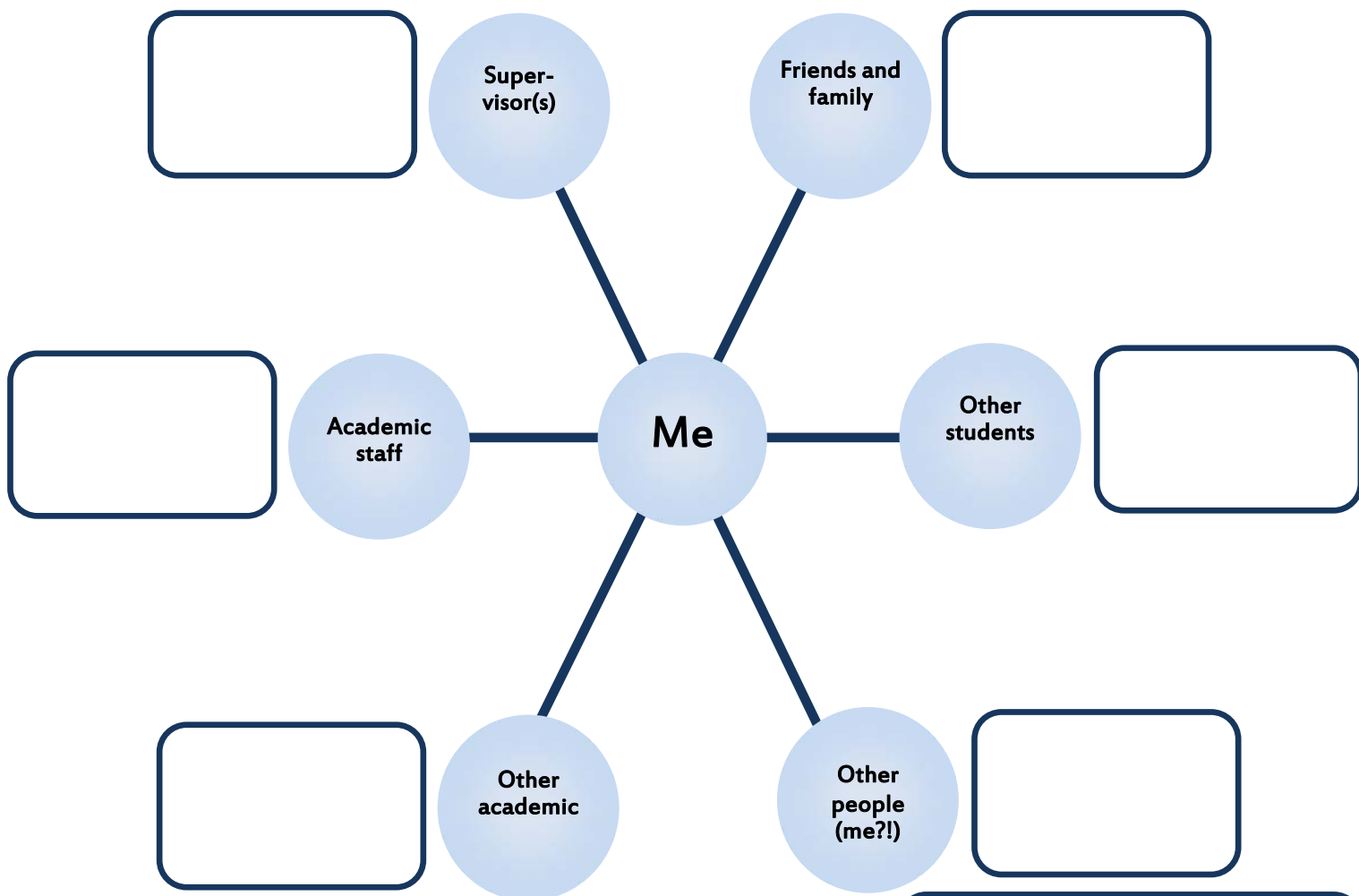


Week beginning

How many hours did you spend working on your PhD?

What did you work on during this time? (try to estimate the time spent on different activities)

Think about all the people who helped you in some way this week (anyone you interacted with, people who gave advice, emotional support, people whose ideas you use etc), and name them next to each bubble. Write why they were important on the radial lines. If there are some blanks, could you imagine these people helping you?



Please turn over to continue...

To what extent can you overcome challenges yourself? What things do you need help with, and what can you manage on your own?

Part 2: Reflecting on your PhD progress and thinking about the future

In thinking about your answers to 1, how happy are you with your progress this week? Where do you fit on the line?



Why do you feel this way?

What, if anything, was there that you did do this week that you wish you had done?

Why didn't you do this?

What can you do to make sure you get this done in future?

What are your priorities for the next week?

- 1.
- 2.
- 3.

We hope you find this useful, and good luck next week!