

Professional Development Activities List

This is not an exhaustive list of allowable PDU activities. With the exception of the activities listed on the next page as "not allowed," you may request that TSPC allow PDUs for an activity that is not listed below.

Allowable activities:

<i>Activities</i>	<i>How to count PDUs for this activity</i>
Professional workshops and conferences	number of hours spent attending
University, college, and community college classes	20 PDUs for each quarter credit; 30 PDUs for each semester credit
Auditing university, college, or community college classes	20 PDUs for each quarter credit; 30 PDUs for each semester credit; transcript needs to be obtained
Trainings listed on ODE's web site	number of credits as specified for individual activities
Online education-related classes and webinars	number of hours spent listening/participating
CPR training*	number of hours spent attending
First aid training*	number of hours spent attending
Blood-borne pathogen training*	number of hours spent attending
Curriculum training	number of hours spent in training
Inservice meetings	number of hours spent in meetings
Activities listed on ESD or school district websites	number of hours spent in training; these opportunities may be limited to educators within the same district
Mentoring student teachers in classroom	number of hours spent mentoring student teachers
Presentation at conference or inservice	number of hours spent preparing and attending
Serving on board of professional association	number of hours spent in board meetings
Serving on school board or other school district committee or board	number of hours spent in board meetings
Attendance at district board meetings or site council meetings*	number of hours spent in meetings
Technology training (whether hands on training or online training)*	number of hours spent in training
Writing article that is then published in a professional journal or newsletter*	number of hours spent researching and writing

*It is recommended that these activities not be used as the only source of PDUs for a year.

Documentation: You must obtain verification of completion of each activity that you use for PDU credit. For many of the activities listed above, that verification will be a formal "Statement of Completion" from the sponsor of the event. If that type of documentation is not provided for a specific activity, please take a printed copy of the [PDU Verification Form](#) with you to the activity and ask a person in authority to sign the form, verifying your attendance for the stated amount of time.

Activities that are NOT allowed:

<i>Activities not allowed</i>	<i>Reasons these activities not allowed</i>
Days spent substitute teaching	Looks like "recency." Also, would not be fair to allow substitute teaching, since other teachers cannot use teaching
Days/hours spent volunteering in a school	How would this be evaluated? Although while some volunteering might be worthy of PDUs credit, much of it would not
Time spent developing instructional materials or games	How would this work be evaluated?
Coaching sports events	How would this time be evaluated? Also, is similar to "recency."
Mentoring students in classroom	How would this be evaluated? Although some volunteering might be worthy of PDUs credit, much of it would not

Other activities may be allowed: If an educator wishes to use a training opportunity that is not included in the lists above, the educator may request that the training be allowed, if the educator can show the relation to their own teaching license, relation to the domains listed in the administrative rules, and also provide solid evidence of completion of the training.

Please send an email to contact.tspc@state.or.us and ask that we review your requested activity. Provide as much detail about the activity and the amount of time necessary to complete it as you can.