**Section 1: Training Courses Attended**

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| --- | --- | --- |
| **Course** | **Date(s)** | **Comments on content/usefulness of course** |
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**Section 2: Lectures and Seminars Attended**

If you attend a regular series enter the title once and put ‘weekly’ (or appropriate comment) in the Date column.

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| **Date** | **Speaker** | **Location/seminar series** | **Lecture/seminar title** |
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**Section 3: Meetings Attended**

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| --- | --- | --- |
| **Dates** | **Meeting** | **Location** |
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**Section 4: Talks, Seminars, Posters, Journal Clubs Given**

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| --- | --- | --- |
| **Date** | **Title** | **Type of presentation** |
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**Section 5: Record of Meetings with Supervisor**

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| --- | --- | --- | --- |
| **Meeting** | **Date** | **Supervisor’s initials** | **Student’s initials** |
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**Section 6: Record of Meetings with Advisor**

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| --- | --- | --- | --- |
| Meeting | **Date** | **Adviser’s initials** | **Student’s initials** |
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**Section 7: Supervisor’s Section**

Please sign off this Personal Progress Log as an accurate record of your student’s research activity for the academic year concerned.

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| --- | --- |
| **Name of Supervisor:** |  |
| **Signature:** |  |
| **Date:** |  |
| **Comments:** |  |