

<b>Organized &amp; Structured Activities</b>	
<i>Attending a Guided Tour, Field Study or Mobile Workshop</i>	
Full Day	4.0 LUs
Half Day	2.0 LUs
Less than one Half Day	1.0 LU
<i>Leading a Guided Tour, Field Study or Mobile Workshop</i>	
Full Day	5.0 LUs
Half Day	3.0 LUs
Less than one Half Day	2.0 LUs
<i>Preparation of material for an organized lecture, workshop, seminar, presentation or conference session</i>	4.0 LUs
<i>Researching &amp; writing a professional or academic article for review and organized publication</i>	3.0 – 6.0 LUs (depending on length/complexity)
<i>Researching &amp; writing a professional or academic book/text for review and organized publication</i>	6.0 – 12.0 LUs (depending on length/complexity)
<b>Independent &amp; Self-Directed Activities</b>	
<i>Participation on relevant boards, committees, task forces, or other professional, civic/community volunteerism (outside regular work duties) for one year:</i>	
with more than 20 hours of meetings/work per year	5.0 LUs
with between 5 and 20 hours of meetings/work per year	3.5 LUs
with less than 5 hours of meetings/work per year	2.0 LUs
<i>Critical reading/review of an academic or professional book/text</i>	3.0 LUs
<i>Critical reading/review of a journal, academic or professional article</i>	1.0 LU
<i>Volunteering as a Mentor</i>	1.0 LU (for each contact hour with mentee/protégé)
<i>Undertaking a Self-Directed Tour, Field Study, etc</i>	
Full Day	4.0 LUs
Half Day	2.0 LUs
Less than one Half Day	1.0 LU

*If you undertake a learning activity that is not assigned a learning value here and is not appropriate to calculate by time, please make your best judgment on the value when reporting, or contact the CPL committee for assistance.*