**SELF-ASSESSMENT for PLAR for GED0014 – Personal Understanding**

The first steps of the PLAR process ask that you reflect on how your knowledge and skills match up to Learning Outcomes.

This is done through the completion of the Self-Assessment Form on the following page. The information you provide in the self-assessment will help you and the academic area to determine your eligibility for PLAR.

**Instructions:**

1. Review the Student Resource Guide for GED0014.
2. Use the form on the next page to think about where you have learning that relates to the stated knowledge and skills. List evidence of your learning. Ask yourself:
   * 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?*
     4. *What life experiences have I had with this knowledge/skill?*
3. If you are able to provide evidence of learning for all four questions in any one section, you may be a good candidate to proceed with the PLAR process.
4. 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 form to continue the PLAR process.

**Course Code:** GED0014

**Course Name:** PERSONAL UNDERSTANDING

| **Section A** | **Prompt** | **Evidence of Learning**  *(be specific about your experience)* |
| --- | --- | --- |
| 1. Have you ever assessed your own learning style? If so, can you: | a. distinguish your own learning style from others? |  |
| b. explain how your style has affected your school/work performance? |  |
| c. identify how institutions have accommodated your style or could? |  |
| d. evaluate your efforts to maximize your learning style’s strengths? |  |

| **Section B** | **Prompt** | **Evidence of Learning**  *(be specific about your experience)* |
| --- | --- | --- |
| 2. Have you ever followed a self-improvement regimen? If so, can you: | a. identify the proper resources you used for advice and help? |  |
| b. identify what indicators you used to measure your progress? |  |
| c. explain how you overcame various obstacles to improvement? |  |
| d. evaluate your achievements and their effects in your life and work? |  |

| **Section C** | **Prompt** | **Evidence of Learning**  *(be specific about your experience)* |
| --- | --- | --- |
| 3. Have you ever taken an ethical stand in the face of adversity? If so, can you: | a. explain how you were challenged by injustice or an ethical dilemma? |  |
| b. explain why you felt your stance was the right one among others? |  |
| c. identify the strategies you used to stick to your principles? |  |
| d. analyze the reasons for the success or failure of your efforts? |  |

| **Section D** | **Prompt** | **Evidence of Learning**  *(be specific about your experience)* |
| --- | --- | --- |
| 4. Have you ever involved yourself in areas of human development? If so, were you able to: | a. identify some theories of physical, mental, or sexual development? |  |
| b. identify major challenges in the developmental area you focused on? |  |
| c. discuss strategies for overcoming hardship, misfortune, or abuse? |  |
| d. evaluate how the experience shaped your values and worldview? |  |