



PLAR for Mature Students Senior Credit Equivalency Application

Student Name: _____ Date of Birth: _____
Month/Day/Year

Address: _____
Apt. #, R.R. #, Street City Province Postal Code

Telephone: _____
Home Business

Date of Application: _____ Gender: _____ MIN/OEN: _____

Have you applied for Junior PLAR? Yes No
(If you have never applied for PLAR you must complete the mature PLAR tracking form. See your Program Manager or Guidance Counsellor to obtain this form.)

To be eligible for mature PLAR you must be enrolled in a credit course. Please state below what course you are currently enrolled in.

I am currently enrolled in a credit program. eLearning; Day School; Summer School

I am currently enrolled in: _____

Please complete this application form and submit it to your school guidance leader.

Mature students who are working under OSS diploma requirements are eligible to apply for Grade 11 and 12 senior equivalent credits. In order to be granted senior equivalent credits under PLAR, **students must demonstrate that their prior learning relates directly to a majority of the expectations from the course being considered for equivalency.** It is important that students attempt to provide all of the information requested below so that the school may verify the experience.

A) Please indicate the languages that you speak and write fluently.

B) Hobbies -- Describe any hobbies that you have. In particular, you should emphasize the skills and knowledge that you have developed as a result of your experience with your hobbies. State how long you have been involved with each hobby mentioned below.



C) Leadership Opportunities -- Some people have had leadership opportunities in the workplace, through athletics, or in various clubs and organizations. Describe in detail any such (or other) leadership opportunities that you have had. State the knowledge and skills acquired as a result of these opportunities.

D) Fitness Activities -- Provide a detailed description of any fitness activities with which you have been involved and for what period of time. You may wish to include copies of certificates etc. that will verify and demonstrate your prior learning in the fitness area.

E) Entrepreneurial Activities -- Describe the knowledge and skills developed through any entrepreneurial activities that you have been involved with. For instance, you may include such entrepreneurial activities such as selling Avon or Regal. You must give a detailed description of each entrepreneurial activity and state the period of time when you were involved in each of these.

F) Participation in clubs -- Describe any experience you have as a member of a club or clubs. Describe the knowledge and skills you developed as a result of your involvement with this club or clubs. Be sure to provide the name of the club and the length of time that you were a member.



G) Employment History -- Please **provide a current resume outlining your experiences.**

H) Formal Training Courses/Education-- If you have copies of your certifications, please include with this application. You may be asked to provide letters of verification and/or a course outline to support your claim of prior learning. If you have more than two courses or educational experiences to report, please attach another sheet(s).

Formal Training Courses/ Education Experience #1

Name of Institution/Training Deliverer:

Name of course or program:

Name of Instructor(s):

Training period: (eg January, 1994-March 8, 1994 every Tuesday and Thursday from 7-10 pm)

Main skills and knowledge required to complete/pass the course (you may wish to attach a course outline or an additional page if you require additional space):

Formal Training Courses/ Education Experience #2

Name of Institution/Training Deliverer:

Name of course or program:

Name of Instructor(s):

Training period: (eg January, 1994-March 8, 1994 every Tuesday and Thursday



School of Alternative and Continuing Education

CATHOLIC DISTRICT SCHOOL BOARD OF EASTERN ONTARIO
from 7-10 pm)

30 McGill Street N.
Smiths Falls, ON K7A 2J4
613-284-2613
coned@cdsbeo.on.ca

Main skills and knowledge required to complete/pass the course (you may wish to attach a course outline or an additional page if you require additional space):

D) Other prior learning experience/special abilities -- Describe any other prior learning experience or special abilities in this space that you were unable to include in any of the categories above. For example:

Are you or have you been a parent? If so, how long were you a parent?

Have you ever lived independently of your parents and/or managed a house or apartment of your own? If so, how long did you live independent of your parents? Describe the type of housing you managed. ie apt, house, condo, town home

Have you ever made any major purchases for you or your family? Ie car, house, furniture, sports equipment, boat, etc.



J) **Volunteer Work**—Please provide details of any community service or volunteer work with which you have been involved. (Please note that this volunteer work could be counted as your diploma requirement of 40 hours of community service if it meets the guidelines of “Acceptable Activities”. Community service hours completed to fulfill a criminal sentencing requirement may not be used to meet this graduation requirement.)

Activity	# of Hrs.	Date of Completion	Name of Organization, Location & Telephone Number	Supervisor’s Name
TOTAL:				

Acceptable Activities

40 hours of any of the following community involvement activities will be accepted as your community service graduation requirement:

Help seniors;

- Snow shoveling, raking leaves, gardening
- Assisting with computer activities
- Walking a senior program
- Assisting in a seniors’ home (reading, visiting)

Help clean up the environment;

- Community clean-up
- Tree and flower planting

Assist a charity or service club;

- Terry Fox Run, United Way, Easter Seals, Walk-a-thon, Jump Rope for Heart, Fundraising for Women’s Shelters and Crisis Centres

Coordinate or coach sports and recreation activities after school or at lunchtime;

Assist with Cubs, Scouts, Guides, Brownies, Cadets

Help in school-related events;

- Tutoring
- organizing school events

Join in local community projects;

- Fun fairs, fall fairs, local festivals, group home projects, entertainment in malls and churches, participate in productions, food bank, farm assistance, community web sites

Assist at a health facility.

Each activity I have identified above is on the list of acceptable activities:

Student’s Name: (please print) _____

Date of Birth: _____

Student’s Signature: _____

Date: _____