**Six ways to earn 35 Contact Hours for your PMP® Exam**

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Obtaining your Project Management Processional (PMP)® Certification is a lot more than reading the [*PMBOK® Guide*](file:///C:\Users\Maja%20Kowalski\AppData\Local\Microsoft\Windows\Temporary%20Internet%20Files\Content.Outlook\XEI4C0WV\Project%20Management%20Processional%20(PMP)®%20Certification), In completing the education requirements section of the PMP application, you will note that you need at least 35 contact hours. You need to have at least 35 contact hours prior to the completion of your application to be eligible to take the PMP® Exam. Once you obtain the [PMP® Certification](http://www.project-management-prepcast.com/), you will need 60 PDUs every three years to maintain the certification.

There are six categories of providers available from which you can obtain training or course work to meet the 35 contact-hour educational requirement to submit an application to take the [PMP® Exam](http://www.project-management-prepcast.com/).

**Category A – PMI Registered Education Providers (R.E.P.s)**

These courses can be easily located on the Project Management Institute (PMI) website under the “Professional Development” section.

**Category B – PMI Chapters or Communities of Practice**

Participate in a training activity provided by one of PMIs many Chapters or Communities of Practice (CoP). CoPs are industry specific groups such as Aerospace and Defense, International Development, and the Utility Industry that focus on project management as it is applied in their specific industry. CoP information can be found on the [www.PMI.org](http://www.PMI.org) website under the “Get Involved” section. Any training provided by a PMI Chapter or CoP is pre-approved to meet education requirements for contact hours.

**Category C – Employer / Company–sponsored programs**

If your employer is providing project management-related training where you are required to demonstrate you have learned the material and there is a quiz at the end, you can claim each hour spent as a contact hour.

**Category D – Training companies or consultants (e.g., training schools)**

Attending training provided by a training company, school, or consultant that is project management specific can be counted towards the contact hours you need. Make sure you keep the materials and any test scores just in case PMI has any questions while reviewing your application.

**Category E – Distance-learning companies, including an end-of-course assessment**

These training courses can typically be conveniently completed from anywhere based on your schedule. Make sure you keep a hold of any assessments showing you successfully completed the course just in case PMI has any questions while reviewing your application.

**Category F – University / College academic and continuing education programs**

Academic and continuing education programs provided by a College or University are another good opportunity to obtain contact hours.

If you have discovered you need a few more contact hours or even all 35, a good place to start would by checking out the PM PrepCast. PM PrepCast is a PMI Registered Education Provider that provides a distance learning course where you can obtain all 35 contact hours by simply watching videos, and these will also help in your [PMP® Exam prep](http://www.project-management-prepcast.com/). The PM PrepCast course falls in both Category A and F and is offered by OSP International LLC, a PMI Registered Education Provider (R.E.P.).