

## CURRICULUM RESOURCE

Build Your Skills: Welcome to the Apprentice Hub!

## OALCF ALIGNMENT

Competency	Task Group	Level
Competency A - Find and Use Information	A1. Read continuous text	2
Competency B - Communicate Ideas and Information	B1. Interact with others	2
Competency B - Communicate Ideas and Information	B2. Write continuous text	2
Competency E - Manage Learning	N/A	1

## Goal Paths (check all that apply)

- |  |  |
|--|--|
| <input checked="" type="checkbox"/> Employment     | <input type="checkbox"/> Postsecondary |
| <input checked="" type="checkbox"/> Apprenticeship | <input type="checkbox"/> Independence  |
| <input type="checkbox"/> Secondary School Credit   |  |

## Embedded Skills for Success (check all that apply)

- |  |   |
|--|---|
| <input type="checkbox"/> Adaptability              | <input type="checkbox"/> Numeracy           |
| <input checked="" type="checkbox"/> Collaboration  | <input type="checkbox"/> Problem Solving    |
| <input checked="" type="checkbox"/> Communication  | <input checked="" type="checkbox"/> Reading |
| <input type="checkbox"/> Creativity and innovation | <input checked="" type="checkbox"/> Writing |
| <input checked="" type="checkbox"/> Digital        |   |

**NOTES:** This is the final resource in a series focused on the Construction Training and Apprenticeship Ontario (CTAO) online hub. It is designed for learners to work independently or with a tutor. This resource provides direction on how to use the Apprentice section of the Build Your Skills learning hub where learners can take a variety of trade-specific, interpersonal, and self-management courses. **Note:** learners must have a username and password for the Build Your Skills site before using this resource.

## ACKNOWLEDGEMENTS

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Community Literacy of Ontario

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Summer Burton



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Canada



Ontario



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## Introduction



Have you been considering a career in the construction trades? Becoming an apprentice in construction is an excellent way to start that career! You may have some questions about what is involved in an apprenticeship, though.

Let's review some frequently asked questions about apprenticeship and the answers provided by Construction Training and Apprenticeship Ontario (CTAO). CTAO (<https://www.ctaontario.ca/>) supports apprentices and those interested in apprenticing in construction trades across Ontario.

### What is an apprenticeship?

An apprenticeship is a form of education and training that combines on-the-job learning with classroom instruction. It allows individuals to learn a skilled trade while getting paid for their work.

### How long does an apprenticeship last?

The length of an apprenticeship varies depending on the trade and level of certification. Typically, an apprenticeship lasts between 2 and 5 years.

### What are the benefits of completing an apprenticeship?

Completing an apprenticeship can lead to a rewarding and high-paying career in the skilled trades. It also provides practical, hands-on experience, transferable skills, and industry-recognized certifications.

### What do I need to become an apprentice?

The requirements for becoming an apprentice can vary depending on the trade and program. Generally, you need to be at least 16 years old, have a high school diploma or equivalent, and meet any other specific trade requirements.

**Tip:** Those requirements may include having a driver's license, having earned specific high school credits (particularly in math), and others.

## How do I know if skilled trades are for me?

Deciding if skilled trades are for you can be a personal and individual process. Here are some factors you can consider to decide if skilled trades might be a good fit for you:

**Interest and passion:** Do you have an interest in working with your hands and building things? Are you passionate about a specific trade? Skilled trades require a certain level of interest in the field to be successful.

**Willingness to learn:** Being open to learning and asking questions is important for developing skills and mastering the trade.

**Attention to detail:** Skilled trades require attention to detail to ensure work is completed accurately and safely.

**Problem-solving skills:** As an apprentice, you may encounter challenges and obstacles that require creative problem-solving skills.

**Communication skills:** Effective communication is essential for working effectively with colleagues and clients. Being able to communicate clearly and professionally can help prevent misunderstandings and ensure successful projects.

**Safety awareness:** Safety is a top priority in skilled trades, and apprentices must be aware of and follow safety protocols and procedures to prevent accidents and injuries on the job.

**Tip:** Problem-solving skills and safety awareness are important not only for apprentices but also for anyone working in the skilled trades!

Do you have other questions about apprenticeship? Write them below and see if you 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!

To see other frequently asked questions and answers, visit the CTAO website at <https://www.ctaontario.ca/faq/>

## Are you Ready to Build Your Skills?

In a moment we will be looking at courses available in the **Apprentice Hub**. We will do that in the Build Your Skills Section of the Construction Training and Apprenticeship Ontario (CTAO) website.



Before you continue, answer these two questions.

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

☐ Yes ☐ No

If you said **no**, the resource "**Exploring the Construction Training and Apprenticeship Ontario Hub**" will show you how to use this helpful website.

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

☐ Yes ☐ No

If you said **no**, the resource "**Introducing the Build Your Skills Platform**" will show you how to create an account. It will also give you a tour of this skills-building website.



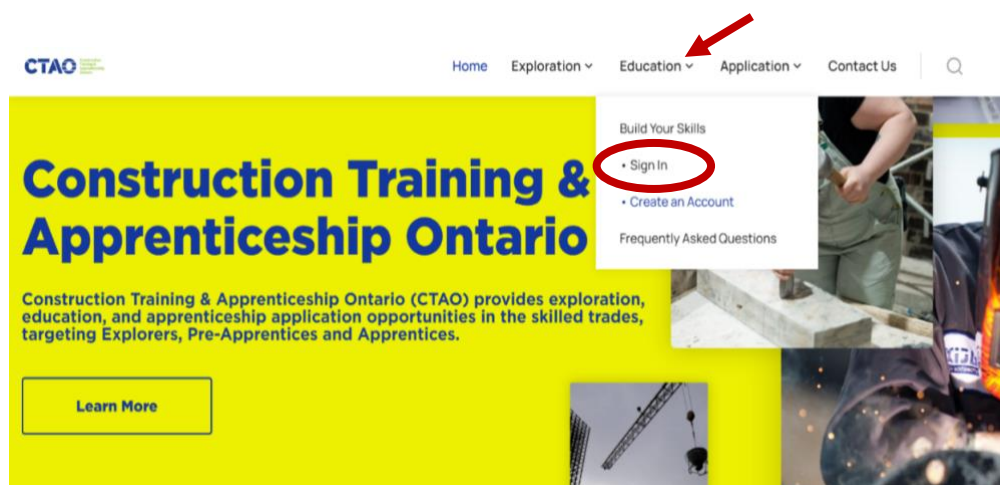
If you said **yes** to these two questions, you are ready to use the **Apprentice Hub**! Be sure to have your email address and password for your account on the CTAO website before you continue.

**Tip:** There is also a resource to help you learn about the **accessibility features** built into each of the Build Your Skills Learning Hubs. Ask your teacher or tutor for details!

## Logging In

Before we can use the [Apprentice Hub](#), we need to log into the Build Your Skills section of the Construction Training and Apprenticeship Ontario (CTAO) website. You can do this in two different ways.

1. If you are using a laptop or desktop computer you can open a web browser and go to [www.ctaontario.ca](http://www.ctaontario.ca). You will see five links at the top of the website. If you hold your cursor over the word Education, a drop-down menu will appear. To begin, click the words “Sign In” from the drop-down menu. That will open the Build Your Skills login page.



If you are using a tablet or smartphone you will see three small lines on the top left side of your screen. If you tap them, a menu will appear. To begin, tap the words “Sign In” in that menu.





2. If you prefer, you can open a web browser and go directly to the login page at <https://skillplan.brightspace.com/d2l/login>.

Once you are on the login page, type your username and password for the Build Your Skills portal.

Then click the blue **Log In** button.



Build Your Skills | Développe tes compétences

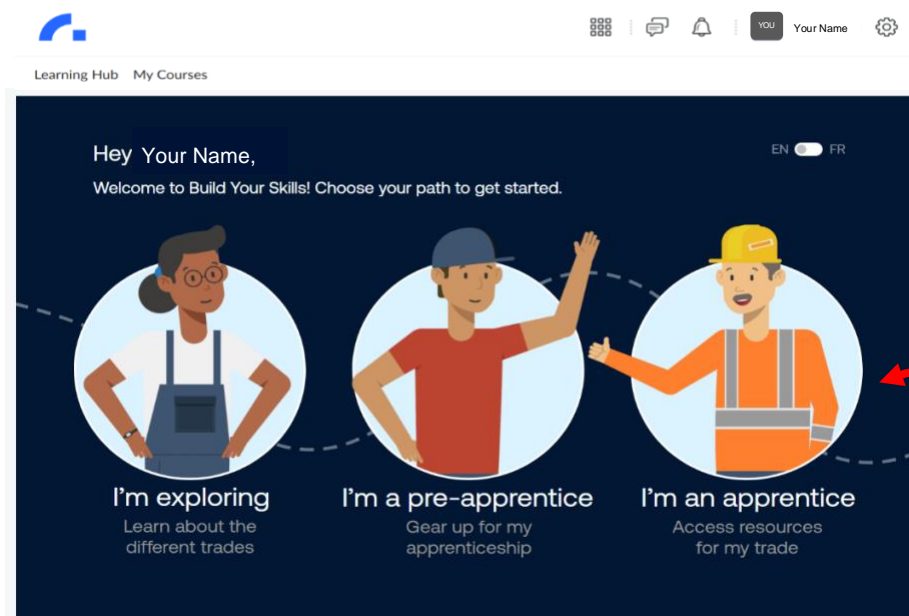
Username \*

Password \*

Log In

[Forgot your password?](#)

Build Your Skills offers three different learning hubs. In this resource, we will look at the **Apprentice Hub**.



**The Apprentice Hub** offers an opportunity to use learning resources specific to one construction trade. Once you choose a trade from the list, you can:

- complete math, science, reading, and writing courses that include activities specific to that trade
- prepare for certification exams for that trade
- learn how to manage your money as an apprentice in the skilled trades
- build your skills so you can mentor new apprentices once you are done with your own training
- learn about diversity in the workplace and how to be inclusive and respectful
- find out about how to support Indigenous people in the trades
- build your mental health and wellness and find out how to access support when you need it

Click the image of the skilled tradesperson or the words **“I’m an apprentice”** to begin.





## The Build Your Skills Apprenticeship Hub



Welcome to the Build Your Skills **Apprenticeship Hub**! From here you will choose a trade. Once you do, you will have access to math, reading and document use, and science courses specific to that trade.

Once you choose a trade, you will also find video tutorials, practice questions, and math and science worksheets. These can help you prepare for and understand the technical training involved in your chosen trade.

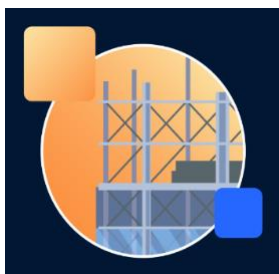
You will also be able to access the Build Your Skills “Apprenticeship Supports + Workplace Series”. These are courses useful in many trades.

**Tip:** Each of the construction trades you could explore in the **Build Your Skills Explorer Hub** is also available here!

To begin, we need to choose a trade. We will look at **Ironworker** first. Later, you will have the chance to look at the courses available in your chosen trade.

## Learning Resources in the Apprenticeship Hub

Let's look at the **Core Skills** courses in the Apprenticeship Hub related to Ironworkers.



### Core Skills

Math for Ironworkers	+	Technical Training Tutorials	+
Math Applications	+	Trade Science	+
Reading & Document Use	+		

**Tip:** Depending on which trade you've chosen, you may find four or five Core Skills courses in this section.



### Math for Ironworkers

This course focuses on the math skills you need to do your best as an ironworker. These skills include a practical understanding of:

- |                            |                         |
|----------------------------|-------------------------|
| 1. Decimals                | 7. Decimal Feet         |
| 2. Fractions               | 8. Perimeter            |
| 3. Linear Conversions      | 9. Area                 |
| 4. Measurement             | 10. Volume              |
| 5. Ratio                   | 11. Pythagorean Theorem |
| 6. Proportion & Percentage | 12. Trigonometry        |

**Question:** Which of these topics would you like to learn more about? Circle your answer above!

**Tip:** each of these math skills is taught at a more general level in the courses Trades Math 1 and Trades Math 2, available in the **Build Your Skills Pre-Apprenticeship Hub!**



## Math Applications

This course, which is also available in the Build Your Skills Pre-Apprentice Hub, explains the Question Strategy for Numeracy. Using this strategy will help you build confidence and handle math problems on the job, during in-school training, and when writing apprenticeship exams. It explains:

- common pitfalls that lead to mistakes when solving complex math problems
- four steps to take when solving complex math problems
- six tips to help you solve math problems quickly and accurately

You can also try out the Questions Strategy for Numeracy by completing a practice quiz!

**Question:** Which part of the Question Strategy for Numeracy would you like to learn more about? Circle your answer above!



## Reading & Document Use

This course, which is also available in the Build Your Skills Pre-Apprentice Hub, explains the Question Strategy for Reading. Using this strategy will help you build confidence and handle reading problems on the job, during in-school training, and when writing apprenticeship exams. It explains:

- different types of workplace documents
- common pitfalls that lead to mistakes when solving reading problems
- four steps to take when interpreting a workplace document
- eight tips to help you solve reading problems quickly and accurately

You can also try out the Questions Strategy for Reading by completing practice quizzes!

**Question:** Which part of the Question Strategy for Reading would you like to learn more about? Circle your answer above!



## Technical Training Tutorials

In this course, you can practice the skills for an Ironworker apprenticeship. Every topic includes a video with step-by-step explanations of the skills involved. They also include practice problems with answer keys to help you succeed in your trade training. Topics included for Ironworker apprentices include:

1. Sling Tension - Symmetrical Load
2. Rigging Size When the Angle is Known
3. Rigging Triangle - Pythagorean Theorem
4. Reading a Metric Rod
5. Record & Calculate Elevations - Metric Rods

**Question:** Which of these technical training topics would you like to learn more about? Circle your answer above!



## Trade Science








This course, which is also available in the Build Your Skills Pre-Apprentice Hub, teaches you science concepts relevant to the construction trades including:

1. properties of commonly used construction elements, compounds, and mixtures
2. how temperature impacts construction materials, and Celsius to Fahrenheit conversions
3. magnetism and how three types of magnets are used in the construction industry work
4. how voltage, current, and resistance work together in electrical circuits

**Question:** Which of these science topics would you like to learn more about? Circle your answer above!

## Apprentice Supports + Workplace Series

Below the Core Skills courses, you will find the Apprentice Supports + Workplace Series. Let's look at each of the courses available in this section.

 <b>Managing Test Anxiety</b> Learn how to recognize and manage feelings of test anxiety, so they don't get in the way of your success. <div>Start →</div>	 <b>Red Seal Test Prep</b> Build strategies to prepare, write and face the exam and improve your chances of passing the Red Seal Exam. <div>Start →</div>
 <b>Managing Your Money</b> Learn strategies to spend wisely, grow your money, build your credit score and plan for your financial future. <div>Start →</div>	 <b>Introduction to Mentorship</b> Develop strategies that maximize communication, learning opportunities and positive mentoring relationships for both mentors and mentees. <div>Start →</div>
 <b>Indigenous Awareness</b> Gain the knowledge and skills required to participate in reconciliation and contribute to supportive work environments for Indigenous tradespeople. <div>Start →</div>	 <b>Respectful and Inclusive Workplaces</b> Get the tools you need to work well with others and contribute to a positive workplace culture. <div>Start →</div>
 <b>Mental Health and Wellness</b> Build mental health awareness, so you can maintain and improve your mental health and access support when you need it. <div>Start →</div>	



## Managing Test Anxiety



Passing tests and exams are a part of the apprenticeship training process. This course explains:

- what test anxiety feels like
- the causes of test anxiety
- learning strategies to reduce test anxiety before, during, and after a test

**Discussion question:** Have you ever felt anxious before writing a test? Tell a teacher, tutor, or classmate about your experience, and what techniques you used to manage that anxiety. Then, ask them to share their ideas for managing test anxiety.



## Preparing for the Red Seal Exam

This course will teach you how to prepare for and write the Red Seal exam. Earning a Red Seal in your trade shows you are highly qualified. It also certifies you to work in your trade in any province or territory in Canada. After taking this course you will:

- understand the benefits of receiving a Red Seal
- know what is required to write the exam
- be able to apply “the five Ps of studying” to get ready for the exam
- know several test-taking techniques to help you pass the exam
- be prepared for what exam day may look and feel like

**Question:** Have you heard about the Red Seal exam before? If you want to know more about it, be sure to ask your teacher or tutor!



## Managing Your Money

This course will teach you how to analyze your personal finances and create financial goals. This can include what to do when how much money you make changes, how to handle debt and save money, and where to get help with your finances. This course explains:

- paystubs
- payday loans
- bank accounts
- lifestyle inflation
- expense tracking
- saving options
- employment insurance
- credit scores
- credit cards
- debt management
- budgeting

**Discussion question:** Do you have a household budget right now? How do you keep your spending on track? Discuss your responses with a teacher, tutor, or classmate and ask them to share their experience with budgeting.



## Introduction to Mentorship

As an apprentice, you will learn from a certified journeyperson – they are both your employer and mentor. This course will help you learn more about this mentor/mentee relationship so you can:

- recognize the important role mentorship plays in the construction industry
- describe the six key principles of mentorship
- identify effective communication strategies
- develop a personalized action plan for skills improvement

**Discussion question:** Have you ever had a mentor? Share your experience with a teacher, tutor, or classmate and ask them what they look for in a mentor.





## Indigenous Awareness for Tradespeople

This course will help you build the knowledge and skills required to participate in reconciliation and contribute to supportive work environments for Indigenous tradespeople. Through this course, you will:

- understand the barriers Indigenous workers face in the construction sector
- recognize the unique cultures and histories of Indigenous Peoples
- learn about the history and impact of the Indian Act
- understand how residential schools impact Indigenous communities
- recognize your role as an ally for truth and reconciliation

**Reflect:** Have you heard about the 94 calls to action made by the Truth and Reconciliation Commission? Challenge yourself to learn more about them and reflect on what you can do to support reconciliation. 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)



## Respectful & Inclusive Workplaces

In this course, you'll build the skills required to work in diverse teams, grow your communication skills, and learn strategies for creating a workplace culture of respect and inclusion. Through this course, you will:

- learn the difference between conflict and bullying
- recognize what bias is and the impact it can have on others
- describe barriers that underrepresented groups in construction might face
- learn how you can help your workplace become more respectful and inclusive

**Discussion question:** Who do you think “underrepresented groups” could be in construction? Why do you think you may not find more people from these groups in construction? Share your thoughts with a teacher, tutor, or classmate and get their feedback.

## Mental Health and Wellness



In this course, you'll learn about the importance of good mental health, common mental health challenges, and how to support yourself and others who may be struggling with poor mental health. Through this course, you will:

- discover the importance of mental health in construction workplaces
- recognize signs and symptoms of common mental health challenges
- become more aware of your own mental health
- learn strategies for maintaining good mental health
- identify resources for mental health support

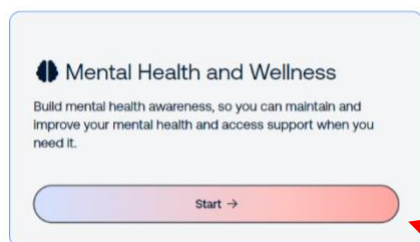
**Note:** Mental health is an important part of your overall well-being, and it's just as important to look after as your physical health. There are many great resources available through the Canadian Mental Health Association (CMHA). Visit their website at <https://ontario.cmha.ca/> to learn more!



**Tip:** Once you finish any of these courses, you'll receive a certificate of completion. You can share that certificate with employers who may be looking for apprentices. This will let them know you've been working to build your skills!

## Taking a Course in the Apprentice Hub

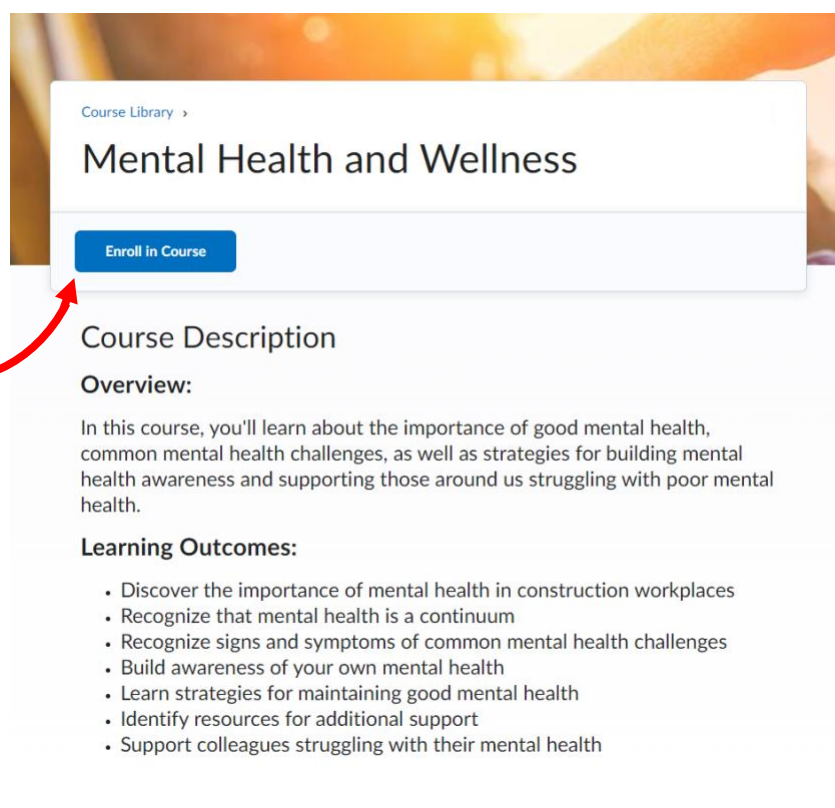
Let's look at how to enroll in a course and start learning. Later, you will be asked to enroll in a course yourself!



When you are ready to take a course click the **Start** button.

A new page will open where you can read about the course.

When you are ready, click the blue **Enroll in Course** button.



On the next page, you'll see the **Mental Health and Wellness** course page.

The course page offers:

1. several learning modules
2. links to other areas of the Build Your Skills Hub, including a list of any courses you've already enrolled in
3. a chat feature you can use to get support with your course

**1** Course Modules

**2** Navigate to

Pre-Apprentice Hub

Apprentice Hub

My Courses

**3** Need Help?

Access to tutoring

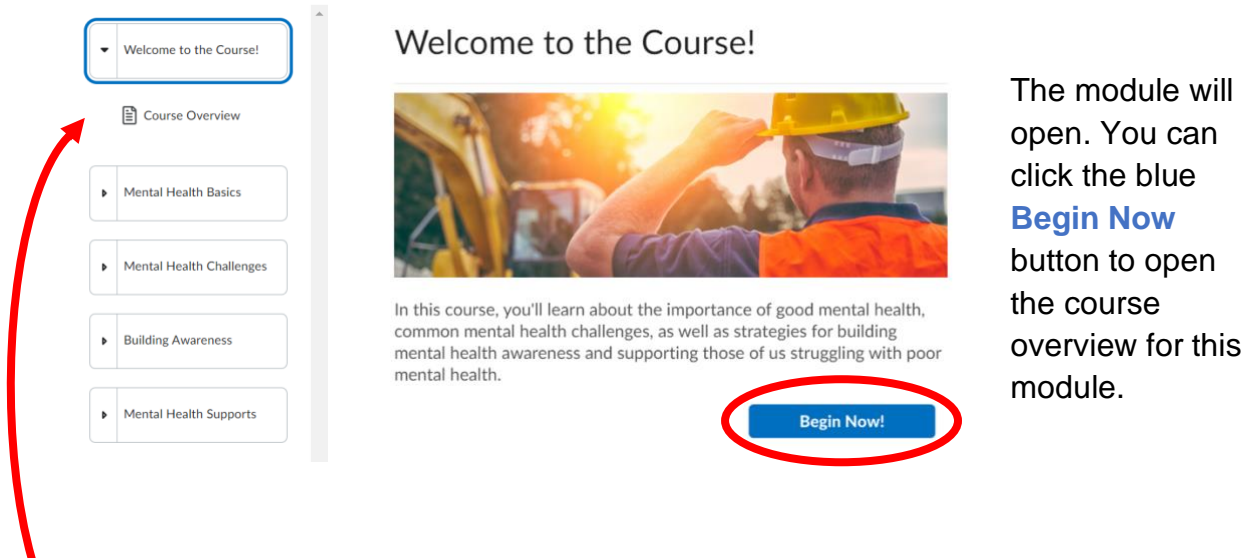
Technical support

Help choosing a course

Chat with us!

**Tip:** the **Chat** feature is available 24 hours a day and is monitored by a live person from Monday to Friday between 10:00 am and 6:00 pm Eastern Standard Time. Ask a question using this feature to get help at any time!

To begin any of the modules, click its name. We will start with **Welcome to the Course**.



The module will open. You can click the blue **Begin Now** button to open the course overview for this module.

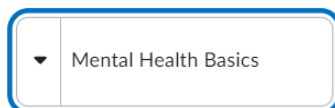
You can also get to the course overview using the menu on the left side of the page.

The course overview will explain:

- the benefits of taking this course
- what you will learn in each module
- how long the course should take to complete
- how to navigate through the course

Once you've read the course overview, you can click the blue **Proceed to the Next Module** button.

Proceed to the Next Module

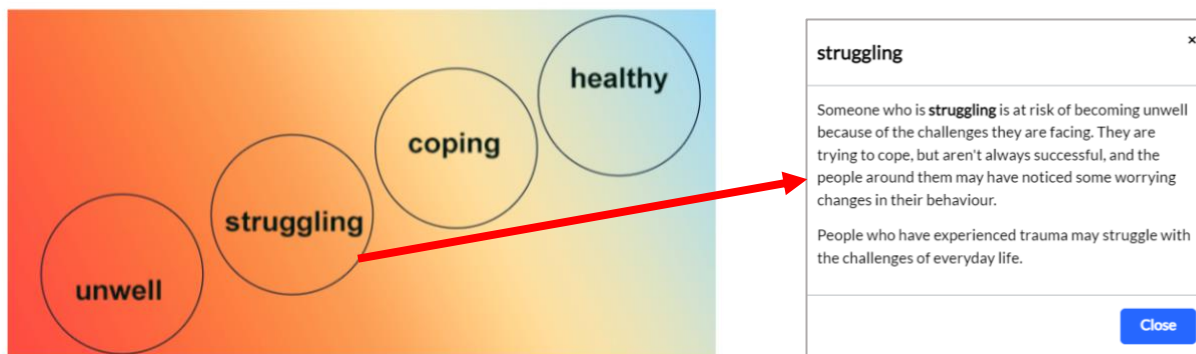


If you prefer, you can choose the first module (Mental Health Basics) from the menu on the left side of the page instead.



All of the modules in the Apprentice Hub are interactive. For example:

## The Mental Health Continuum



Clicking any of the circles in the **mental health continuum** will open a pop-up box telling you more about it.

Clicking on any of the **True and False flip cards** will reveal whether the statement on the front is true or not.

**True or False?**

Only people who have mental illnesses, like depression or anxiety, experience poor mental health.

**True or False?**

Once you've been diagnosed with a mental illness, you'll always experience poor mental health.

### What Do You Think?

What factors can cause poor mental health? Check all that apply.

- ☐ stressful events, like the loss of a job or a break-up
- ☐ genetics & biology
- ☐ childhood trauma or abuse
- ☐ social or physical environment

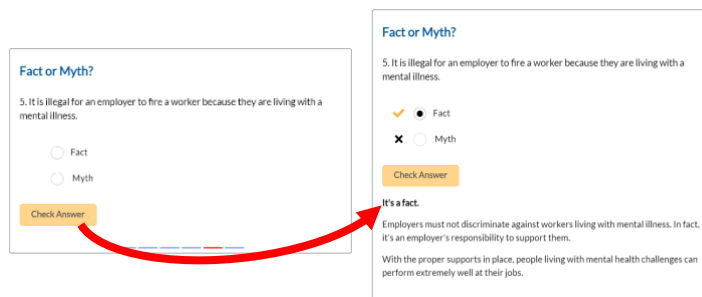
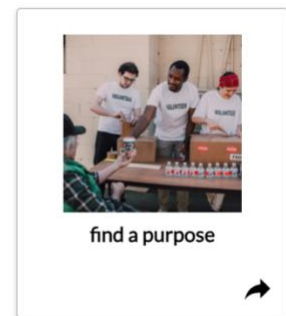
Check Answer

You can share your understanding of each module by completing the short **What Do You Think?** activities.



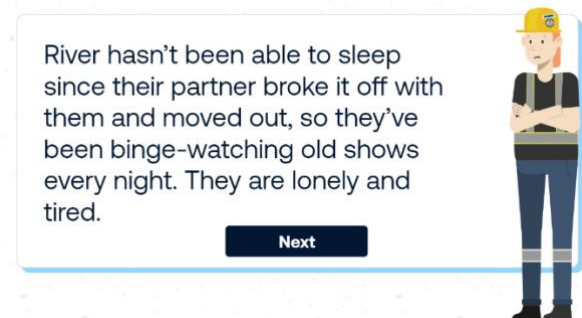
There are **videos** in each module. Each will feature a real construction tradesperson talking about their experiences.

Clicking on any of **the self-care flip cards** will explain how each activity can help you maintain good mental health.



You can learn about (and bust!) common myths about mental health in the **Fact or Myth challenges**.

There's even a **Simulator Activity** where you'll be asked to answer questions and provide advice. It's a great way to build awareness of your mental health and how to talk about it.



**Question:** Why do you think these courses offer so many interactive elements?



You can return to the course home page at any time to see your progress in each of the modules.



Module 2: Quiz

Some of the modules will have **quizzes** at the end.

When you get to a quiz, a new tab will open that tells you:

- what section of this course the quiz is about
- how many questions there are
- how long it should take to do the quiz
- what score you will need to pass
- what will happen when you finish

**Start Quiz!**

When you are ready to begin, click the blue **Start Quiz** button.

You will be asked questions like the one you see below and on the top of the next page. The questions are multiple-choice.

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

- ☐ True
- ☐ False

**Question:** What do you think the correct answer is? Put a checkmark in your choice above.

Match the name of the anxiety disorder with its description.

Post-Traumatic Stress  
Disorder (PTSD)

Social Anxiety Disorder  
(SAD)

Obsessive-Compulsive  
Disorder (OCD)

1. is caused by a traumatic event, such as experiencing a violent crime, an accident or a natural disaster
2. causes people to avoid social situations because they believe they'll be humiliated or judged by others
3. often causes people to repeat certain actions because they fear losing control

**Question:** What do you think the correct answers are? Put the number of each description in the box next to the categories above.

If you aren't familiar with these disorders don't worry – you can learn about each of them by taking this Build Your Skills course!

1 ✓	2 ✓	3 ✓
4 ✓	5 ✓	6 --

There are small boxes on the left side of the screen. Each one has a number in it. Each represents one question on the practice test. As you answer each question, you will see a checkmark appear in the box with the same number. This shows you that your answer has been saved.

Once you have answered all the questions, press the blue **Submit Quiz** button at the bottom of the page.

Submit Quiz

All your answers will be displayed. Each question is scored out of one point, so next to each question you will either see:

- 1 / 1 point for correct answers
- 0 / 1 point for incorrect answers

The course content related to each question is shown beneath it. If you didn't answer the question correctly, you can review the course content using the links provided.

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

Go to Next Lesson

If you pass the quiz, you can move on to the next lesson.

Retry the Quiz

If you don't pass the quiz, you should go back and review the concepts of the current module first. Then you can retake the quiz to improve your score!

Mental Health...  
Mental Health  
and Wellness



Share

Once you've completed all the modules in the course and have passed any of the quizzes it includes, you can click the "Download your certificate" link at the bottom of the course home page. This will take you to the Build Your Skills Awards page where you can:

- download a PDF copy of your certificate of completion
- share your certificate on your Build Your Skills profile.

This is a great way to show others what you have learned!

## Begin Building Your Skills!

Now it's your turn! Go to the [Apprentice Hub](#) and pick a construction trade that interests you.

**Question:** What trade did you choose?

Now that you've chosen a trade, look at the courses available under:

- the **Core Skills** section, which includes courses in math, science, reading and document use, and technical skills
- the **Apprentice Supports + Workplace Series** section, which includes important interpersonal and self-management skills, like working respectfully, budgeting, and managing test anxiety

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 below.

- |  |   |
|--|---|
| <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                |

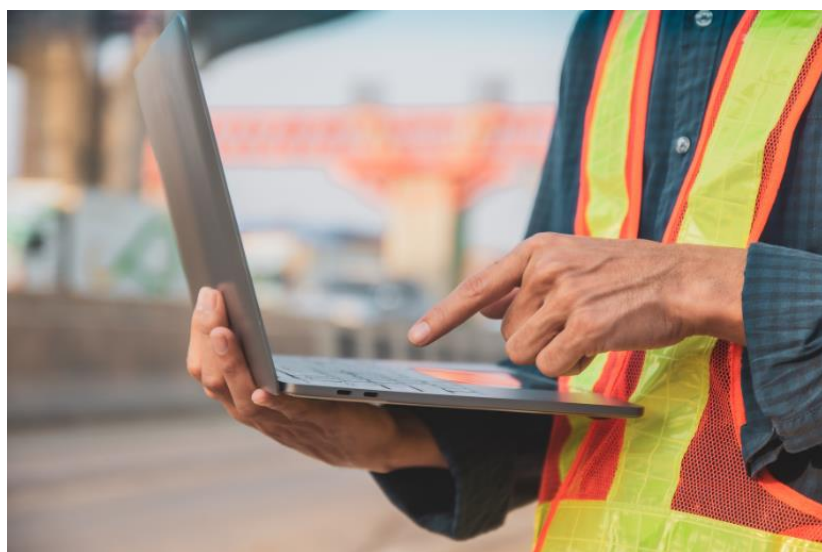
Which courses interest you the most in the **Apprentice Supports + Workplace Series** section? Choose as many as you'd like from the list below!

- |   |  |
|---|--|
| <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 |  |

Review your choices and pick one course to enroll in. What course did you choose?

Let your tutor or teacher know what course you chose and ask them for help as you complete it.

Remember, you can use the **Chat** feature to ask for support too!



## Conclusion

This resource includes:

- ☐ frequently asked questions about apprenticeship
- ☐ instructions for logging into the Apprentice Hub on the Build Your Skills Platform
- ☐ an overview of the different construction trades included in the Apprentice Hub
- ☐ information about the Core Skills courses for each of the included trades
- ☐ an overview of each course in the Apprentice Supports + Workplace Series
- ☐ instructions for registering and completing courses on the Apprentice Hub
- ☐ an opportunity for you to reflect on your learning interests and next steps

Check off each of the things you learned! If you don't remember one or more of these things, ask your teacher for help finding them in this resource.

## Next Steps

Now that you have completed this resource, what are your next steps going to be? Write your answer below and share it with your teacher or tutor so they can support you!