I. Briefly describe your motivations for entering a PhD program.
   Based on your experience,
   A. Describe the knowledge you expect to gain while completing the PhD.
   B. List the technical skills you expect to acquire while completing the PhD.
   C. Describe some “experiential skills” you have gained while working on your PhD.

II. In the context of your PhD research, list at least three skills or abilities you have (or have developed), apart from strictly cognitive physics-related ones, you consider have been essential to advancing you on your path.
III. Professional skills
A. For each of the “non-cognitive research skills,” consider how the tasks you spend time on at Belle (II) challenge you to develop mastery, and describe briefly.

Objectives

Technical awareness

Task execution

Conclusions

Organization

Communication

B. Which class of tasks (operations, development, physics analysis, communications) appears most often, on the above list? Determine the priority order for these tasks, in terms of the development of your research effectiveness and career.

IV. Action items
A. Write down three actions you will take in the next year to improve mastery in your priority areas.

B. Write down the names of at least two individuals to whom you can reach out to for advice on carrying out your actions.