



Task Title: Complete an Apprenticeship Self-Assessment Checklist

OALCF Cover Sheet – Learner Copy

Learner Name: _____

Date Started: _____

Date Completed: _____

Successful Completion: Yes ☐ No ☐

Goal Path:

Employment	☐	Apprenticeship	☒
Secondary School	☒	Post Secondary	☒
		Independence	☐

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.	☐	☐
2. I can work at a hard, steady pace without complaining.	☐	☐
3. I can work in an environment that may be noisy, hot, cold or potentially dangerous.	☐	☐
4. I have reliable transportation.	☐	☐
5. I can follow written and verbal instructions.	☐	☐
6. I can read and understand safety instructions and procedures (or I am willing to learn).	☐	☐
7. I can resolve unexpected problems (e.g., transportation, family) so they do not interfere with work or training attendance.	☐	☐
8. I like to take on challenges.	☐	☐
9. I have good communication skills.	☐	☐
10. I like to work with the public.	☐	☐
11. I can work independently, with little supervision.	☐	☐
12. I enjoy preparing foods to cook.	☐	☐
13. I enjoy cooking.	☐	☐
14. I enjoy working with a variety of different foods from all the food groups.	☐	☐
15. I enjoy making food look good when it is served.	☐	☐
16. I like to plan menus.	☐	☐
17. I am willing to learn about different foods.	☐	☐
18. I am interested in nutrition.	☐	☐
19. I am a team player.	☐	☐
20. I am very organized.	☐	☐
21. I can work flexible hours.	☐	☐
22. I value cleanliness and hygiene.	☐	☐
23. I am able to work well under pressure.	☐	☐
24. I can stay calm in difficult situations.	☐	☐
25. I can work with schedules and tight timelines.	☐	☐
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.	☐	☐
2. I can work at a hard, steady pace without complaining.	☐	☐
3. I can work in small, confined spaces.	☐	☐
4. I can work in an environment that may be noisy, dirty, hot, cold, wet, smelly or potentially dangerous.	☐	☐
5. I have reliable transportation.	☐	☐
6. I can follow written and verbal instructions.	☐	☐
7. I can read and understand safety instructions and procedures (or I am willing to learn).	☐	☐
8. I can resolve unexpected problems (e.g., transportation, family) so they do not interfere with work or training attendance.	☐	☐
9. I like to take on challenges.	☐	☐
10. I have good communication skills.	☐	☐
11. I like to work with the public.	☐	☐
12. I can work independently, with little supervision.	☐	☐
13. I like to work with my hands.	☐	☐
14. I like to “tinker” with things around my house.	☐	☐
15. I enjoy taking care of vehicles.	☐	☐
16. I like to solve technical problems/puzzles.	☐	☐
17. I am interested in engines.	☐	☐
18. I am interested in computerized systems.	☐	☐
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.	☐	☐
2. I can work at a hard, steady pace without complaining.	☐	☐
3. I can work in physically demanding environments for extended periods of time in all weather conditions.	☐	☐
4. I can work at heights or in small, confined spaces.	☐	☐
5. I can work in an environment that may be noisy, dirty, hot, cold, wet, smelly or potentially dangerous.	☐	☐
6. I have reliable transportation.	☐	☐
7. I can follow written and verbal instructions.	☐	☐
8. I can read and understand safety instructions and procedures (or I am willing to learn).	☐	☐
9. I can resolve unexpected problems (e.g., transportation, family) so they do not interfere with work or training attendance.	☐	☐
10. I like to take on challenges.	☐	☐
11. I have good communication skills.	☐	☐
12. I can work independently, with little supervision.	☐	☐
13. I like to work with my hands.	☐	☐
14. I like to make repairs around my house.	☐	☐
15. I like to work outdoors.	☐	☐
16. I like to see concrete results from my work.	☐	☐
17. I like to solve technical problems/puzzles.	☐	☐
18. I like to work from a pattern, blueprint or diagram to construct and make things.	☐	☐
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: ☐