

# FutureBuilder WorkBook

Name: \_\_\_\_\_

FutureBuilder is an online tool for high school students to use to document and share their progression towards being Construction Ready. This WorkBook can be used to log what you do in life, at school or at work that shows you have the Attitude, Skills & Knowledge for a construction job. **Visit [ConstructionReadyBC.ca](http://ConstructionReadyBC.ca)** to access FutureBuilder.

1. Activities (Discover and Explore the Construction Sector)		
Put a mark beside each activity that you have completed.		
	<b>Tour</b>	Find out for yourself by taking a tour of a construction site, industry workshop, or a local trades training facility.
	<b>Job Shadow</b>	Follow someone who works in the construction sector for a day.
	<b>High School Plan</b>	With a career counselor, figure out the academic and option classes you can take to get ready.
	<b>In School Career Planning Activity</b>	Use a career planning tool to plan your career.
	<b>ITA Youth Discover Trades (Yes2It)</b>	Get a hands-on experience in a trade through a Yes 2 It event.
	<b>ITA Youth Discover the Maker Way (Maker Day)</b>	Build creative solutions to interesting design challenges.
	<b>ITA Essential Skills</b>	Use <a href="#">the ITA Essential Skills tool</a> to find out what each trade requires.
	<b>InSPIRE Program</b>	Skills Canada BC - Discover a new perspective on skilled trades and technology careers.
	<b>Skills Canada Competition</b>	Prove your skills by competing in a Skills Canada Competition.
	<b>Dig Safe</b>	There are seven steps to safe digging. <a href="#">Know them</a> before you dig.
	<b>Discover Skills Activity – Trades Planning</b>	<a href="#">Discover Skills BC</a> can help you explore careers in Trades & Technologies. Go online to <a href="http://discoverskilssbc.ca">discoverskilssbc.ca</a>
<b>Self Directed activities on FutureBuilder. Indicate which activities you've completed</b>		
	<b>A.S.K. Activity</b>	<b>Self Directed.</b> Use the <a href="#">Attitude, Skills &amp; Knowledge Assessment Tool</a> to see where you're at. Find it at <a href="http://ConstructionReadyBC.ca/tools">ConstructionReadyBC.ca/tools</a>
	<b>Where Are You Going?</b>	<b>Self Directed.</b> Employers look for commitment, where are you headed in 6 Months, 2 Years, 5 Years?
	<b>Attributes by Company</b>	<b>Contact an employer.</b> What attitudes, skills and knowledge will an employer expect of you?
	<b>Trades Pathway</b>	<b>Contact a trades person.</b> Ask a tradesperson or construction professional about their pathway through school and work.
	<b>Companies You Can Grow with</b>	<b>Contact an employer.</b> What is their long-term training and employment policy?
	<b>What's in Your Toolkit?</b>	<b>Contact a trades person.</b> What tools do they have? What tools are needed day 1?
	<b>Day in the Life</b>	<b>Contact someone in the industry.</b> What does their day look like?
	<b>Safety Inventory</b>	<b>Contact an employer.</b> What Personal Protective Equipment and Training is required before you start? What will they provide?
<b>Apprentice Ready: To complete the Apprentice Ready level, make an Apprenticeship Training and Work Plan</b>		
	<b>Apprenticeship Training and Work Plan</b>	<b>Self Directed.</b> Make an apprenticeship Training and Work plan

## 2. Skills & Knowledge

Put a mark beside each activity that you have completed. Put a number if you've completed the action more than once.

	<b>ITA Youth Explore Trades Skills (Skill Trades Exploratory)</b>	Skills Exploration is a chance to gain hands-on experience of many different trades.
	<b>ITA Youth Explore Trades Sampler</b>	Construction programs allow you to build your skills and knowledge over multiple months (Ex. TASK, or Gateway)
	<b>Shop Classes</b>	In school shop class. May include wood, metal, auto or others
	<b>Drafting and Design</b>	Preference to construction related, but other design classes may be applicable
	<b>Applied Arts Class</b>	Applied arts are hands on classes that build skills and knowledge
	<b>Math Class</b>	What's the highest level math you've completed?
	<b>Trades Camp</b>	Up to 1 Week trades intensive experience (Ex. Heavy Metal Rocks or CWA Foundations Welding Camp)
	<b>ITA Youth Work in Trades (Secondary School Apprenticeship)</b>	Apprenticeship hours completed for dual credit
	<b>ITA Youth Train in Trades (ACEIT)</b>	Foundation or apprentice levels

List the Classes and Programs you've completed (Ex. Wood 11)

## 3. Fitness & Focus

Put a mark beside each activity that you have completed. Put a number if you've completed the action more than once.

	<b>Take a class</b>	Physical fitness classes in school or in community
	<b>Join a sports team or club</b>	Sports teams or clubs in school or in community
	<b>Regular Independent Initiative</b>	Fitness things you do on your own
	<b>Join a club or group</b>	Other activities that demonstrate readiness

List the classes, clubs, groups and programs you've completed (Ex. Basketball team, started an online guild, mountain bike, or others)

#### 4. Certifications

Put a mark beside each activity that you have completed.

	Learner's Licence
	Driver's Licence
	Occupational First Aid
	Fall Arrest Protection
	Other First Aid (Ex. Wilderness, Emergency)
	CSTS
	WHMIS 2015
	H2S Alive
	Confined Space Entry
	Elevated Platform Training - Scissor Lift
	Elevated Platform Training - Boom Lift
	Forklift Training
	Respirator Fit-Test
	Ladder Safety
	Lockout/Tag out
	Traffic Control Person
	Powder Actuated Tool Operator Certification
	Marine craft operator certification
	Scaffolding Training
	Other
	Bear Aware
	Construction 101
	Intro to Blueprint Reading
	Intro to Building Information Modelling (BIM)
	National Construction Safety Awareness

