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	1	3	5
Competency Related Courses (credit or service)			
Category C: International	TRU International Field Trip	TRU International Field	Study Abroad (for credit)
Experience	(not for credit)	Course (for credit)	OR
	OR	OR	COOP, Internship, Practicum
	International Volunteer	International Volunteer	Abroad
	Experience (One week in	Experience (Month or more in	
	duration)	duration)	
	OR		
	Military service (Out of		
	country)		
	OR		
	Other international experience		
	(documented by student)		
Globally Competent	50 hours	150 hours	250 hours
Employment Related			
Activity			
Volunteer Related activity in	15	25	35
Canada (on or off TRU Campus)			

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