

## Networking: Attitude toward networking

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*Is my attitude towards networking:*

Very negative

Negative

Neutral

Positive

Very positive

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*Why do I feel like this?*

*How would I react if someone was interested in my work and wanted to connect with me?*

*What do I find challenging about being a researcher at the moment?*

*Who might have an answer or advice about this problem?*

*What are my networking goals?*

Why will it be more effective and efficient to talk to people rather than work independently?