You will find the license application form here -

https://doe.virginia.gov/teaching/licensure/application-license.docx

Please share the license renewal requirements below with her, so that she can begin working on them.

https://doe.virginia.gov/teaching/licensure/licensure-renewal-manual.docx

If she chooses to complete college courses for renewal, they should be related to her teaching endorsement area OR related to a new endorsement area that she plans to add. For instance, a pottery class wouldn't work for an elementary teacher, unless she is looking to add an art endorsement to her license.