**Evidence of skills and personal qualities**

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| --- | --- |
| Skill, quality or attribute |  |
| **1** How and when I developed this skill or quality |  |
| **2** Examples of occasions when I demonstrate this skill. | At university/in higher education:  At work:  In life: |
| **3** Evidence that  I possess this  quality or skill  (e g reliable feedback from others; qualifications,  testimonials,  etc). | At university/in higher education:  At work:  In life: |