

Prior Learning Assessment and Recognition (PLAR)

Self-Assessment Form

The initial step in the PLAR process requires you to research the course you intend to challenge and reflect on how your knowledge and skills align with the Course Learning Outcomes (CLOs). This reflection is facilitated through the completion of the self-assessment table on the following pages. The information you provide will assist both you and your Program Coordinator in determining your eligibility.

Instructions:

1. **Review the CLOs:** Review the course outline to identify the CLOs. If you require a copy of the course outline, please contact the Pathways Coordinator at Pathways@sl.on.ca
2. **Copy and Paste CLOs:** Transfer each CLO into the corresponding column of the self-assessment table.
3. **Reflect on Your Experience:** Reflect on how your experience pertains to each CLO and provide evidence of your learning. Consider the following questions:
 - How do you currently apply this knowledge/skill?
 - What previous training have you received to acquire this knowledge/skill (e.g., workshops, courses, on-the-job training)?
 - What personal development or volunteer experiences do you possess in this area?
4. **Detail Your Experience:** Specify the locations and dates where your experience was obtained.
5. **Rate Your Comfort Level:** Utilize the rating scale below to evaluate your comfort level with each CLO:
 - 1 – I have no experience with the outcome.
 - 2 – I am in the process of developing skills and knowledge in this area.
 - 3 – I require some assistance in applying the outcome.
 - 4 – I can independently apply the learning outcome.
 - 5 – I can demonstrate the learning outcome to the extent of teaching it to others.
6. **Determine Your Eligibility:** Should you rate yourself a 4 or a 5 for each CLO, you may be a suitable candidate for PLAR. Ultimately, your eligibility to challenge a course through PLAR will be determined by the academic area. Please complete the online application form and attach your self-assessment to proceed with the PLAR process.

Student Name: _____

Student Number: _____

Course Code: _____

Course Name: _____

Course Learning Outcome (CLO)	Evidence of Learning <i>Ask yourself:</i> • <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 <i>(1-5)</i>

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