



# Psychiatric Nursing Advanced Diploma

## PLAR Candidate Guide

Prior Learning Assessment and Recognition (PLAR)

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### Prior learning credit options at Saskatchewan Polytechnic

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See [Get Credit for What you Know](#) for important information about all options to get credit for prior learning at Sask Polytech, including PLAR, transfer credit, Canadian Armed Forces credit, and equivalency credit.

### How to navigate this document

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This document contains links to other document sections or webpages. To return to where you were from another section in this document, press the *ALT* key and *left arrow* key at the same time. To return to this webpage from another webpage, close the other webpage or click back on the browser tab for this document.

### Contents of this guide

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This guide contains the following specific PLAR information and tools for this program

- A. [PLAR fees](#)
- B. [PLAR eligibility and options](#)
- C. [Dates when PLAR assessment is available](#)
- D. [Special directions for this program](#)
- E. [PLAR contact person](#)
- F. [Self-rating course outlines](#)

## A. PLAR fees

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Fees for PLAR challenges are set to cover our costs for consultation, assessment, and related administrative tasks. PLAR fees are non-refundable and non-transferrable.

The PLAR fees policy is subject to change for each new academic year. Please see the **Cost** section on the [PLAR webpage](#) for current fee information.

## B. PLAR eligibility and options

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To be eligible for PLAR for courses in this program, you must first apply for admission and be accepted into the program. You must also consult with the [PLAR contact person](#) and be approved for PLAR assessment.

Program PLAR is available for the following courses: ENGL 101, SOCI 171, BIO 102 and 103. For more information, including instructions on how to apply, please see the [Arts & Sciences Candidate Guide](#).

## C. Dates when PLAR assessment is available

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PLAR assessment for this program is available from Sept 1 to June 15 in each academic year.

**All PLAR assessments must be completed by June 15 of each academic year.**

## D. Special directions for this program

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1. **Review** the [PLAR process and FAQs](#) and the information in this guide.
2. **Self-rate** your learning for each course using the [Course Outlines](#) in this guide.
3. **Consult** with the [PLAR contact person](#) for PLAR approval. Be prepared to provide your resume, course self-ratings (see [section F](#)), and a partially completed [PLAR application](#). If you are approved for PLAR, the contact person will sign your PLAR application and explain next steps.
4. Apply for admission to the program. See [directions](#) for applying.
5. **Register** for PLAR at [Registration/Enrolment Services](#) once you have signed approval on your [PLAR Application Form](#). The PLAR fee will be added to your student account.
6. **Finalize** an assessment plan with your assigned assessor.
7. **Complete** assessment before your PLAR registration expires.

## E. PLAR contact person

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Contact one of the Program Heads below to arrange a consultation **after** you have read this guide and [general PLAR information](#) and rated yourself for each course (see next section). Consultation may be by phone, online, or in person. Be prepared to provide your resume, course self-ratings, and a partially completed [PLAR application](#). If agreement is reached to go ahead with PLAR, the contact person will sign approval on your PLAR application and explain the next steps. Admission to the program is required before you can register for PLAR.

**Caroline Hoffart, Program Head**  
Saskatchewan Polytechnic, Regina Campus  
Phone: 306 – 775 - 7354  
Email: [hoffartca@saskpolytech.ca](mailto:hoffartca@saskpolytech.ca)

## F. Self-rating course outlines

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Clicking on a course code below opens a page where you can rate yourself on the knowledge and skills assessed for PLAR credit. For Arts & Sciences courses, clicking on the course code opens another PLAR guide. The [PLAR contact person](#) for this program will refer you to another person to discuss PLAR for courses delivered by Arts & Sciences or another program/department.

COURSE CODE	COURSE NAME	Delivered by another department/program
<b>Year 1 – Semester 1</b>		
<a href="#">BIOL 102</a>	Anatomy and Physiology 1	<a href="#">Arts &amp; Sciences</a>
<b>Year 1 – Semester 2</b>		
<a href="#">BIOL 103</a>	Anatomy and Physiology 2	<a href="#">Arts &amp; Sciences</a>
<b>Year 1 – Semester 3</b>		
<a href="#">SOCI 171</a>	Culture and Diversity in Canadian Society	<a href="#">Arts &amp; Sciences</a>
<b>Year 2 – Semester 4</b>		
<a href="#">ENGL 101</a>	Critical Reading and Writing	<a href="#">Arts &amp; Sciences</a>

\*Please note: The courses eligible to be assessed through PLAR are offered through the Department of Arts and Sciences. Please consult the [Arts & Sciences Candidate Guide](#) for more information on these PLAR offerings.

## BIOL 102 - Anatomy and Physiology 1

In the first of a two-course sequence, you will explore the human body focusing on the interaction between structure and function and the regulation of physiological functions involved in maintaining homeostasis. You will learn how the levels of organization of the body and the components of cells, tissues and organs impact form and function. You will examine the following body systems: integumentary, skeletal, muscular, nervous, and special senses.

**Credit unit(s):** 3.0  
**Prerequisites:** none  
**Corequisites:** none  
**Equivalent course(s):** BIOL 100

<p><b>Use a checkmark (✓) to rate yourself as follows for each learning outcome</b></p> <p><b>Competent:</b> I can apply this outcome without direction or supervision.  <b>Learning:</b> I am still learning skills and knowledge to apply this outcome.  <b>None:</b> I have no knowledge or experience related to this outcome.</p>	Competent	Learning	None
1. Examine the main concepts and terminology of anatomy and physiology.			
2. Examine how basic concepts in chemistry and cell biology impact homeostasis.			
3. Describe the structures and functions of the four major tissue types.			
4. Describe the structures and functions of the integumentary system.			
5. Examine bone tissue, the structures and functions of the skeletal system and articulations.			
6. Describe skeletal muscle and the structures and functions of the skeletal muscle system.			
7. Describe the structures and functions of nervous tissue.			
8. Examine the structures and functions of the central nervous system.			
9. Examine the structures and functions of the peripheral nervous system.			
10. Describe the structures and functions of the general and special senses.			

## BIOL 103 - Anatomy and Physiology 2

In the second of a two-course sequence, you will continue to explore the human body focusing on the interaction between structure and function and the regulation of physiological functions involved in maintaining homeostasis. You will examine how the levels of organization of the body and the components of cells, tissues and organs impact the form and function for the following body systems: endocrine, blood, cardiovascular, lymphatic, respiratory, digestive, urinary, fluid, electrolyte, and acid-base balance and reproductive.

**Credit unit(s):** 3.0  
**Prerequisites:** BIOL 102  
**Corequisites:** none  
**Equivalent course(s):** BIOL 101

Use a checkmark (✓) to rate yourself as follows for each learning outcome		Competent	Learning	None
Competent:	I can apply this outcome without direction or supervision.			
<b>Learning:</b>	I am still learning skills and knowledge to apply this outcome.			
<b>None:</b>	I have no knowledge or experience related to this outcome.			
1.	Engage in practices to promote physical, environmental, and psychological safety.			
2.	Describe conceptual models of psychiatric nursing care.			
3.	Apply interpersonal communication skills and therapeutic use of self to inform all areas of psychiatric nursing practice.			
4.	Describe the principles of establishing, maintaining, and terminating professional therapeutic relationships with clients across the lifespan.			
5.	Describe the importance of integrating cultural awareness, safety, and sensitivity into practice.			
6.	Discuss principles for collaboration, conflict resolution, accountability, and shared responsibility.			

**SOCI 171 - Culture and Diversity in Canadian Society**

You will explore culture and diversity in Canada and the challenges they present. You will discuss the impacts of oppression, multiculturalism, immigration, social inequalities, and social justice at both personal and professional levels. You will discuss the historical and contemporary challenges of Indigenous peoples. You will also examine tools to foster social change and diversity competencies.

**Credit unit(s):** 3.0  
**Prerequisites:** none  
**Corequisites:** none  
**Equivalent course(s):** SOCI 160

<p><b>Use a checkmark (✓) to rate yourself as follows for each learning outcome</b></p> <p><b>Competent:</b> I can apply this outcome without direction or supervision.  <b>Learning:</b> I am still learning skills and knowledge to apply this outcome.  <b>None:</b> I have no knowledge or experience related to this outcome.</p>	Competent	Learning	None
1. Examine the concepts of diversity and identity in the context of Canadian society.			
2. Examine the concepts of oppression, inequality, and race.			
3. Examine the roles of multiculturalism, religion, and gender in Canadian society.			
4. Discuss the historical and contemporary challenges of Indigenous peoples.			
5. Examine immigration to Canada.			
6. Examine ways of practicing diversity competency on personal and professional levels.			

## ENGL 101 - Critical Reading and Writing

You will develop basic skills in critical analysis and effective reading by analyzing and evaluating materials from various disciplines. You will also refine your understanding and practice of the structures of composition by writing a research paper on a topic of your choice using APA-style.

**Credit unit(s):** 3.0  
**Prerequisites:** none  
**Corequisites:** none  
**Equivalent course(s):** none

<p><b>Use a checkmark (✓) to rate yourself as follows for each learning outcome</b></p> <p><b>Competent:</b> I can apply this outcome without direction or supervision.  <b>Learning:</b> I am still learning skills and knowledge to apply this outcome.  <b>None:</b> I have no knowledge or experience related to this outcome.</p>	Competent	Learning	None
1. Practice critical writing skills.			
2. Practice critical reading skills.			
3. Demonstrate persuasive writing strategies in the writing process.			
4. Evaluate research publications.			
5. Create a research paper on a chosen topic by applying critical reading, writing and research skills.			
6. Modify a research paper illustrating revision and editing skills			