**Plan your personal Statement.**

Use this table to plan the structure and points of your personal statement before writing it up. You can add more essential sections or desirable sections if needs be but be mindful of space if you have a word count.

**Introduction:**

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**Select 2 – 3 Essential Competencies you meet + examples:**

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**Select 2 – 3 more Essential Competencies you meet + examples:**

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**Select 2-3 Desirable Competencies you meet + examples:**

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**Summary:**

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