Recognition of Prior Learning
PLAR Self-Assessment Form

Cambrian College

The PLAR Self-Assessment tool provides you with an effective method with which to measure your prior learning against the course learning outcomes. The results of the self-assessment will help both you and faculty to determine if pursuing PLAR is the right course of action.

Student Information

First Name	Last Name	
Student Number	Program	Course

How to Complete the Self-Assessment

Obtain the course outline for the course you wish to challenge through PLAR.

- Familiarize yourself with the course learning outcomes found on the course outline.
- Assess your level of competence for each of the stated outcomes, and cite examples as evidence that you can demonstrate, or are competent in, each outcome.

Levels of Competence

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

Learning Outcome	Level of Competence					Evidence of Experience
	1. Demonstrate	2. Apply	3. Need Assistance	4. Developing	5. No Experience	

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	1. Demonstrate	2. Apply	3. Need Assistance	4. Developing	5. No Experience	