# PLAR Self-Assessment

The PLAR Self-Assessment provides the PLAR Applicant with a way to self-assess his/her 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

* Identify courses you feel you have learning in and review the learning outcomes.
* Copy and paste or write the learning outcomes of the course.
* Type/write the evidence that indicates how you have acquired the knowledge that meets each of the learning outcomes.
* Check 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.
* 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?

In order 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 completed PLAR Self-Assessment to a consultation meeting with the Program Coordinator, Chair 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.

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**Course Code and Course Name:**

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

| **Learning Outcomes** | **Evidence of Learning**  **(E.g. volunteer, PD, hobbies, etc.)** | **Level of**  **Competence** |
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**Date:**

**Student Number:**

**Full Name:**

**Signature:**