

**SAMPLE**  
**PLAR FOR MATURE STUDENTS**  
**Grade 11 & 12 Equivalency Credit Application**

**6) PARENTING / CAREGIVING**

Fill out the chart below if you are a parent or have cared for other children or a family member.

Name & Ages of Person/People cared for <i>Parent of 3 children - ages 2, 6 and 12 years</i>	Relationship to you <i>Two of my children and one step child</i>
Length of Involvement – weeks, months, years & hours per week <i>Full time parent for all three of these children</i> OR <i>Part-time, 1 evening a week and every other weekend</i>	
Description of Care	Skills and Knowledge gained / required
<i>Provide for physical needs (food, clothing, shelter)</i>	<i>Know something about how children develop and grow</i>
<i>Provide for emotional needs</i>	<i>Know what it means to be a responsible parent</i>
<i>Communicate to deal with behavior/discipline</i>	<i>Communicate with family members</i>
<i>Provide for social needs (play, support friendships Extracurricular)</i>	<i>Be aware of various ways of dealing with parenting Issues (discipline, potty training, etc.)</i>
	<i>Know what a safe environment for children at various ages requires</i>
	<i>Be aware of how society influences children and families (ie: Daycare facilities, sports teams, etc.)</i>
Name & Ages of Person/People cared for <i>Cared for my elderly Mother between the ages of 80 And 85 years</i>	Relationship to you <i>Mother</i>
Length of Involvement – weeks, months, years & hours per week <i>Called her every day for 5 years</i> <i>Visited her when required, often 3 times per week</i>	
Description of Care	Skills and Knowledge gained / required
<i>Phoned at least once a day</i>	<i>Understand the needs of the elderly</i>
<i>Took her to Doctor's appointments</i>	<i>Identify safety and health factors</i>
<i>Made meals that could be simply reheated - made sure nutrition needs were being met</i>	<i>Know what community services/activities are available for the elderly</i>
<i>Organized medications and ensured that she took as required</i>	<i>Make knowledgeable decisions regarding medical needs</i>
<i>Did laundry, changed bedding, helped her bathe</i>	

Equivalent Credit \_\_\_\_\_

## 10) OTHER LIFE EXPERIENCES

Describe any other prior learning experience that you were unable to include in any of the categories above. For example, do you live independently? If so, for how long? Did you cook for yourself /family? Do you have a variety of interpersonal relationships? If so please describe. Do you drive, own your own car? Do you manage your own finances or family finances? Have you lived in more than one city/province /country or lived in an alternate housing arrangement? Describe the knowledge and skills that you have as a result of this experience

Name of Experience or Special Ability: <i>Live independently (alone or with my spouse/partner/children)</i>	
Length of Involvement – weeks, months, years & hours per week <i>Living with partner in an apartment for past 3 years</i>	
Description of Experience / Special Ability	Skills and Knowledge gained / required
<i>Make decisions together regarding our relationship, purchases, bill payment etc.</i>	<i>Comparison shop and research information before making major purchases</i>
<i>Manage my own finances and share in the expenses with my partner</i>	<i>Know how to discuss and resolve problems with my friends and partner</i>
<i>Earn my own money at the job I have had for the last 5 years</i>	<i>Know how to use bank/credit to assist with my purchases, etc.</i>
<i>Have purchased a car with a loan from the bank</i>	<i>Understand the steps in making decisions</i>
<i>Have a bank account from which I pay expenses and save for the future</i>	<i>Manage my time in order to help with household tasks as well as work and social activities</i>
	<i>Budget money in order to pay bills, make purchases, etc.</i>

Documentation attached

Equivalent Credit \_\_\_\_\_