**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 Requirements (CLRs).

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, download your course outline from our [**course outline retrieval system**](https://algonquin.ecoursemap.com/CourseOutlineViewer/CreateSession.aspx).
2. On the course outline, locate and review the Course Learning Requirements (CLRs). These are generally **bolded and numbered**.
3. Copy and paste each CLR 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 CLRs.
	* + **You do not need to copy and paste the Embedded Knowledge and Skills, i.e. the plain-font items that appear under each bolded CLR, into your self-assessment**; however, we still recommend that you review them in order to strengthen your understanding of each CLR.
4. Reflect on how your experience relates to each CLR, 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 CLR, according to the rating scale below:

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.

1. If you’ve rated yourself a 4 or a 5 for each CLR, 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:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Note:** Expand this table if the course has a greater number of CLRs.

|  |  |  |  |
| --- | --- | --- | --- |
| **Course Learning Requirement (CLR)** | **Evidence of 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?*
 | **Where/When Experience Occurred***If work or volunteer experience, please name the company/ organization, and the dates of employment.* | **Level of Competence***(1-5)* |
| 1. |  |  |  |
| 2. |  |  |  |
| 3. |  |  |  |
| 4. |  |  |  |
| 5. |  |  |  |
| 6. |  |  |  |