

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