Day/Evening of Recollection 1
Overnight Evening of Recollection 2
Clergy Convocation 1
Overnight Clergy Convocation 2
Recently Ordained Program (per annum)
  *unit values presume full participation 10
New Pastors training 6
Participation in Priest Support Group (per annum) 2
Virtus
All Souls Clergy Masses/Gatherings 1
Lectures 1
Participation in Parish Mission
  *Unit values will be determined on a case by case basis. Please submit details of the mission and your participation in it.
Preaching & Teaching 4
  *Eligibility requirements: must be outside the ordinary parish/ministerial responsibilities. To receive credit for teaching, it must be an original course developed by you and delivered by you. You may receive up to a maximum of 4 units in a three-year cycle for teaching a course or courses.

Workshops
- On-line Sacred Heart Workshops (4 weeks) 4
- In person Sacred Heart Workshops (2 sessions) 2
- 30 hour course (equivalent of 3 academic credits on-line or in person) 12
  Audit 8
- Conference/Lecture 1
- Study week (minimum of 5 days) 7

Institute of Priestly Formation (IPF)
- Spiritual Direction training (per annum) 9
- Retreat for Seminary faculty 6
- Seminar for Seminary faculty 5
- Symposium 5
- Theology of the Body Course 5

Mundelein Seminary
- Emotional Intelligence & Human Relation Skills 7
- 5 Credit Academic courses 12
- Spiritual Direction training (per annum) 9