

Students are required to earn a total of 12 points in two of the following categories (with no more than seven points in one category):

Category	Low (1)	Medium (3)	High (5)
Category A: Additional Language	3 credits in ONE language	9 credits in ONE language	15 credits in ONE language OR Proficiency (via proficiency test, PLAR, or validated by other test means)
Category B: Global Competency Related Courses (credit or service)	1	3	5
Category C: International Experience	TRU International Field Trip (not for credit) OR International Volunteer Experience (One week in duration) OR Military service (Out of country) OR Other international experience (documented by student)	TRU International Field Course (for credit) OR International Volunteer Experience (Month or more in duration)	Study Abroad (for credit) OR COOP, Internship, Practicum Abroad
Globally Competent Employment Related Activity	50 hours	150 hours	250 hours
Volunteer Related activity in Canada (on or off TRU Campus)	15	25	35

Notes on the point system:

- You can only earn a maximum of 7 points in any one category
- You cannot count activities twice (no 'double dipping')
- Up to 7 points can be transferred from other institutions
- All points claimed must be substantiated and documented in your portfolio