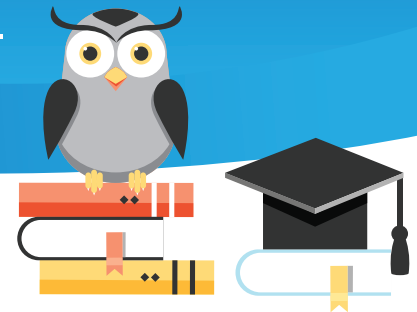


School of Alternative and Continuing Education



PLAR

Prior Learning Assessment and Recognition

For adults 18 years and older who are interested getting their Ontario Secondary School Diploma (OSSD). Adults can earn credits for life and work experience.

What is PLAR?

PLAR is an official evaluation and credit granting process that allows mature students to earn credits for knowledge and skills acquired through hands on life experiences.

Who is eligible for PLAR?

- You may be eligible if you are
 - at least 18 years old on or before December 31st of the school year;
 - out of high school for at least one year; and
 - looking to obtain your high school diploma.
- From outside Ontario?
 - Students who are from another province or country are still eligible for PLAR. Based on a transcript that would need to be provided, one can earn equivalency credits for their education outside of Ontario.

Note: Students who started high school prior to 1999 may have maturity credits granted through a mature student evaluation. Contact us for more information.

How can PLAR help me graduate?

By embarking in the PLAR process, you can earn up to 26 of the 30 credits required to graduate. The final four credits cannot be granted and must be earned. As well, you must meet these requirements to earn your OSSD:

- Grade 12 English
 - All students must complete their final English credit.
- Community Involvement (40 hours)
- Ontario Literacy Requirement
 - This can be achieved through the Grade 10 Literacy Test or via a Literacy Course.



CATHOLIC DISTRICT SCHOOL BOARD OF EASTERN ONTARIO

How does PLAR work?

When you register or express interest in one of our adult credit programs, you have the opportunity to meet with a guidance counsellor. Together we can work to develop a plan to support your success in obtaining your high school diploma and reaching your future goals. This plan may include PLAR.

There are 2 different ways in which PLAR credits can be granted. It would depend on what you need:

1. JR PLAR- Grade 9/10 Assessments and Equivalency
2. SR PLAR- Grade 11/12 Equivalency

Grade 9/10 Credits

PLAR eligible adult students can earn or be granted grade 9/10 credits through:

A. *Transcripts:* Credits earned in another province or country may have equivalency credits in Ontario. A review of your transcript may result in up to 16 grade 9/10 credits.

B. *Individual Assessment:* Students with fewer than 16 grade 9/10 credits or those

without a transcript may write up to 5 assessments. These assessments can help you earn up to the 16 grade 9/10 credits. PLAR support materials including textbooks and workbooks are available.

Grade 11/12 Credits

Students enrolled with the CDSBEO can be granted grade 11/12 credits by having life and work related experiences connected to Ontario Secondary School credits.

To be granted credits, you will need to provide evidence for your learning. Some examples may include:

- Training certificates for short courses or apprenticeship training
- Letters of appraisal or recommendation from previous or current employers
- Letters indicating volunteer experience, including number of hours completed
- A detailed resume, ROE's, T4's, or pay stubs
- Copies of household bills, loan payments, birth certificates for your children

How do I get started?

Please call or email us to express interest. We look forward to working with you to support your future goals.

www.coned.cdsbeo.on.ca

613-284-2613

coned@cdsbeo.on.ca

You may earn credits with the Catholic District School Board of Eastern Ontario through:

- eLearning online courses
- our Day School PSW program
- Co-operative Education
- Apprenticeship Programs

There is no cost for a PLAR assessment.

