

This is a resource for LBS Facilitators who have learners using the CLO resource “Build Your Skills: Welcome to the Apprentice Hub!”

This resource is designed for learners to work independently or with a tutor. It does not need to be completed in a single session. Learners can take breaks as needed.

Practitioners are encouraged to supplement this resource with:

- discussions about learner experiences related to the subject matter
- examples that are culturally relevant to the learner
- additional activities as desired

**Note:** As part of this resource, learners are told to open a browser and log into the Build Your Skills website (<https://skillplan.brightspace.com/d2l/home>).

**Before assigning this activity to a learner**, instructors should:

- confirm the learner has access to a computer or mobile device with access to the internet
- confirm that the learner has already created a Build Your Skills account and has received their username and password. For support with creating an account, please reference the resource “Introducing the Build Your Skills Platform.” *Note that account creation can take up to 24 hours.*

Please note that most of the questions included in this resource are discussion or reflection questions so many do not have “correct” answers.

## Discussion Questions & Answer Key

**On Page 3**, learners are asked to write down any questions they have about apprenticeship and see if they can find the answers on the Construction Training and Apprenticeship Ontario (CTAO) website or in the other resources in the Build Your Skills series of resources. **Practitioners may find it valuable to review these questions so they recognize gaps in apprenticeship understanding the learner may be experiencing.**

**On Page 4**, learners are asked two questions to be sure that they are ready to continue using this resource.

1. Have you already visited the Construction Training & Apprenticeship Ontario (CTAO) website?

☐ Yes

☐ No

If the learner says **no**, please offer them the resource **"Exploring the Construction Training and Apprenticeship Ontario hub."**

2. Have you already created a Build Your Skills account and received your password?

☐ Yes

☐ No

If the learner says **no**, please offer them the resource **"Introducing the Build Your Skills Platform"** so they can create an account. *Note that account creation can take up to 24 hours.*

**On Page 9**, learners are asked to circle which topics in the Math for Ironworkers course they would like to learn more about. **There is no right answer to this question. It encourages learners to consider the next steps in their learning.**

**On Page 10**, learners are asked to circle which part of the Question Strategy for Numeracy and the Question Strategy for Reading they would like to learn more about. **There are no right answers to these questions. They are intended to demonstrate to learners that there are strategies that can support their learning.**

**On Page 11**, learners are asked to circle which technical training and science topics they would like to learn more about. **There are no right answers to these questions. Again, they are intended to encourage learners to consider the next steps in their learning.**

**On Page 13**, learners are asked if they ever felt anxious before writing a test. They are instructed to tell a teacher, tutor, or classmate about their experience and what techniques they used to manage that anxiety. They are also prompted to ask that person to share their ideas for managing test anxiety. **This discussion question can help practitioners identify how learners will respond before or during test-style activities. If you find the learner struggles with test anxiety, the Build Your Skills Managing Test Anxiety course will be an excellent resource for the learner.**

**Also on Page 13**, learners are asked if they have heard about the Red Seal exam before. **There is no right or wrong answer to this question. Learners are encouraged to ask their teacher or tutor if they want to know more about it.**

**On Page 14**, learners are asked if they have a household budget and how they keep their spending on track. They are instructed to discuss their responses with a teacher, tutor, or classmate and ask them to share their experience with budgeting. **This discussion question can help learners recognize that budgeting is an important skill and help practitioners identify courses like the Build Your Skills Managing Your Money Course that would benefit the learner.**

**Also on Page 14**, learners are asked if they have ever had a mentor. They are instructed to share their experience with a teacher, tutor, or classmate and ask them what they look for in a mentor. **Discovering a learner's previous experience with someone they considered a mentor (positive or negative) can help practitioners frame discussions about apprenticeship in a context the learners can relate to.**

**On Page 15**, learners are asked if they have heard about the 94 calls to action made by the Truth and Reconciliation Commission. **There is no right or wrong answer to this question. It is intended to open conversation about reconciliation, and as such, learners are encouraged to learn more about the calls to action and reflect on what they can do to support reconciliation.**

**Note:** All 94 calls to action can be found here: [https://ehprnh2mwo3.exactdn.com/wp-content/uploads/2021/01/Calls\\_to\\_Action\\_English2.pdf](https://ehprnh2mwo3.exactdn.com/wp-content/uploads/2021/01/Calls_to_Action_English2.pdf)

**Also on Page 15**, learners are asked who they think “underrepresented groups” could be in construction, and why they think you may not find more people from these groups in construction. They are instructed to share their thoughts with a teacher, tutor, or classmate and get their feedback. **This question is intended to spark conversation and recognition of the different challenges that underrepresented groups may face in a construction environment.**

**On Page 21**, learners are asked why they think courses on the Build Your Skills Apprentice Hub offer so many interactive elements. **There is no right or wrong answer to this question. It encourages learners to think about how lots of different activities and interactive options in the course can make learning more interesting and engaging which in turn can lead to better learning outcomes.**

**On Pages 22 and 223** learners are asked two questions from a quiz about mental health. **The questions and answers appear below.**

**True or False:** If you live with a serious physical illness, you are more likely to develop symptoms of depression.

- ☒ True  
☐ False

**Match** the name of the anxiety disorder with its description.

- |  |  |
|--|--|
| <div style="border: 1px solid #ccc; padding: 5px; display: inline-block; margin-bottom: 10px;">1 ▾</div> <div style="margin-left: 10px;">Post-Traumatic Stress Disorder (PTSD)</div> | 1. is caused by a traumatic event, such as experiencing a violent crime, an accident or a natural disaster |
| <div style="border: 1px solid #ccc; padding: 5px; display: inline-block; margin-bottom: 10px;">2 ▾</div> <div style="margin-left: 10px;">Social Anxiety Disorder (SAD)</div>         | 2. causes people to avoid social situations because they believe they'll be humiliated or judged by others |
| <div style="border: 1px solid #ccc; padding: 5px; display: inline-block; margin-bottom: 10px;">3 ▾</div> <div style="margin-left: 10px;">Obsessive-Compulsive Disorder (OCD)</div>   | 3. often causes people to repeat certain actions because they fear losing control                          |

**On Page 24**, learners are shown the results of a quiz. They are asked to identify whether two questions were answered correctly or incorrectly. **The quiz results and correct learner answers appear below.**

Question 3

0 / 1 point

Why is substance use a common problem amongst construction workers?  
Select all that apply.

- ☐ They don't know substances can be addictive.
- ☐ They aren't as responsible as people working in other jobs.
- ☒ They are often prescribed addictive medication to deal with pain.
- ☐ Workplace injuries are common, and they can't take time off work to recover.

▼ [Hide question 3 feedback](#)

Review course content related to this question:

- [Why Mental Health Matters](#) (opens in a new browser tab)

**Question:** is the answer above correct or incorrect? ☐ correct ☒ incorrect

Question 10

1 / 1 point

What is a concurrent disorder?  
Select the best answer.

- ☐ a mental health issue that has been recently discovered.
- ☒ when a person lives with both a substance use problem and a mental illness, such as depression.
- ☐ when a person is addicted to multiple different substances.
- ☐ an anxiety disorder that is common in youth.

▼ [Hide question 10 feedback](#)

Review course content related to this question:

- [Substance Use](#) (opens in a new browser tab)

**Question:** is the answer above correct or incorrect? ☒ correct ☐ incorrect

**On Pages 25 and 26**, learners are directed to pick a construction trade that interests them and review the courses available in the Core Skills and Apprentice Supports + Workplace Series sections. They are asked the following questions as part of their review.

**Question:** What trade did you choose? **There is no right or wrong answer to this question. If learners struggle to choose a trade that interests them, encourage them to choose a trade they have heard of before so they can learn more about it.**

Which courses interest you the most in the **Core Skills** section? Choose as many as you'd like from the list below! **Note:** some construction trades will only offer four of the five courses listed.

- |  |   |
|--|---|
| <input type="checkbox"/> Math for your trade (ex. Crane Operators, Welders, or Electricians) | <input type="checkbox"/> Reading & Document Use       |
| <input type="checkbox"/> Math Applications   | <input type="checkbox"/> Technical Training Tutorials |
|  | <input type="checkbox"/> Trade Science                |

**The courses chosen will vary by learner.**

Which courses interest you the most in the **Apprentice Supports + Workplace Series** section? Choose as many as you'd like from the list below!

- |   |  |
|---|--|
| <input type="checkbox"/> Managing Test Anxiety      | <input type="checkbox"/> Red Seal Test Prep                  |
| <input type="checkbox"/> Managing Your Money        | <input type="checkbox"/> Introduction to Mentorship          |
| <input type="checkbox"/> Indigenous Awareness       | <input type="checkbox"/> Respectful and Inclusive Workplaces |
| <input type="checkbox"/> Mental Health and Wellness |  |

**The courses chosen will vary by learner.**

Review your choices, and pick one course to enroll in. What course did you choose? **The course chosen will vary by learner. Note that they are instructed to let their teacher or tutor know what course they chose and ask for help if they need it.**

**In the conclusion on Page 27**, learners are asked to check off each of the things they learned from a list that summarizes the content of the resource. They are instructed that if they don't remember one or more of these things, they should ask their teacher for help finding them in this resource.

**Also in the conclusion on Page 27**, learners are asked to write down what their next steps are going to be and share them with their teacher or tutor so they can get support.

