

PLAR Self-Assessment Form

The first steps of the PLAR process ask that you research the course(s) 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 on the following page. 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, contact the Pathways Coordinator at Pathways@sl.on.ca to request a copy.
2. On the course outline, locate and review the Course Learning Outcomes (CLOs).
3. Copy and paste each CLO into the appropriate column of the self-assessment table on the next page. Add rows as needed if the course has a greater number of CLOs.
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 rating scale below:
 - 1 – I have no experience with the outcome.
 - 2 – I am developing skills and knowledge for this area.
 - 3 – I need some assistance in using the outcome.
 - 4 – I can work independently to apply the learning outcome.
 - 5 – I can demonstrate the learning outcome well enough to teach it to someone else.
7. 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, so fill in the online application form and attach your completed self-assessment to continue the PLAR process.

Student Name: _____

Student Number: _____

Course Code: _____

Course Name: _____

Course Learning Outcome (CLO)	Evidence of Learning <i>Ask yourself:</i> <ul style="list-style-type: none"> • <i>How do I currently use this knowledge/skill?</i> • <i>What previous training have I had to gain this knowledge/skill – workshops, courses, on-the-job?</i> • <i>What personal development or volunteer experience do I have in this area?</i> 	Where/When Experience Occurred <i>If work or volunteer experience, please name the company/ organization, and the dates of employment.</i>	Level of Competence (1-5)
1.			
2.			
3.			

4.			
5.			
6.			
7.			
8.			

9.			
10.			