

Training and Learning

This booklet helps you plan your learning path. You'll explore the skills and training you might need for your dream job, and learn how to get started.



PART 1

Planning Your Journey

Learning new things helps you reach your goals. Let's find out what kind of learning or training fits the job you want.



Toolkit Tip:

The National Occupational Classification or NOC (noc.esdc.gc.ca) is a helpful tool that lists jobs and the skills they require. Use it to figure out what training you need for your dream job.

Try This

Draw or write one job you want to do someday. Now think:

What do I need to **learn** to do that job?



Use this space to write or draw!

PART 2

What Skills Do You Need?

Every job needs different skills. Some you already use every day, and some you'll learn in school or training.

Essential Skills

These are skills you use all the time, like:

- Reading and writing
- Basic math
- Talking and listening to people

If you want help improving these, schools have special “upgrading” classes.



Toolkit Tip:

Ask someone who works in your dream job what skills they use most often.

Special Skills

These are extra skills for certain jobs, like:

- Using tools or machines
- Solving problems
- In-depth computer work

PART 3

Kinds of Training and Education

There are lots of ways to learn! Choose the one that feels right for you.



Toolkit Tip:

Some training gives you a certificate or licence to show you've finished.

Word	What It Means
Continuing Education	Classes for adults to finish high school, learn new skills, or improve basic reading, writing, or math. You can study online or in person.
Vocational Training	Hands-on learning for jobs like electrician, carpenter, or health care worker. Usually shorter than college or university.
College or University	Learn more deeply about one subject. College focuses on job skills. University focuses on research and theory.

PART 4

Choosing the Right Program

Before you pick a school or training program, think about these things:

- **What to Study:** What subjects will help you reach your job goal?
- **Where to Study:** Do you want to stay close to home or go somewhere new?
- **Cost:** How much will it cost for books, rent, and travel?

If you move, think about your budget for groceries, bus passes, and bills.

Try This

Pick two schools or programs you like. Make a list of pros and cons for each of them.



PART 5

Before You Apply

Some programs ask you to have certain classes or skills first. These are called “prerequisites”.

Example: You might need Grade 12 math before a carpentry course.

If you need help, look for academic upgrading. These are classes that help you get ready.



Toolkit Tip:

Many schools offer upgrading online. Some are free!



PART 6

Indigenous Student Supports

Many colleges and training centres have Indigenous advisors who can:

- Help you choose a program
- Connect you to funding
- Answer questions about school and housing

Try This

Visit your local college's website or call their Indigenous centre. Ask:

"What supports do you have for **Indigenous** students?"



PART 7

Where You Can Study

Here are some schools that have Indigenous supports:

British Columbia

- Selkirk College
- Native Education College
- College of New Caledonia

Alberta

- Bow Valley College
- NorQuest College
- Lethbridge Polytechnic

Saskatchewan

- Saskatchewan Polytechnic
- Saskatchewan Indian Institute of Technologies
- Northlands College

Manitoba

- RRC Polytech
- Urban Circle Training Centre

Ontario

- Algonquin College
- Cambrian College
- George Brown College
- Confederation College

Québec

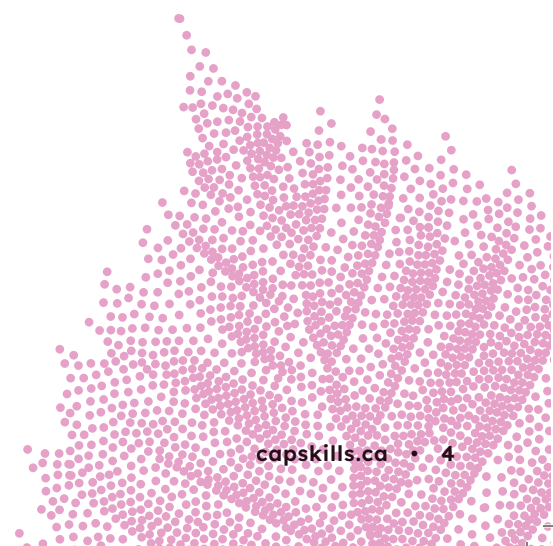
- Cégep de Sainte-Foy
- Cégep de Baie-Comeau

New Brunswick

- New Brunswick Community College

Nova Scotia

- Nova Scotia Community College





Your Learning Journey

Learning new skills is the first step toward a future you'll be proud of.

Your path is yours alone, and that's what makes it special.



Toolkit Reminder:

You can learn at any age. Every lesson brings you closer to your goal.