

### Evidence of skills and personal qualities

This form will help you to reflect on how you have developed skills and qualities in the past. It's also useful to know how you use these skills or qualities and be able to prove them to a potential employer.

<b>Skill, quality or attribute</b>	
<b>How and when I developed this skill or quality</b>	
<b>Examples of occasions when I demonstrate this skill</b>	<b>At university:</b>
	<b>At work:</b>
	<b>In life:</b>
<b>Evidence that I possess this quality or skill (e.g. reliable feedback from others; qualifications, testimonials, etc.).</b>	<b>At university:</b>
	<b>At work:</b>

	<b>In life:</b>