

Virginia MCLE Board
Certification of Teaching (Form 3)
Email your completed form to MyMCLE@vsb.org.

Name: _____ **VSF ID#:** _____
Address: _____ **Phone:** _____
_____ **Email:** _____

City **State** **Zip**

Course ID: INMM002
Sponsor: George Mason American Inn of Court
Title: Stress Management and Wellness in the Practice of Law
Type: Live
Format: Speaker in Room
Credits: 1.00 0.00 1.00
 CLE **(Ethics)** **Well-being**

Credit Certification

- Complete lines 1 and 3 if you are only claiming teaching credit. Leave line 2 blank.
- To claim teaching and attendance credits, enter the time spent teaching in line 1, time as an attendee (do not include your teaching segment) in line 2, and the amount of preparation credit in line 3.
- Up to four (4) hours of preparation credit can be claimed per one hour of teaching. Multiply the total minutes taught by '4' to determine the maximum preparation credit you can receive for your teaching segment. A maximum of eight (8) hours can be claimed for one course.
- The total credit that will be added to your record will be the sum of the three lines, rounded to the nearest half hour.

Date completed: _____ **Location:** _____
Do not leave blank or form will not be processed.

1. My teaching segment was _____ (hrs/mins) of CLE which included (_____) (hrs/mins) of approved Ethics and _____ (hrs/mins) of approved Well-being.
2. I also attended other segments totaling _____ (hrs/mins) of CLE which included (_____) (hrs/mins) of approved Ethics and _____ (hrs/mins) of approved Well-being.
3. I am claiming _____ (hrs/mins) of preparation credit.
4. I understand that a materially false statement shall be subject to appropriate disciplinary action.

Date

Signature

MCLE requirement: Paragraph 17, Section IV, Part Six of the Rules of the Supreme Court of Virginia and MCLE Board Regulations.
Completion deadline: October 31. Reporting deadline: December 15. Fees are assessed for failure to comply with MCLE deadlines.