

PLAR Self-Assessment Form

The first steps of the Prior Learning Assessment & Recognition (PLAR) process ask that you research the courses you are considering challenging through PLAR, and reflect on how your knowledge and skills match up to Course Learning Outcomes (CLOs).

This is done through the completion of the self-assessment table in this document. The information you provide in the self-assessment will help you and your Program Coordinator to determine your eligibility.

Instructions

1. If you do not already have a copy, download your course outline from our [Course Outline Mapping and Management System's \(COMMS\) Course Outline Viewer](#) (please note you will be required to provide your name, address and other information in order to access the COMMS system).
2. On the course outline, locate and review the Course Learning Outcomes (CLOs) and Elements of Performance (EOPs). These are generally bolded and numbered.
3. Copy and paste each CLO into the appropriate column of the self-assessment table on the following pages. If more rows are needed, please complete a second form.

You do not need to copy and paste the Elements of Performance (EOPs), that is, the plain-font items that appear under each bolded CLO, into your self-assessment; however, we still recommend that you review them in order to strengthen your understanding of each CLO.

4. Reflect on how your experience relates to each CLO, and list evidence of your 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?
5. List where and when your experience occurred.

6. Rate your comfort level with each CLO according to the following rating scale:

- 5 I am able to demonstrate the learning outcome well enough to teach it to someone else.
- 4 I can work independently to apply the learning outcome.
- 3 I need some assistance in using the outcome.
- 2 I am developing skills and knowledge for this area.
- 1 I have no experience with the outcome.

7. Complete the [application form](#) and attach your completed self-assessment to continue the PLAR process. If you've rated yourself a 4 or a 5 for each CLO, you might be a good candidate for PLAR. Your eligibility to challenge a course through PLAR will ultimately be determined by the academic area.

Student and course information

Student Name: _____

Student Number: _____

Course Code: _____

Course Name: _____

Self-assessment

Evidence of learning: When completing the evidence of learning section, ask yourself the following questions:

1. How do I currently use this knowledge/skill?
2. What previous training have I had to gain this knowledge/skill—workshops, courses, on-the-job?
3. 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 or organization and the dates of employment.

Course Learning Outcome (CLO)	Evidence of learning	Where/when experience occurred	Level of competence (1-5)
1.			

Course Learning Outcome (CLO)	Evidence of learning	Where/when experience occurred	Level of competence (1-5)
2.			

Course Learning Outcome (CLO)	Evidence of learning	Where/when experience occurred	Level of competence (1-5)
3.			

Course Learning Outcome (CLO)	Evidence of learning	Where/when experience occurred	Level of competence (1-5)
4.			