



Task Title: Complete an Apprenticeship Self-Assessment Checklist

OALCF Cover Sheet – Practitioner Copy

Learner Name: _____

Date Started: _____

Date Completed: _____

Successful Completion: Yes ☐ No ☐

Goal Path:

Employment	<input type="checkbox"/>	Apprenticeship	<input type="checkbox"/>
Secondary School	<input type="checkbox"/>	Post Secondary	<input type="checkbox"/>
		Independence	<input type="checkbox"/>

Task Description: The learner will complete a short self-assessment to determine if a career in a particular trade group might be suitable for them.

Main Competency/Task Group/Level Indicator:

- Communicate Ideas and Information/Interact with others/B1.2
- Communicate Ideas and Information/Complete and create documents/B3.1a

Materials Required:

- Pen/pencil and paper and/or digital device

Learner Information

Self-assessment checklists can help people determine if a job might be a good fit for them. Self-assessments can also help people see if their skills align with a particular job, and learn more about what skills may be required for a job that interests them.

Look at the following checklists:

- Is a Career in a Food Trade for Me?
- Is a Career in an Automotive-Related Trade for Me?
- Is a Career in a Construction Trade for Me?

Is a Career in a Food Trade for Me?

	Yes	No
1. I have a good work ethic. I can show up on time for work and training with no excuses.	<input type="checkbox"/>	<input type="checkbox"/>
2. I can work at a hard, steady pace without complaining.	<input type="checkbox"/>	<input type="checkbox"/>
3. I can work in an environment that may be noisy, hot, cold or potentially dangerous.	<input type="checkbox"/>	<input type="checkbox"/>
4. I have reliable transportation.	<input type="checkbox"/>	<input type="checkbox"/>
5. I can follow written and verbal instructions.	<input type="checkbox"/>	<input type="checkbox"/>
6. I can read and understand safety instructions and procedures (or I am willing to learn).	<input type="checkbox"/>	<input type="checkbox"/>
7. I can resolve unexpected problems (e.g., transportation, family) so they do not interfere with work or training attendance.	<input type="checkbox"/>	<input type="checkbox"/>
8. I like to take on challenges.	<input type="checkbox"/>	<input type="checkbox"/>
9. I have good communication skills.	<input type="checkbox"/>	<input type="checkbox"/>
10. I like to work with the public.	<input type="checkbox"/>	<input type="checkbox"/>
11. I can work independently, with little supervision.	<input type="checkbox"/>	<input type="checkbox"/>
12. I enjoy preparing foods to cook.	<input type="checkbox"/>	<input type="checkbox"/>
13. I enjoy cooking.	<input type="checkbox"/>	<input type="checkbox"/>
14. I enjoy working with a variety of different foods from all the food groups.	<input type="checkbox"/>	<input type="checkbox"/>
15. I enjoy making food look good when it is served.	<input type="checkbox"/>	<input type="checkbox"/>
16. I like to plan menus.	<input type="checkbox"/>	<input type="checkbox"/>
17. I am willing to learn about different foods.	<input type="checkbox"/>	<input type="checkbox"/>
18. I am interested in nutrition.	<input type="checkbox"/>	<input type="checkbox"/>
19. I am a team player.	<input type="checkbox"/>	<input type="checkbox"/>
20. I am very organized.	<input type="checkbox"/>	<input type="checkbox"/>
21. I can work flexible hours.	<input type="checkbox"/>	<input type="checkbox"/>
22. I value cleanliness and hygiene.	<input type="checkbox"/>	<input type="checkbox"/>
23. I am able to work well under pressure.	<input type="checkbox"/>	<input type="checkbox"/>
24. I can stay calm in difficult situations.	<input type="checkbox"/>	<input type="checkbox"/>
25. I can work with schedules and tight timelines.	<input type="checkbox"/>	<input type="checkbox"/>
TOTAL RESPONSES		

Is a Career in an Automotive-Related Trade for Me?

	Yes	No
1. I have a good work ethic. I can show up on time for work and training with no excuses.	<input type="checkbox"/>	<input type="checkbox"/>
2. I can work at a hard, steady pace without complaining.	<input type="checkbox"/>	<input type="checkbox"/>
3. I can work in small, confined spaces.	<input type="checkbox"/>	<input type="checkbox"/>
4. I can work in an environment that may be noisy, dirty, hot, cold, wet, smelly or potentially dangerous.	<input type="checkbox"/>	<input type="checkbox"/>
5. I have reliable transportation.	<input type="checkbox"/>	<input type="checkbox"/>
6. I can follow written and verbal instructions.	<input type="checkbox"/>	<input type="checkbox"/>
7. I can read and understand safety instructions and procedures (or I am willing to learn).	<input type="checkbox"/>	<input type="checkbox"/>
8. I can resolve unexpected problems (e.g., transportation, family) so they do not interfere with work or training attendance.	<input type="checkbox"/>	<input type="checkbox"/>
9. I like to take on challenges.	<input type="checkbox"/>	<input type="checkbox"/>
10. I have good communication skills.	<input type="checkbox"/>	<input type="checkbox"/>
11. I like to work with the public.	<input type="checkbox"/>	<input type="checkbox"/>
12. I can work independently, with little supervision.	<input type="checkbox"/>	<input type="checkbox"/>
13. I like to work with my hands.	<input type="checkbox"/>	<input type="checkbox"/>
14. I like to “tinker” with things around my house.	<input type="checkbox"/>	<input type="checkbox"/>
15. I enjoy taking care of vehicles.	<input type="checkbox"/>	<input type="checkbox"/>
16. I like to solve technical problems/puzzles.	<input type="checkbox"/>	<input type="checkbox"/>
17. I am interested in engines.	<input type="checkbox"/>	<input type="checkbox"/>
18. I am interested in computerized systems.	<input type="checkbox"/>	<input type="checkbox"/>
TOTAL RESPONSES		

Is a Career in a Construction Trade for Me?

	Yes	No
1. I have a good work ethic. I can show up on time for work and training with no excuses.	<input type="checkbox"/>	<input type="checkbox"/>
2. I can work at a hard, steady pace without complaining.	<input type="checkbox"/>	<input type="checkbox"/>
3. I can work in physically demanding environments for extended periods of time in all weather conditions.	<input type="checkbox"/>	<input type="checkbox"/>
4. I can work at heights or in small, confined spaces.	<input type="checkbox"/>	<input type="checkbox"/>
5. I can work in an environment that may be noisy, dirty, hot, cold, wet, smelly or potentially dangerous.	<input type="checkbox"/>	<input type="checkbox"/>
6. I have reliable transportation.	<input type="checkbox"/>	<input type="checkbox"/>
7. I can follow written and verbal instructions.	<input type="checkbox"/>	<input type="checkbox"/>
8. I can read and understand safety instructions and procedures (or I am willing to learn).	<input type="checkbox"/>	<input type="checkbox"/>
9. I can resolve unexpected problems (e.g., transportation, family) so they do not interfere with work or training attendance.	<input type="checkbox"/>	<input type="checkbox"/>
10. I like to take on challenges.	<input type="checkbox"/>	<input type="checkbox"/>
11. I have good communication skills.	<input type="checkbox"/>	<input type="checkbox"/>
12. I can work independently, with little supervision.	<input type="checkbox"/>	<input type="checkbox"/>
13. I like to work with my hands.	<input type="checkbox"/>	<input type="checkbox"/>
14. I like to make repairs around my house.	<input type="checkbox"/>	<input type="checkbox"/>
15. I like to work outdoors.	<input type="checkbox"/>	<input type="checkbox"/>
16. I like to see concrete results from my work.	<input type="checkbox"/>	<input type="checkbox"/>
17. I like to solve technical problems/puzzles.	<input type="checkbox"/>	<input type="checkbox"/>
18. I like to work from a pattern, blueprint or diagram to construct and make things.	<input type="checkbox"/>	<input type="checkbox"/>
TOTAL RESPONSES		

Work Sheet

Task 1: Choose and complete one of the three self-assessments.

Answer: No written response required here.

Task completed: Yes: ☐

Task 2: Calculate the total number of times you answered yes and the total number of times you answered no and enter it into the chart.

Answer: No written response required here.

Task completed: Yes: ☐

Task 3: Based on your scores and interests decide if a career in that trade is something you would like to explore further. Discuss the following with your instructor

- **How many “yes” answers you had compared to “no” answers and what that might mean**
- **Any questions you found difficult to answer**
- **Any “no” answers that helped you identify something you might want to work on**

Answer: No written response required here.

Task completed: Yes: ☐

Answers

Learner answers will vary.

Performance Descriptors

Levels	Performance Descriptors	Needs Work	Completes task with support from practitioner	Completes task independently
B1.2	Uses strategies to maintain communication, such as encouraging responses from others and asking questions			
	Speaks or signs clearly in a focused and organized way			
	Rephrases to confirm or increase understanding			
	Uses and interprets non-verbal cues (e.g. body language, facial expressions, gestures)			
B3.1a	Makes a direct match between what is requested and what is entered			

This task: Was successfully completed ☐ Needs to be tried again ☐

Task Title: CompleteApprenticeshipSelfAssessment_ASP_B1.2_B3.1a

Learner Comments:

Instructor (print):

Learner (print):