CEU: The Continuing Education Unit

What is a CEU?

It is a measure of participation in structured continuing learning experiences. One Continuing Education Unit is a national unit of measurement defined as 10 hours of participant effort in an organized continuing education experience under responsible sponsorship, capable direction, and qualified instruction.

For example, an authorized continuing education program that requires a participant to attend 16 hours of scheduled meeting time and complete an estimated eight hours of preparation would be valued at 2.4 CEUs. This CEU value is equivalent to 24 hours of effort.

Who receives CEUs?

Any person who meets the requirement of a University of Wisconsin noncredit continuing education course or program offered with a CEU value is entitled to receive CEUs and will have CUEs earned made part of his/her permanent record.

Who benefits?

Participants in UW noncredit continuing education programs benefit from CEUS. A cumulative record of participation is maintained for all who earn CEUS. A copy of this record is made available upon request by the participant.

The CEU program is part of a national effort to recognize self-development and self-enrichment through a program of continuing education. CEUs are increasingly being accepted as evidence of educational attainment by employers, certification and licensing agencies, and professional associations.