**Directions**

Part I: Description of previous experience

· List one job experience per line.  
· List the specific job title, volunteer position, and job task individually in space provided.

Part II: Required competency documentation

Complete competency form with current position or position(s) held within the previous two years that attest to your competency experience for PAL Credit consideration.  
Describe what was learned: Use this column to document the learning that occurred, not just a list of what you did. Include not only what you have learned (for example, "I have learned to use PowerPoint.") but also your deeper understanding of the knowledge (for example, "I have incorporated critical thinking skills into my practice when I…")

**List of Jobs**

Company Name Supervisor Name, Title Supervisor Email Address

|  |  |  |
| --- | --- | --- |
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Prior assessed learning (PAL) –   
Worksite Wellness and Health Promotion

Application

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Competency | Dates | Supervisor | Responsibilities | What I learned |
| **CRDN 1.6:** Incorporate critical-thinking skills in overall practice |  |  |  |  |
|  |  |  |  |  |
| **CRDN 2.1:** Practice in compliance with current federal regulations and state statutes and rules, as applicable and in accordance with accreditation standards and the Scope of Dietetics Practice and Code of Ethics for the Profession of Dietetics |  |  |  |  |
|  |  |  |  |  |
| **CRDN 2.3:** Demonstrate active participation, teamwork and contribution in group settings |  |  |  |  |
|  |  |  |  |  |
| **CRDN 2.7:** Apply leadership skills to achieve desires outcomes |  |  |  |  |
|  |  |  |  |  |
| **CRDN 2.10:** Demonstrate professional attributes in all areas of practice *(Tip: Professional attributes include showing initiative and proactively developing solutions, advocacy, customer focus, risk taking, critical thinking, flexibility, time management, work prioritization and work ethic.* |  |  |  |  |
|  |  |  |  |  |
| **CRDN 2.11:** Show cultural competence/sensitivity in interactions with clients, colleagues and staff. |  |  |  |  |
|  |  |  |  |  |
| **CRDN 2.12:** Perform self-assessment and develop goals for self-assessment throughout the program. |  |  |  |  |
|  |  |  |  |  |
| **CRDN 3.3:** Demonstrate effective communications skills for clinical and customer services in a variety of formats |  |  |  |  |
|  |  |  |  |  |
| **CRDN 3.7:** Develop and deliver products, programs or services that promote consumer health, wellness and lifestyle management |  |  |  |  |
|  |  |  |  |  |
| **CRDN 3.8:** Deliver respectful, science-based answers to consumer questions concerning emerging trends |  |  |  |  |
|  |  |  |  |  |
| **CRDN 5.1:** Intern utilizes tools and resources to promote positive health outcomes in the worksite setting |  |  |  |  |
|  |  |  |  |  |
| **CRDN 5.2:** Develop a strategic plan based on the health risks of the employee population |  |  |  |  |
| **CRDN 5.3:** Evaluate needs and interest of employee population around wellness |  |  |  |  |
| **CRDN 5.4**: Evaluate health and wellness culture and environment of a worksite setting that includes cafeteria, fitness, vending machines, flex time, smoking policies etc. |  |  |  |  |
|  |  |  |  |  |
| **CRDN 5.5**: Develop and demonstrate an understanding of the economic challenges of healthcare for businesses |  |  |  |  |

**Attestation**

I have reviewed the above competencies form and attest that these experiences and/or knowledge where obtained during the employees’ employment/volunteer position with our company. I firmly believe these skills and knowledge are suitable for an entry level dietitian position.

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Supervisor Name/Title Date

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Supervisor Printed Name

The information provided in the competency form is an accurate description of my knowledge and skills in worksite wellness and health promotion

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Applicant Signature Date

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Applicant Printed Name