Plan one small experiment

Choose one uncertainty about a career. Plan a safe activity that could make it clearer, without treating a month as a deadline for finding work.

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1 Career or task, and the question I want to answer

2 What I expect, and what observation could change my mind

3 My practical limits: time, cost, access or permission

4 One safe activity and the small output I will make

5 Sources to check: provider, country, date and unknowns

6 Action I control, time limit and review date

Example: use invented meeting requests to practise spotting clashes. Record what you noticed and what software knowledge you still need. Do not practise on real patients, live systems or confidential workplace records.

Review what you learned

Return to your original question. Separate what you did and observed from what you still need to verify.

7 What I actually did, and the date

8 What I produced or observed; keep fact and interpretation separate

9 Feedback, if available: who, context and limits

10 What this did not establish; the next check needed

11 Investigate further, keep for later or set aside - and why

12 One next action, completion condition and review date

A sample task cannot establish job suitability, legal eligibility, professional competence or a guaranteed outcome. No reply from a provider is an open question, not evidence of suitability. Adjust the plan if your circumstances change.