

Recognising prior work experience

December 2022

You can only qualify through this route if you meet our [transitional requirements](https://upgrade.sra.org.uk/become-solicitor/legal-practice-course-route/becoming-solicitor-legal-practice-course-transitional-requirements/). [<https://upgrade.sra.org.uk/become-solicitor/legal-practice-course-route/becoming-solicitor-legal-practice-course-transitional-requirements/>]

If you do not meet these, you will need to qualify under the [SQE](https://upgrade.sra.org.uk/become-solicitor/sqe/) [<https://upgrade.sra.org.uk/become-solicitor/sqe/>].

Your training provider may recognise your previous work-based experience as satisfying up to six months of your period of recognised training, provided:

- the experience was gained in the three years preceding the commencement of the period of recognised training
- the experience enabled you to apply and develop one or more of the skills as set out in the [Practice Skills Standards](https://upgrade.sra.org.uk/become-solicitor/legal-practice-course-route/period-recognised-training/managing-trainees/) [<https://upgrade.sra.org.uk/become-solicitor/legal-practice-course-route/period-recognised-training/managing-trainees/>]
- you were supervised and were subject to an appraisal of your performance and development, during the period of work-based experience.

It is your employer's decision whether or not they recognise any prior experience.