

Tab VI—Life Experience

VI-

Activity	Dates of Activity (mm/yy) From: To:
Organization (if applicable)	Estimated Hours Per Month

Part A: Self-Assessment

In the spaces provided on the next page, provide a competency title and self-assessment of the learning you acquired during this experience. Usually, credit for only one competency is requested for each life experience and worth between 1 and 3 credits, depending on the depth and duration of the experience.

Tab VI—Life Experience

Competency Title:

What did you learn about this competency? Provide a 750 to 1,000-word self-assessment of your learning, i.e., write an argument to support of your claim about what you learned. Be sure to explain why you engaged in the experience; what you learned from it, including underlying principles, concepts and knowledge (e.g., social, civic, technical, artistic), mental and physical skills and knowledge; and how and where you have applied the learning in your professional/personal life.

Tab VI—Life Experience

Competency continued.

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Part B: Documentation

Include the following:

- A detailed description of the activity and your involvement in it
- Letters from two persons, who are not your relatives, stating their qualifications and verification of the experience
- Evidence of your involvement in the activity (e.g., photographs, non-proprietary documents, etc.).

All letters of verification must

- have an inked or electronic signature
- be on letterhead or clearly indicate that the letter was received electronically; and
- provide a means of contacting the writer of the letter, e.g., include a current postal address, phone, and/or e-mail address.

If any of the specific documentation listed above is not included, please explain in the space below: