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| **Instructions**: Fill in significant experiences from your college career (including meaningful classes, research experiences, activities, jobs or internships, and community service) in the boxes shaded green in row 2.  | Each of the boxes shaded gray in the center of the spreadsheet marks the intersection between one of your experiences and one of Columbia's Core Competencies.  | In as many gray boxes as possible, briefly describe a specific opportunity, moment, or anecdote from that experience that illustrates the appropriate Core Competency.  | The goal is to maximize your brainstorming by filling in as many gray squares as possible. Once you are done with the grid, you can highlight stories that you would particularly like to tell in your application statements.  | Consider color-coding if you are writing an application with multiple essays (like the Fulbright). You can also bring your grid to an advising appointment at the URF office to talk through which stories might make for the strongest application statements. |
| **CORE COMPETENCIES** | **Class 1:**  | **Class 2:**  | **Class 3:**  | **Research/Independent Study 1:**  |
| **Oral Communications** |   |   |   |   |
| **Teamwork and Collaboration** |   |   |   |   |
| **Civic and Individual Responsibility** |   |   |   |   |
| **Community Engagement and Inclusion** |   |   |   |   |
| **Global Awareness** |   |   |   |   |
| **Wellness and Resilience** |   |   |   |   |
| **Creativity and Innovation** |   |   |   |   |
| **Critical Thinking** |   |   |   |   |
| **Written Communication** |   |   |   |   |
| **Knowledge** |   |   |   |   |
| **Research** |   |   |   |   |
| **Information and Technological Literacy** |   |   |   |   |
| **Quantitative Literacy** |   |   |   |   |
| **Other (fill in any other qualities you would like to speak to in your application)** |   |   |   |   |

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| **CORE COMPETENCIES** | **Research/Independent Study 2:** | **Research/Independent Study 3:**  | **Activity 1:**  | **Activity 2:**  |
| **Oral Communications** |   |   |   |   |
| **Teamwork and Collaboration** |   |   |   |   |
| **Civic and Individual Responsibility** |   |   |   |   |
| **Community Engagement and Inclusion** |   |   |   |   |
| **Global Awareness** |   |   |   |   |
| **Wellness and Resilience** |   |   |   |   |
| **Creativity and Innovation** |   |   |   |   |
| **Critical Thinking** |   |   |   |   |
| **Written Communication** |   |   |   |   |
| **Knowledge** |   |   |   |   |
| **Research** |   |   |   |   |
| **Information and Technological Literacy** |   |   |   |   |
| **Quantitative Literacy** |   |   |   |   |
| **Other (fill in any other qualities you would like to speak to in your application)** |   |   |   |   |

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| **CORE COMPETENCIES** | **Community Service 1:**  | **Community Service 2:**  | **Community Service 3:**  |
| **Oral Communications** |   |   |   |
| **Teamwork and Collaboration** |   |   |   |
| **Civic and Individual Responsibility** |   |   |   |
| **Community Engagement and Inclusion** |   |   |   |
| **Global Awareness** |   |   |   |
| **Wellness and Resilience** |   |   |   |
| **Creativity and Innovation** |   |   |   |
| **Critical Thinking** |   |   |   |
| **Written Communication** |   |   |   |
| **Knowledge** |   |   |   |
| **Research** |   |   |   |
| **Information and Technological Literacy** |   |   |   |
| **Quantitative Literacy** |   |   |   |
| **Other (fill in any other qualities you would like to speak to in your application)** |   |   |   |

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| **CORE COMPETENCIES** | **Other 1:**  | **Other 2:**  | **Other 3:**  |
| **Oral Communications** |   |   |   |
| **Teamwork and Collaboration** |   |   |   |
| **Civic and Individual Responsibility** |   |   |   |
| **Community Engagement and Inclusion** |   |   |   |
| **Global Awareness** |   |   |   |
| **Wellness and Resilience** |   |   |   |
| **Creativity and Innovation** |   |   |   |
| **Critical Thinking** |   |   |   |
| **Written Communication** |   |   |   |
| **Knowledge** |   |   |   |
| **Research** |   |   |   |
| **Information and Technological Literacy** |   |   |   |
| **Quanitative Literacy** |   |   |   |
| **Other (fill in any other qualities you would like to speak to in your application)** |   |   |   |