



THE SLEEP TRAIN, INC.

2006-2012 Credit Recommendation Guide

The following courses have been evaluated by Corporate Articulation to potentially fulfill General Education or Elective credits for an Undergraduate Degree. In order to receive any of the credits recommended below, students should submit supporting documents to Prior Learning Assessment. For more information on PLA visit: ecampus.phoenix.edu/pla or contact the department toll free at 866-440-4707.

There are fees associated with your PLA submission. However, you may be eligible for PLA benefits. Please contact your Finance Advisor for more information. PLA will not award credit for certifications or coursework that duplicates the content of credits earned through PLA, transfer credit, National Testing Program credit or University of Phoenix. Clock hour to semester credit hour conversions are made by the University using current U.S. Department of Education standards.

University of Phoenix Equivalency: General Education or Elective category to which credit can be applied.

Combinable: Courses may only be combined with courses of similar content and General Education/Elective areas.

Non-Academic: Lack of college level theory and/or principle necessary for credit recognition. Company specific and skill-based training.

Too Few Hours: Courses/training that cannot receive credit because they are less than 1 hour total in length. Similar content in a 1(+) hour timeframe may be eligible for credit.

Applicable Hours: Indicates the total amount of actual learning time. Any breaks or lunch time included in the initial clock hours have been removed.

Updated: 10/28/2019

Course Number	Course Title	Delivery Method	Course Year	Course Length	Applicable Hours	Credits Recommended	University of Phoenix Equivalency
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Initial Training Program

5	Discovering Winstis	Self-Paced	01/2011-12/2012	1 Hour(s)	0	0.0	Non-Academic
15	ESOP 101	Self-Paced	01/2011-12/2012	1 Hour(s)	0	0.0	Non-Academic
20	Bed Bugs 101	Self-Paced	01/2011-12/2012	1 Hour(s)	0	0.0	Non-Academic
75	Driver Safety: Laws of Physics	Self-Paced	01/2011-12/2012	1 Hour(s)	0	0.0	Non-Academic
76	Store Intruder Safety	Self-Paced	01/2011-12/2012	1 Hour(s)	0	0.0	Non-Academic
77	Safety Meetings	Self-Paced	01/2011-12/2012	1 Hour(s)	0	0.0	Non-Academic
78	Reporting Unsafe Conditions in the Workplace	Self-Paced	01/2011-12/2012	1 Hour(s)	0	0.0	Non-Academic
79	Panic Button	Self-Paced	01/2011-12/2012	1 Hour(s)	0	0.0	Non-Academic

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80	Ladder Safety	Self-Paced	01/2011-12/2012	1 Hour(s)	0	0.0	Non-Academic
81	Its no Accident	Self-Paced	01/2011-12/2012	1 Hour(s)	0	0.0	Non-Academic
82	Horseplay	Self-Paced	01/2011-12/2012	1 Hour(s)	0	0.0	Non-Academic
83	Fire Safety	Self-Paced	01/2011-12/2012	1 Hour(s)	0	0.0	Non-Academic
84	Emergency Evacuations	Self-Paced	01/2011-12/2012	1 Hour(s)	0	0.0	Non-Academic
85	Back Strains	Self-Paced	01/2011-12/2012	1 Hour(s)	0	0.0	Non-Academic
86	Arriving and Leaving Work Safely	Self-Paced	01/2011-12/2012	1 Hour(s)	0	0.0	Non-Academic
87	Accident Prevention	Self-Paced	01/2011-12/2012	1 Hour(s)	0	0.0	Non-Academic
88	Assisting Customers with Product	Self-Paced	01/2011-12/2012	1 Hour(s)	0	0.0	Non-Academic
89	Lifting Methods to Keep You Injury Free	Self-Paced	01/2011-12/2012	1 Hour(s)	0	0.0	Non-Academic
201	Sales Orientation	Classroom	01/2011-12/2012	7 Hour(s)	0	0.0	Non-Academic
202	Introduction to Mattress	Classroom	01/2011-12/2012	1 Hour(s)	0	0.0	Non-Academic
203	Definitions	Classroom	01/2011-12/2012	1 Hour(s)	0	0.0	Non-Academic
205	Opening A	Classroom	01/2009-12/2012	2 Hour(s)	2	Combinable	Interdisciplinary/Elective
206	Opening B	Classroom	01/2009-12/2012	2 Hour(s)	2	Combinable	Interdisciplinary/Elective
207	Opening C	Classroom	01/2009-12/2012	2 Hour(s)	2	Combinable	Interdisciplinary/Elective
208	Opening D	Classroom	01/2009-12/2012	2 Hour(s)	2	Combinable	Interdisciplinary/Elective
209	Opening E	Classroom	01/2009-12/2012	1 Hour(s)	1	Combinable	Interdisciplinary/Elective
210	Probing A	Classroom	01/2009-12/2012	2 Hour(s)	2	Combinable	Interdisciplinary/Elective
211	Probing B	Classroom	01/2009-12/2012	2 Hour(s)	2	Combinable	Interdisciplinary/Elective
212	Probing C	Classroom	01/2009-12/2012	2 Hour(s)	2	Combinable	Interdisciplinary/Elective
213	Probing D	Classroom	01/2009-12/2012	2 Hour(s)	2	Combinable	Interdisciplinary/Elective
215	Demonstration A	Classroom	01/2009-12/2012	4 Hour(s)	4	Combinable	Interdisciplinary/Elective
216	Demonstration B	Classroom/ Self-Paced	01/2009-12/2012	4/4 Hour(s)	6	Combinable	Interdisciplinary/Elective

Course Number	Course Title	Delivery Method	Course Year	Course Length	Applicable Hours	Credits Recommended	University of Phoenix Equivalency
217	Demonstration C	Classroom	01/2009-12/2012	14 Hour(s)	14	0.5	Interdisciplinary/Elective
218	Simmons A	Classroom	01/2009-12/2012	1 Hour(s)	0	0.0	Non-Academic
219	Simmons B	Classroom	01/2009-12/2012	2 Hour(s)	0	0.0	Non-Academic
220	Simmons Black	Classroom	01/2009-12/2012	1 Hour(s)	0	0.0	Non-Academic
221	Sealy A	Classroom	01/2009-12/2012	1 Hour(s)	0	0.0	Non-Academic
222	Sealy B	Classroom	01/2009-12/2012	1 Hour(s)	0	0.0	Non-Academic
223	S & F	Classroom	01/2009-12/2012	1 Hour(s)	0	0.0	Non-Academic
224	Serta A	Classroom	01/2009-12/2012	1 Hour(s)	0	0.0	Non-Academic
225	Serta B	Classroom	01/2009-12/2012	1 Hour(s)	0	0.0	Non-Academic
226	Tempurpedic A	Classroom	01/2009-12/2012	2 Hour(s)	0	0.0	Non-Academic
227	Tempurpedic B	Classroom	01/2009-12/2012	1 Hour(s)	0	0.0	Non-Academic
228	Promotional lines A	Classroom	01/2009-12/2012	1 Hour(s)	0	0.0	Non-Academic
229	Promotional Lines B	Classroom	01/2009-12/2012	1 Hour(s)	0	0.0	Non-Academic
235	Adding On	Classroom/ Self-Paced	01/2009-12/2012	7/7 Hour(s)	10.5	0.5	Interdisciplinary/Elective
236	Pillows	Classroom	01/2009-12/2012	2 Hour(s)	0	0.0	Non-Academic
237	Mattress Pads	Classroom	01/2009-12/2012	1 Hour(s)	0	0.0	Non-Academic
238	Frames/ HB/FB	Classroom	01/2009-12/2012	1 Hour(s)	0	0.0	Non-Academic
240	Moveable Bases A	Classroom	01/2009-12/2012	2 Hour(s)	0	0.0	Non-Academic
241	Moveable Bases B	Classroom	01/2009-12/2012	1 Hour(s)	0	0.0	Non-Academic
242	Stowaways	Classroom	01/2009-12/2012	1 Hour(s)	0	0.0	Non-Academic
245	Trial Questions/close	Classroom	01/2009-12/2012	4 Hour(s)	4	Combinable	Interdisciplinary/Elective
246	Closing A	Classroom	01/2009-12/2012	5 Hour(s)	5	Combinable	Interdisciplinary/Elective
247	Closing B	Classroom	01/2009-12/2012	4 Hour(s)	4	Combinable	Interdisciplinary/Elective
248	Closing C	Classroom	01/2009-12/2012	4 Hour(s)	4	Combinable	Interdisciplinary/Elective

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250	Handling Concerns A	Classroom	01/2009-12/2012	21 Hour(s)	21	1.0	Interdisciplinary/Elective
255	Confirmations & Invitations A	Classroom	01/2009-12/2012	4 Hour(s)	4	Combinable	Interdisciplinary/Elective
256	Confirmations & Invitations B	Classroom	01/2009-12/2012	4 Hour(s)	0	0.0	Non-Academic
260	Finance A	Classroom	01/2011-12/2012	1 Hour(s)	0	0.0	Non-Academic
261	Finance B	Classroom	01/2011-12/2012	1 Hour(s)	0	0.0	Non-Academic
265	Clearance A	Classroom	01/2011-12/2012	1 Hour(s)	0	0.0	Non-Academic
266	Clearance B	Classroom	01/2011-12/2012	3 Hour(s)	3	Combinable	Interdisciplinary/Elective
267	Exchanges A	Classroom/ Self-Paced	01/2011-12/2012	4/2 Hour(s)	5	Combinable	Interdisciplinary/Elective
268	Exchanges B	Classroom	01/2011-12/2012	4 Hour(s)	4	Combinable	Interdisciplinary/Elective
270	Understanding Pay Roll	Self-Paced	01/2011-12/2012	1 Hour(s)	0	0.0	Non-Academic
275	Computer Day 1	Self-Paced	01/2011-12/2012	4 Hour(s)	0	0.0	Non-Academic
277	Supervised Selling	Self-Paced	01/2011-12/2012	2 Hour(s)	0	0.0	Non-Academic
278	Week 1	Self-Paced	01/2011-12/2012	1 Hour(s)	0	0.0	Non-Academic
279	Week 2	Self-Paced	01/2011-12/2012	1 Hour(s)	0	0.0	Non-Academic
280	Week 3	Self-Paced	01/2011-12/2012	1 Hour(s)	0	0.0	Non-Academic
281	Week 4	Self-Paced	01/2011-12/2012	1 Hour(s)	0	0.0	Non-Academic
282	Week 5	Self-Paced	01/2011-12/2012	1 Hour(s)	0	0.0	Non-Academic
283	Week 6	Self-Paced	01/2011-12/2012	1 Hour(s)	0	0.0	Non-Academic
284	Week 7	Self-Paced	01/2011-12/2012	1 Hour(s)	0	0.0	Non-Academic
285	Week 8	Self-Paced	01/2011-12/2012	1 Hour(s)	0	0.0	Non-Academic
286	Week 9	Self-Paced	01/2011-12/2012	1 Hour(s)	0	0.0	Non-Academic
405	Getting to Know Clearance	Self-Paced	01/2011-12/2012	1 Hour(s)	0	0.0	Non-Academic
410	Universal Discounting Program	Self-Paced	01/2011-12/2012	1 Hour(s)	0	0.0	Non-Academic
425	Financing & Telecheck Procedures	Self-Paced	01/2011-12/2012	1 Hour(s)	0	0.0	Non-Academic

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426	No Credit Check Payment Plan	Self-Paced	01/2011-12/2012	1 Hour(s)	0	0.0	Non-Academic
431	DJ Quizzes	Self-Paced	01/2011-12/2012	1 Hour(s)	0	0.0	Non-Academic
475	Tempurpedic	Self-Paced	01/2011-12/2012	1 Hour(s)	0	0.0	Non-Academic
476	Beauty Rest & NxG	Self-Paced	01/2011-12/2012	1 Hour(s)	0	0.0	Non-Academic
477	Black	Self-Paced	01/2011-12/2012	1 Hour(s)	0	0.0	Non-Academic
480	Sealy	Self-Paced	01/2011-12/2012	1 Hour(s)	0	0.0	Non-Academic
481	S & F	Self-Paced	01/2011-12/2012	1 Hour(s)	0	0.0	Non-Academic
482	Serta	Self-Paced	01/2011-12/2012	1 Hour(s)	0	0.0	Non-Academic
483	iComfort	Self-Paced	01/2011-12/2012	1 Hour(s)	0	0.0	Non-Academic
484	Pillows	Self-Paced	01/2011-12/2012	1 Hour(s)	0	0.0	Non-Academic
485	Sheets	Self-Paced	01/2011-12/2012	1 Hour(s)	0	0.0	Non-Academic

Management Training Program

600	Intro to Leadership	Self-Paced	01/2009-12/2012	1 Hour(s)	0.5	Combinable	Interdisciplinary/Elective
601	Management Orientation	Classroom	01/2009-12/2012	3 Hour(s)	0	0.0	Non-Academic
605	PAS	Classroom/ Self-Paced	01/2009-12/2012	3/1 Hour(s)	3.5	Combinable	Interdisciplinary/Elective
615	Harassment	Classroom/ Self-Paced	01/2006-12/2012	3/1 Hour(s)	3.5	Combinable	Interdisciplinary/Elective
625	Dedication and Big Picture	Classroom/ Self-Paced	01/2008-12/2012	3/1 Hour(s)	3.5	Combinable	Interdisciplinary/Elective
626	Trust and Self Awareness	Classroom/ Self-Paced	01/2008-12/2012	3/1 Hour(s)	3.5	Combinable	Interdisciplinary/Elective
630	Diversity	Classroom	01/2006-12/2012	2 Hour(s)	2	Combinable	Interdisciplinary/Elective
645	Mini ALW	Classroom/ Self-Paced	01/2010-12/2012	4/1 Hour(s)	4.5	Combinable	Interdisciplinary/Elective
800	Management Basics Sales	Self-Paced	01/2009-12/2012	2 Hour(s)	1	Combinable	Interdisciplinary/Elective
805	SL Operations Camp	Classroom/ Self-Paced	01/2009-12/2012	3/1 Hour(s)	0	0.0	Non-Academic
810	Computer Basics	Self-Paced	01/2009-12/2012	4 Hour(s)	2	Combinable	Interdisciplinary/Elective

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811	Email Management	Self-Paced	01/2009-12/2012	2 Hour(s)	1	Combinable	Interdisciplinary/Elective
815	Coaching Programs	Self-Paced	01/2009-12/2012	3 Hour(s)	0	0.0	Non-Academic
820	The Numbers game!	Classroom/ Self-Paced	01/2009-12/2012	3/1 Hour(s)	3.5	Combinable	Interdisciplinary/Elective
825	Game Time!	Classroom/ Self-Paced	01/2009-12/2012	3/1 Hour(s)	3.5	Combinable	Interdisciplinary/Elective
830	Review Time Sales	Classroom/ Self-Paced	01/2009-12/2012	3/1 Hour(s)	3.5	Combinable	Interdisciplinary/Elective
835	Creating the "Killer" Store Environment	Classroom/ Self-Paced	01/2008-12/2012	3/1 Hour(s)	3.5	Combinable	Interdisciplinary/Elective
840	Trainee Management	Classroom/ Self-Paced	01/2009-12/2012	3/1 Hour(s)	3.5	Combinable	Interdisciplinary/Elective

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