

Name _____

This worksheet is designed to help you organize and visualize your plan for completing your Adventure Leadership Certificate. For each of the following requirements, please designate which course/experience you will use to complete the requirement, and which term you plan to complete this experience.

Required Courses	Term and Year Planned or Taken
LEAD 430/530 Foundations of Adventure Leadership	
Wilderness First Responder (non-credit or PAC 329)	

Please select **three** of the following courses/trainings and indicate either 1) which term you plan to enroll, or 2) when you completed the course. Note: It is acceptable to take PAC courses non-credit.

Elective Courses	Term and Year Planned or Taken
Avalanche Awareness (PAC 332)	
Backpacking and Navigation (PAC 304)	
Bouldering (PAC 314)	
Bush Craft (PAC 326)	
Canoeing (PAC 308)	
Canyon Leader Training	
Canyoneering (PAC 313)	
Challenge Course Experience (PAC 301)	
Climbing Wall Instructor	
Cross-Country Skiing (PAC 331)	
High Course Training (Challenge Course)	
Hiking Local Trails (PAC 300)	
Low Course Training (Challenge Course)	
Mindful Forest Walking (PAC 299)	
Mountain Biking (PAC 305)	
Mountaineering 1 (PAC 320)	
Mountaineering 2 (PAC 321)	
Raft Guide School	
Rafting (PAC 307)	
Rock 1 (PAC 315)	
Rock 2 (PAC 316)	
Rock 3 (PAC 317)	
Rock Guide School	
Snowshoeing (PAC 299)	
Snow Travel and Camping (PAC 330)	
Stand Up Paddleboarding (PAC 311)	
Whitewater Rescue (PAC 324)	
Wilderness First Aid (PAC 325)	

Note: Students must complete all required coursework (see above) before starting your teaching and field experiences. As you complete your coursework, plan to meet with Olivia Cameron (ALI Trips and Classes Coordinator) to discuss being hired as ALI Field Staff. Reach out to olivia.cameron@oregonstate.edu with additional questions.

Teaching Experience (2 Required)

Multiple teaching experiences with ALI can count to fulfill this requirement. These options include working as a Teaching Assistant for PAC, wilderness medicine courses, or technical trainings, assisting or teaching climbing courses (ie. Rock 1, Rock 2, or night courses – only ICC staff are eligible), and enrolling in LEAD 433 Teaching Techniques for Outdoor Activities. For more details on these options, please discuss with an ALI administrator.

Please indicate below which courses you are planning to use (and when) to complete the teaching requirement:

Teaching Experience 1: _____ Term/Year: _____

Teaching Experience 2: _____ Term/Year: _____

Field Experience (3 Required)

Note: One “field experience” is two days. Two of the three field experiences must be overnight trips. Adventure trips, course outings, and challenge course programs all count for field experiences.

Please indicate below which field outings you are planning to use (and when) to complete the field requirement:

Field Experience 1 (overnight): _____ Term/Year: _____

Field Experience 2 (overnight): _____ Term/Year: _____

Field Experience 3 (can be third overnight, or multiple days):

Day 1 _____ Term/Year: _____

Day 2 _____ Term/Year: _____

Reflection and Application

After completing the above educational and experiential requirements, you will be asked to apply for the Certificate, which includes a series of reflection questions related to the application experiential learning theories.

Based on the above information, I will have completed my ALI certificate by:

_____ (Term/Year)