

Prior Learning Assessment and Recognition (PLAR)

PLAR Self-Assessment

The PLAR Self-Assessment provides the PLAR Applicant with a way to self-assess knowledge, skills and abilities to the course learning outcomes. This will help the PLAR Applicant and the Coordinator to make a decision about pursuing PLAR. **PLAR will result in a grade, not an exemption.**

Steps to complete a PLAR Self-Assessment

1. Identify courses you feel you have learning in and review the Course Learning Outcomes (CLOS).
2. Copy and paste or write the CLOS into the appropriate column of the self-assessment table (PLAR Self-Assessment Form).
3. Reflect on how your experience relates to each CLO and list the evidence that indicates how you have acquired the knowledge that meets each of the learning outcomes. Some things to consider when determining your level of competence are to ask yourself:
 - How do I currently use this outcome?
 - What previous training have I had in this outcome – workshops, courses, on-the-job?
 - What personal development or volunteer experience do I have in this area?
4. List where and when your experience occurred.
5. Rate your level of competence as you read through each of the learning outcomes for each course.
 1. I am able to demonstrate the learning outcome well enough to teach it to someone else.
 2. I can work independently to apply the learning outcome.
 3. I need some assistance in using the outcome.
 4. I am developing skills and knowledge for this area.
 5. I have no experience with the outcome.

To be successful in a PLAR assessment, your abilities must be at the 1 or 2 level for the majority of the learning outcomes.

Bring the completed PLAR Self-Assessment to a consultation meeting with the Program Coordinator, or designated PLAR contact in your program. The information you provide in the self-assessment will help you and your Coordinator in determining your eligibility. Your eligibility to challenge a course through PLAR will ultimately be determined by the academic area,

Course Code and Course Name: _____

Critical Performance Statement: By the end of the course, students will have demonstrated the ability to:

PLAR Self-Assessment Form

Student Name: _____

Student Number: _____

Course Code: _____

Course Name: _____

| Course Learning Outcome (CLO) | Evidence of Learning Ask yourself: - How do I currently use this knowledge/skill? - What previous training have I had to gain this knowledge/skill - workshops, courses, on-the-job? - What personal development or volunteer experience do I have in this area? | Where/When Experience Occurred If work or volunteer experience, please name the company/organization, and the dates of employment. | Level of Competence (1-5) |
|-------------------------------|---|--|---------------------------|
| 1 | | | |
| 2 | | | |
| 3 | | | |
| 4 | | | |
| 5 | | | |
| 6 | | | |
| 7 | | | |

Note: Add rows as needed if the course has a greater number of CLOs.