

PLAR Resource:

Quick reference - Becoming an optician through PLAR

1. **Complete the free online self-assessment to find out if PLAR is right for you**

The assessment can be found on [the Become an Optician website](#).

2. **Apply for PLAR**

Download the application package from [the NACOR website](#). Complete and submit the package to NACOR, along with all required documentation and fees.

The documentation must demonstrate sufficient education and/or experience in opticianry or a related field (e.g., optometry).

NACOR will work with you to schedule your testing at a time that works for you.

3. **Complete the CGAs**

You may complete the PLAR tests online, from anywhere in the world. They consist of multiple-choice questions in three different areas:

- Eyeglasses (285 questions, 4.5-hour time limit)*
- Contact Lenses (140 questions, 2-hour time limit)
- Refracting (120 questions, 2-hour time limit)

* Eyeglasses is mandatory for all PLAR applicants.

4. **Receive PLAR results**

You will receive your PLAR results by email within 1–2 weeks of completing your final CGA.

5. **Complete bridging modules (if applicable)**

If you require additional learning (as indicated by the PLAR results), you will be assigned online bridging modules.

Each module is accompanied by a short online “post-test” to confirm comprehension. You must pass the post-test to complete the module.

If you are not assigned any bridging, you may proceed directly to Step 6.

6. **Pass the national licensing exams**

More information about the national licensing exams can be found on [the NACOR website](#). Eligibility requirements vary by province.

7. **Register as an optician with provincial regulatory body**

Again, requirements vary by province. Contact the regulatory body directly for more information. (See [Appendix H](#) in the main PLAR Resource Guide.)
