

Skills for Success Curriculum Resource Cover Page

Organization

CESBA

Curriculum Resource

Steps to Becoming a Child Development Practitioner Apprentice

OALCF Alignment

| Competency | Task Group | Level |
|--|--|-------|
| Competency A -Find and Use Information | A1. Read continuous text | 2 |
| Competency A -Find and Use Information | A2. Interpret documents | 2 |
| Competency A -Find and Use Information | A3. Extract information from films, broadcasts and presentations | 2 |
| Competency B - Communicate Ideas and Information | B2. Write continuous text | 2 |
| Competency B - Communicate Ideas and Information | B4. Express oneself creatively | 2 |
| Competency D - Use Digital Technology | N/A | 2 |
| Competency E - Manage Learning | N/A | 2 |

Goal Paths (check all that apply)

- | | |
|---|---|
| <input checked="" type="checkbox"/> Employment | <input checked="" type="checkbox"/> Postsecondary |
| <input checked="" type="checkbox"/> Apprenticeship | <input type="checkbox"/> Independence |
| <input checked="" 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 checked="" type="checkbox"/> Problem Solving |
| <input checked="" type="checkbox"/> Communication | <input checked="" type="checkbox"/> Reading |
| <input checked="" type="checkbox"/> Creativity and innovation | <input checked="" type="checkbox"/> Writing |
| <input checked="" type="checkbox"/> Digital | |

Notes: Suggested Milestones – Milestone 14, 29, or 55

This resource has content and modified materials from:

**TR Leger’s School of Continuing Education, STEP Program’s
Educational Assistant and ECE Assistant Curriculum
<https://trleger.ucdsb.on.ca/>**



Steps to Becoming a Child Development Practitioner (CDP) Apprentice

Includes Answer Guide

Pathway Pillar – Integration of LBS Services to Support Apprenticeship

Project Manager: Charlotte Parliament, CESBA Program Manager

Project Coordinator: Debera Flynn

Project Consultants: Angela Williams and Susan Boyd

Project Support: Paul Cox, CESBA Executive Director

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Steps to Becoming a Child Development Practitioner Apprentice

What is an Apprenticeship?

An apprenticeship is a post-secondary education pathway that combines on the job training and classroom learning. It is a formal contract between a person wanting to learn a trade (the apprentice) and a company needing a skilled trades worker (the employer or sponsor). As an apprentice you spend 80% of your time getting on-the-job training and 20% in class receiving technical training. Becoming an apprentice means you will get paid while gaining valuable skills and experiences on the job.

To qualify for an apprenticeship, you must:

- ✓ Be 16 years old
- ✓ Be legally able to work in Canada (have a valid SIN)
- ✓ Have completed your Ontario Secondary School Diploma
- ✓ Have a sponsor (employer) in Ontario



For a Child Development Practitioner Apprentice you will also need:

- ✓ Negative Criminal Record Check
- ✓ Vulnerable Persons Screen
- ✓ TB Screening



What is a Child Development Practitioner Apprentice?

The Child Development Practitioner Apprenticeship (CDP) Program is designed for individuals that are working in a childcare setting or looking for an apprenticeship sponsor. Being a CDP apprentice allows you to study on a part-time basis while continuing to work in the childcare field.

The Child Development Practitioner Apprenticeship is a voluntary trade that provides an alternate pathway choice to the traditional college pathway for Early Childhood Educators. Apprentices that complete their apprenticeship training and receive a Certificate of Apprenticeship from the Ministry of Labour, Immigration, Training and Skills Development can choose to continue with formal college studies to receive their Early Childhood Education (ECE) diploma at a community college.

Information taken from [child-development-practitioners_tea_jan-22-2016.pdf \(skilledtradesontario.ca\)](#)

To complete the apprenticeship of a Child Development Practitioner (CDP) it takes approximately 3 years. This includes 5280 hours of on-the-job work experience and 720 hours of in-school classes and training.



As a CDP apprentice you will develop certain skills and competencies that have been set out by the Apprenticeship Training Standard. These skills have been recognized by the childcare industry as being essential to this job.

The CDP Apprenticeship is a non-compulsory trade.

If you are in high school, choose your high school courses thoughtfully. Your guidance counselor can help you choose courses that will help prepare you for your apprenticeship placement and your apprenticeship in class courses.



Child Development Practitioner

A Child Development Practitioner (CDP) plans and implements age-appropriate service, supports and programs for children that facilitate physical, social, emotional and cognitive growth. CDPs deliver services in multiple settings, including, but not limited to, childcare centres/facilities, the preschool sections of hospitals and schools, and Ontario Early Years Centres.

Specifically, a Child Development Practitioner:

- practises and promotes health
- fosters relationships with children
- plans developmentally appropriate programs and supports emergent learning practices
- cultivates family, cultural and social relationships
- applies intervention strategies
- participates in a team environment with families, colleagues, community members, and support services providers
- works in an interdisciplinary team environment and communicates with other professionals
- practices professionalism and adheres to ethical standards

Credit: <https://www.skilledtradesontario.ca/trade-information/child-development-practitioner/>

Step 1: Find an Employer/Sponsor

To become a CDP Apprentice, you must have a sponsor or employer hire you as an apprentice. Once you have a sponsor, you and your sponsor can then submit your application for Apprenticeship Training and register with Employment Ontario (Ministry of Labour, Immigration, Training and Skills Development).

Most apprenticeships are not advertised on job boards or job websites, a good way to find a sponsor is through networking (making connections and building relationships) and volunteering.

Here are some ways to find employers to sponsor you as an apprentice.



Guidance counsellor – If you are in high school your guidance counsellor is a great person to help you with your goal of becoming an apprentice.

Colleges – College career centers may be able to help you find apprenticeship opportunities and some colleges have placement offices that can help you connect with possible sponsors.

Online – Post your resume on Job Bank <https://on.jobbank.gc.ca/home> to let companies know you are looking for a sponsor.

Employment Ontario Services – There are many Employment Ontario (EO) services that offer help with apprenticeships. You can get help from an Employment Ontario Service Provider for free by making an appointment and contacting your closest EO Provider or by filling in a request form at this website.

<https://www.eoss.tcu.gov.on.ca/CitizenPortal/infoAboutYou.do?programCode=ESI&lang=en>



Local Companies – Research and find local Childcare Centres and let them know you are looking for a sponsor.

Your Network – Let family and friends know you are looking for a sponsor. Share your goal with them and ask around to see if anyone knows of Childcare Centres that are hiring apprentices.

During this step you should also be working on creating a good resume that is focused on your goal of becoming a Child Development Practitioner Apprentice. An Employment Ontario Service Office in your area can help with both resume writing and preparing for an interview.



Activity 1: Planning to Find a Sponsor

1. After reading about some of the ways you can find an employer to sponsor your apprenticeship, use the lines below to start a plan. Choose at least three of the suggestions and make notes on how you plan to find a sponsor.



Activity 2: Preparing for a Job Interview

A job interview is a face-to-face talk between the person applying for the job (the applicant) and the person hiring for the job (the employer).



During a job interview the employer asks questions to help them decide if the person is right for the job.

Interviews are important because it is the first meeting between you (the applicant) and the employer.

Job interviews give employers a chance to meet you and get to know you.

The interview gives you a chance to share your skills and abilities and ask any questions you might have about the job.

Your interview goal should be to leave a good impression and show the employer that you are the right person for the job.

Tips to Prepare you for Your Interview

- ✓ Read the job description
- ✓ Research the company (look up their website)
- ✓ Practice interview questions and prepare your answers
- ✓ Plan what you will wear
- ✓ Look up the address and plan how you will get to your interview on time
- ✓ Think of some questions you would like to ask them



Tips for the Day of Your Interview

- ✓ Be on time
- ✓ Be polite
- ✓ Tell the truth
- ✓ Dress nicely (neat and clean)
- ✓ Listen carefully to the questions
- ✓ Show that you are interested in the job and company
- ✓ Ask questions
- ✓ Bring a copy of your Resume
- ✓ At the end of the interview thank the interviewer(s) for their time
- ✓ Remember to smile 😊

Prepare for your interview by answering these common interview questions. Practice these questions and others you might think of, with a friend or with your instructor.

1. Tell us a little bit about yourself.

2. What are your strengths? (The qualities that make you a good employee).

3. What are your weaknesses?

4. Why do you want to become a Child Development Practitioner?

5. Share a difficult work situation you have had and tell us how you handled it. (Explain the situation without blaming someone and be specific about the steps you took to resolve the situation).

6. What are your goals for the future?

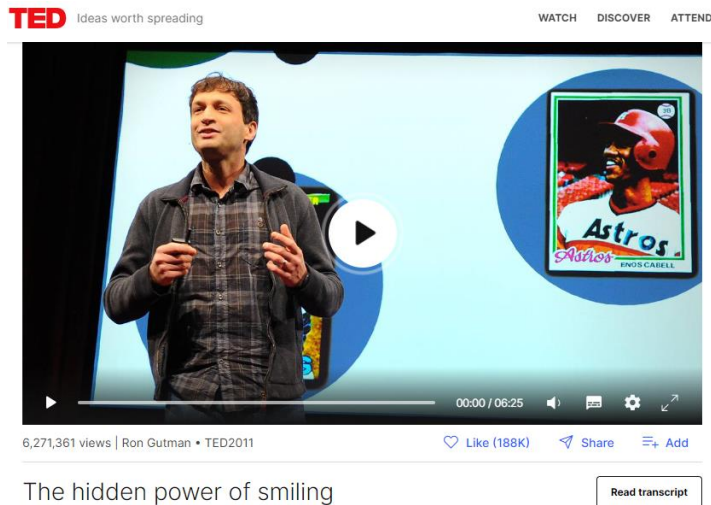
7. What training, skills or experience do you have that might be helpful as a CDP Apprentice?

Activity 3: Gaining Information from a Video

1. Go to the following website to learn more about the power of smiling.

[Ron Gutman: The hidden power of smiling | TED Talk](https://www.ted.com/talks/ron_gutman_the_hidden_power_of_smiling)

https://www.ted.com/talks/ron_gutman_the_hidden_power_of_smiling



According to Ron Gutman, what are some of the benefits of smiling?

Step 2: Apply for Your Apprenticeship

Once you have found a sponsor (employer) you can apply to the Ministry to begin your Apprenticeship.

Before you start your application, make sure to have gathered all this information:

- ✓ Your personal information
 - Social Insurance Number (SIN)
 - Full address including postal code
 - Email address (the ministry will use your email address to send information to you about your training)

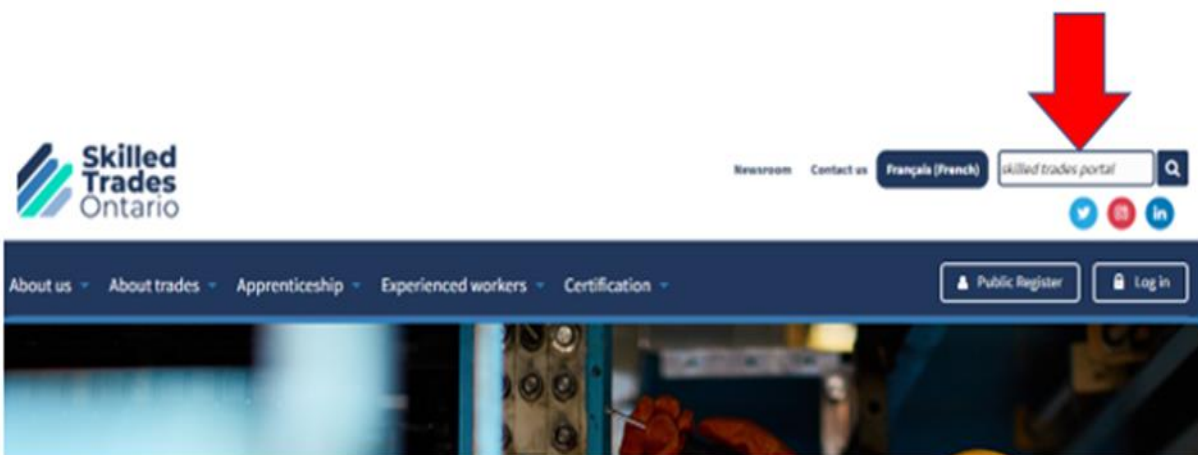


- ✓ Your sponsor's (employer's) business information
 - Full legal name of your sponsor (sometimes different than their business name)
 - Address including postal code
 - Business phone number
- ✓ Contact person for your sponsor (employer)
 - First and last name
 - Phone number
 - Email address
- ✓ Your work arrangement details
 - Your start date
 - The number of hours per week (work and training hours)

18 years and older?

If you are 18 years old or older you can apply online through the Skilled Trades Ontario Portal (STOP). <https://www.skilledtradesontario.ca/>

Search "Skilled Trades Portal" in the website search bar.



16 to 18 years old?

If you are 16 to 18 years old, you must download and print an application. You can also download and save the application to your computer, fill it out on your computer and then print and sign the application. You will need your parent or guardian's and your sponsor's signature on your application.

You can find the application for Apprenticeship by typing this web address into your web browser.

<https://forms.mgcs.gov.on.ca/en/dataset/022-12-1661>

Once your application is filled in and signed you will mail it to your local Employment Ontario Apprenticeship Training Office or submit it in person.

Your application will be reviewed, and your sponsor will be notified once it has been approved.

Use this website to help find an apprenticeship office close to you.

<https://www.ontario.ca/page/employment-ontario-apprenticeship-offices>

Activity 1: Filling in the Application

Use this copy of the application to practice filling in your form.

Some important things to remember when filling in forms:

- ✓ Use a black or blue pen.
- ✓ Print neatly.
- ✓ Read instructions carefully.
- ✓ Proofread your application and if possible, have someone else look over it for mistakes.



This is an application for the Ministry of Labour, Training and Skills Development (MLTSD) to assess your eligibility for a registered training agreement under which you would receive training from a sponsor in a trade required as part of an apprenticeship program. By making this application, you are authorizing MLTSD to verify any of the information provided.

Section 1 – Applicant Information

| | | |
|--------------------------------------|------------|-----------------------|
| Ministry-issued Client ID # (if any) | Trade Name | Trade Code (if known) |
| | | |

Check if you have participated in one or more of the following programs

| | | | |
|--|--|--|----------------------------------|
| <input type="checkbox"/> Pre-Apprenticeship Training Program | <input type="checkbox"/> Co-op Diploma Apprenticeship (CODA) | <input type="checkbox"/> Ontario Youth Apprenticeship Program (OYAP) | If completed, when? (dd/mm/yyyy) |
| | | | |

| | | |
|-----------------------|----------------------------|-------------------------------|
| First Name | Middle Initial | Last Name |
| | | |
| Preferred First Name | Date of Birth (dd/mm/yyyy) | Social Insurance Number (SIN) |
| | | |
| Home Telephone Number | Cell Telephone Number | Email Address |
| | | |

Mailing Address

| | | | |
|-------------|---------------|-------------|--------|
| Unit Number | Street Number | Street Name | PO Box |
| | | | |
| City/Town | Province | Postal Code | |
| | | | |

Gender

I identify as (check one of the following):

Male Female Trans Other _____ Prefer not to disclose

Marital Status

Married/Common law Single Prefer not to disclose

Number of dependants

 Prefer not to disclose

Highest Level of Secondary Education Completed (check one of the following)

Grade 8 Grade 9 Grade 10

Grade 11 Grade 12 or equivalent, including General Educational Development (GED) Certificate Grade 13 or Ontario Academic Credit (OAC)

Postsecondary Education and/or Training Completed (check all that apply)

Some College Some University Postsecondary certificate

Postsecondary diploma Undergraduate degree Postgraduate degree

Certificate of apprenticeship in a trade Certificate of qualification in a trade None of the above

Out of Province Apprenticeship Training

Please check all of the boxes below that apply to your situation:

I have completed some training as a registered apprentice in Canadian province or territory other than Ontario.

If yes, specify which province or territory: _____

I plan to complete my apprenticeship training in Ontario.

I am maintaining my apprenticeship registration in my home province or territory, and do not plan to complete my apprenticeship training in Ontario.

Language

Preferred Language of Communication English French | Preferred Language of Instruction English French

Residency Status (check one of the following)

Canadian Citizen Permanent Resident Temporary Resident

Immigrant (mandatory if you answered "Canadian Citizen" above)

Yes No

Year of Immigration _____

Voluntary Disclosure

Your responses to the following questions are entirely voluntary and will not affect your eligibility under this application. The information will be used by Canada and Ontario for policy analysis and statistical purposes related to employment programs and services.

Language History

Primary Language English French Other

Language of Instruction at prior Educational Institution(s) English French Bilingual Other

Self-Identification

Please indicate which of the following group(s) you self-identify with

Person with a Disability Racialized Person Indigenous Person (First Nations, Métis or Inuit) Prefer not to answer

If you self-identify as an Indigenous person, are you

First Nations Métis Inuit Prefer not to answer

Employment Insurance (EI) Status

Currently in receipt of EI Received EI in the last 3 years but not currently receiving
 Application for EI in progress Application for EI denied None of the Above

Section 2 – Verification/Proof of Education and Age

You must provide documented proof of age, SIN and education for examination and verification by MLTSD. Indicate the type of document in each of the sections below. You can provide your documentation to MLTSD by (in order of preference):

- visiting your local MLTSD apprenticeship office and providing the original documents in person; or
- scanning and forwarding the documents via secure email to your local MLTSD apprenticeship office; or
- sending photocopies (not originals) of the documents to your local MLTSD apprenticeship office through secure mail.

To find the contact information and address of your local MLTSD apprenticeship office, go to <https://www.ontario.ca/page/employment-ontario-apprenticeship-offices> or call the Employment Ontario Contact Centre toll-free at 1-800-387-5656 (416-326-5656 in the Toronto) or TTY 1-866-533-6339.

Proof of Age (indicate at least one from the list, below)

Baptismal certificate Birth certificate Driver's licence Passport (Valid or Expired)
 Nexus card Ontario/Canadian registration licence Ontario photo card (new Ontario ID card)

Or one of the following, with (if not a photo ID) a recent photo accompanied by a letter from a notary public or lawyer naming you and confirming the date of the photo:

Certificate of Canadian citizenship or naturalization (not commemorative issue) Government of Canada certificate of Indian or Métis status
 Current identity document issued by a Canadian government ministry or agency with a vigorous registration or security clearance process (OPP or RCMP security check)

Proof of Social Insurance Number (indicate one from the list below)

SIN card Government income tax form Record of employment (ROE)

Proof of Education and/or Training (indicate at least one from the list below)

Academic transcript
 Secondary school diploma
 Postsecondary certificate, diploma or degree
 Trade certificate
 Academic upgrading certificate
 GED certificate

Proof of education and training indicated above is from (indicate at least one from the list below)

Canada
 Another country

Section 3 – Sponsor (or Employer) Information (e.g., Where you are working in the trade)

| | | |
|---|----------------------|--|
| Full Legal Name of Sponsor | | Ministry-issued Sponsor ID Number (if known) |
| <input type="text"/> | | <input type="text"/> |
| Mailing Address of Sponsor | | |
| Unit Number | Street Number | Street Name |
| <input type="text"/> | <input type="text"/> | <input type="text"/> |
| City/Town | | Postal Code |
| <input type="text"/> | | <input type="text"/> |
| Province | Postal Code | |
| <input type="text"/> | <input type="text"/> | |
| Sponsor Telephone Number | Email Address | Fax Number |
| <input type="text"/> | <input type="text"/> | <input type="text"/> |
| Applicant's Start Date of Employment (dd/mm/yyyy) | | Applicant's Regular Working Hours per Week |
| <input type="text"/> | | <input type="text"/> |
| Information about Sponsor's Representative | | |
| First Name | Middle Initial | Last Name |
| <input type="text"/> | <input type="text"/> | <input type="text"/> |
| Work Telephone Number | Email Address | Job Title |
| <input type="text"/> | <input type="text"/> | <input type="text"/> |
| Signature of Sponsor's Representative | | Date (dd/mm/yyyy) |
| <input type="text"/> | | <input type="text"/> |

Step 3: Accepting Your Trade Agreement



If your application is approved, the Ministry will create a Registered Training Agreement (RTA) for you and your sponsor. You will accept this training agreement by signing the agreement.

As part of your training, you will receive a logbook to track the development of your skills. Use this book to help you and your sponsor keep track of your progress.

The ministry will also assign an Employment and Training Consultant to help you with any questions you might have about your CDP Apprenticeship.

Roles and Responsibilities as an Apprentice

Now that you have signed your agreement with the Ministry and your sponsor you will have some roles and responsibilities to follow to ensure success and completion of your apprenticeship.

- Practice safe work habits
- Use your apprenticeship training standard as a journal to keep track of which skills you have achieved
- Talk over your training plan with your Training Consultant, Employer or Sponsor
- Ask questions and keep asking
- Talk to your employer about your training needs
- Demonstrate enthusiasm and good work habits
- Ensure that you and your supervisor/trainer sign off skill/skill sets upon demonstration of competency

Step 4: Certification and Starting your Career

The first step towards being certified is completing the required hours on the job and all the required levels of technical training (both in school and on the job).

The Child Development Practitioner Apprenticeship Program consists of 23 courses: 17 theory courses and 6 placements (5280 hours on the job).

In School Training

Once you receive your offer of classroom training from the Ministry of Labour, Immigration, Training and Skills Development you will then complete your registration with the Training Delivery Agent or college. You must be a registered apprentice and have received an offer of classroom training from the Ministry to register for your classes.



Some of the courses and topics you will cover as a CDP include:

- Nutrition and health
- Child development and milestones
- Child protection and duty to report
- Philosophies and models of early childhood development
- Legislation and social policy in early learning
- Foundations of Early Learning Environment
- Inclusive Practice and Advocacy
- Child and Family Community

There are many colleges in Ontario that offer the Child Development Practitioner Apprenticeship Course.

Activity 1: Doing Your Own Research

1. Using the internet search for colleges that offer the Child Development Practitioner Apprentice Program. Share your research by filling in the table provided. Rank (number) the colleges after your research (#1 being your first choice).

| College (Name, address, and website) | Online, in class or both offered | My Ranking (Choices) |
|---|-------------------------------------|----------------------------|
| | | |
| | | |
| | | |
| | | |
| | | |
| | | |

Receiving Your Certificate of Apprenticeship (C of A)

To apply for your certificate, you will need to complete all your in-school training and the required skills and hours for the trade. All the required skills and hours will need to be signed off by you and your sponsor in your logbook (your Apprenticeship Schedule of Training). This is a non-compulsory trade so there is no required exam needed to receive your certificate.

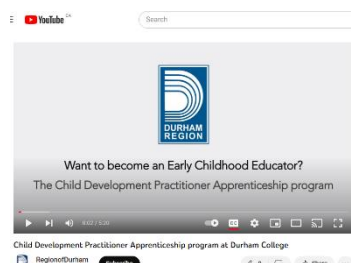
Next, you will need to contact your Employment and Training Consultant to let them know you are ready to apply for your certificate. They will require a letter from your sponsor letting them know that you have completed your training and proof that you have finished your schooling. It is important to finish this step to receive your Apprenticeship Certificate, some employers offer incentives to an apprentice who have earned this certificate.

Activity 2: Learning about the CDP Program

Watch the following videos to learn more about the CDP Apprenticeship Program at one of Ontario's Colleges and to hear about experiences of others that are completing their CDP Apprenticeship.

[Child Development Practitioner Apprenticeship program at Durham College - YouTube](#)

https://www.youtube.com/watch?v=6RmEXCm_RwE



Natasha

[Natasha, apprentice through the Child Development Practitioner Apprenticeship program - YouTube](#)

<https://www.youtube.com/watch?v=fjPbKetKXpA>

Caitlin

[Caitlin, an apprentice through the Child Development Practitioner Apprenticeship program - YouTube](#)

<https://www.youtube.com/watch?v=p0UEyNf0xkg&t=9s>

1. After watching the videos what are some things that these students liked about working as a CDP Apprentice and about the Apprenticeship Program?

2. What are some of the benefits of the Apprenticeship Program that you learned about in these videos?

Where Can a CDP Apprenticeship Complete their Placements?

CDP Apprentices can find work in a variety of settings. Your placements and volunteering in different settings can help you decide which setting you like best. All placements are to be completed at Ontario Licensed Childcare Centres.

Some of these include childcare centres, preschool sections of hospitals and schools, Ontario Early Years Centres, and Kindergarten classrooms.

Activity 3: Learning about Your Placement Requirements

1. As part of your CDP apprenticeship you will be required to complete placements in a variety of settings. This requirement is discussed in the Apprenticeship Curriculum Standard Booklet which can be found on the Skilled Trades Ontario website. Please go to this website and refer to page 8. This Booklet is also a great resource to you for other information about becoming a CDP Apprentice.

[cdp-curriculum-620c-eng-final-draft-dec-19-2016.pdf](https://www.skilledtradesontario.ca/wp-content/uploads/2021/11/cdp-curriculum-620c-eng-final-draft-dec-19-2016.pdf)
([skilledtradesontario.ca](https://www.skilledtradesontario.ca))

<https://www.skilledtradesontario.ca/wp-content/uploads/2021/11/cdp-curriculum-620c-eng-final-draft-dec-19-2016.pdf>

On Pg 8 they discuss your Field Placement Requirements as a CDP Apprentice, use this information to fill in the chart with some ideas of potential placements you would like.

| Setting | Potential Placement Ideas | Contact Information (Website) |
|-------------------------------|----------------------------------|--------------------------------------|
| Foundations of Early Learning | | |
| | | |
| | | |
| | | |
| | | |

Further Education

When you have completed both the classroom training and on the job training hours and received your Child Development Practitioner Certificate of Apprenticeship you then have the option to bridge into the Diploma in Early Childhood Education (ECE) Program at an Ontario College. This would usually be done at the college you do your Apprenticeship in class education with.

If you decide to continue your studies, you will need to complete 4 additional college credits. Once you have successfully completed these extra credits and received your ECE Diploma you can then register with the Ontario College of Early Childhood Educators (OCECE) to become a Registered Early Childhood Educator (RECE).

Activity 1: Planning Ahead

1. Do you think this a good option for after you have completed your Apprenticeship and received your Certificate of Apprenticeship? Why or why not?

Employment Outlook for CDP Apprentices

Career or employment outlook is a prediction of the change in the number of people employed in a specific job over a set period. When choosing a career or job, it's important to take into consideration whether there will be jobs available in your chosen field.



Activity 1: Employment Research

1. Do you think CDP Apprentices (ECE's) will have job stability in the future? Why or why not?

2. Access the Canada job bank labour market information page. You can also check local municipal and provincial websites if you wish to do so.

[Trend analysis - Explore the market - Job Bank](https://www.jobbank.gc.ca/trend-analysis)

<https://www.jobbank.gc.ca/trend-analysis>



- Search for early childcare jobs
- Select the province of Ontario
- Complete the chart provided

| | |
|--|-----------------|
| Occupation | Early Childcare |
| Wages | |
| Outlook | |
| Number of job postings in your area | |
| Requirements | |
| Skills | |

Staying Motivated and Dealing with Stress While Completing your Apprenticeship

Staying motivated to complete a plan can be difficult at times.

Motivation is an important skill to have, when you are motivated then you most likely want to do something well. You have a quality of work in mind that you want to achieve, and you will work hard to accomplish that.



Being motivated means you are committed to reaching your goal and you believe in yourself that you can be successful.

Things that can help with motivation

1. Writing down your goals. Writing down your goals will help you stay organized.
2. Using creative visualization – picture yourself accomplishing your goals.
3. Break down tasks – breaking down your goal into smaller tasks, making it easier to accomplish.
4. Positive Language – using positive language to promote and encourage your success.

Activity 1: How to Stay Motivated

1. How have you been able to stay motivated in the past? Have you tried any of the suggestions above? Have they worked for you? Share your experiences and thoughts on staying motivated below.

Stress Management

Many of us will have stressful experiences at some point in our lives from home, work or other sources. Managing your placement, college courses and possibly a family or work can be stressful at times. We often underestimate how that is influencing us. It is important to have a stress-reduction plan, activities that help reduce and manage the stress in our lives. Also, recognizing the signs of stress within ourselves and dealing with them rather than taking them out on co-workers, parents, children.



Activity 2: Dealing with Stress

1. What are some signs of stress? You may use a web browser to search the internet for signs of stress to help answer this question.

2. List 4 self-care methods that you use to reduce and manage your stress.

- 1) _____
- 2) _____
- 3) _____
- 4) _____

Congratulations! You have finished this course.



Answer Guide

Step 1: Find an Employer/Sponsor

Activity 1: Planning to Find a Sponsor

1. Answers will vary, learner should share a plan that they have created to find a sponsor for their Apprenticeship using some of the suggestions in the readings.

Activity 2: Preparing for a Job Interview

1-7 Answers will vary, this a good chance for the learner to practice interview questions with their instructor or another learner.

Activity 3: Gaining Information from a Video

1. Answers will vary but should include at least 3 of these benefits.

- *Makes us feel better*
- *Stimulates our brain*
- *Helps reduce your stress level/reduces the level of stress enhancing hormones*
- *Increases the level of mood enhancing hormones*
- *Reduces overall blood pressure*
- *Makes you appear more confident*

Activity 1: Filling in the Application

Answers will vary, learner should have the application filled in with a pen, using neat printing and proper information in the correct spaces. You can also download this application at <https://forms.mgcs.gov.on.ca/en/dataset/022-12-1661>

Step 4: Certification and Starting your Career

Activity 1: Doing Your Own Research

1. Answers will vary, learner will do their own research to find colleges that offer the CDP Apprenticeship Program and fill the chart in, ranking their college choices. Some colleges that offer this program include George Brown, Fanshaw, Durham, Loyalist, Conestoga, Seneca and Loyalist.

Activity 2: Learning about the CDP Program

1. Answers will vary, learner should share some things they felt the students in the video enjoyed about being a CDP and the program. These could include: enjoyed being able to express their creativity with children, flexible program, being able to apply what they have learned

right away at their job and placements, networking with their peers about their experiences working in different organizations, application process is easy.

2. Answers will vary, learner should share some of the benefits that they learned about the program. This could include: a flexible schedule, being able to work and upgrade their education at the same time, affordable (grants and as apprentice you get paid), a good balance of school and work, you gain experience and knowledge at the same time

Activity 3: Learning about your Placement Requirements

1. Learners should use this pdf to fill in the chart

[cdp-curriculum-620c-eng-final-draft-dec-19-2016.pdf](https://www.skilledtradesontario.ca/wp-content/uploads/2021/11/cdp-curriculum-620c-eng-final-draft-dec-19-2016.pdf)
([skilledtradesontario.ca](https://www.skilledtradesontario.ca))

<https://www.skilledtradesontario.ca/wp-content/uploads/2021/11/cdp-curriculum-620c-eng-final-draft-dec-19-2016.pdf>

Settings should be filled in with:

- *Foundations of Early Learning*
- *Pre-School Learning Environment*
- *School-age Learning Environment*
- *Infant and Toddler Learning Environment*
- *Advanced Placement*

Learner should fill in a potential placement for each setting.

Further Education

Activity 1: Planning Ahead

1. Answers will vary, learner should share their opinion on bridging to the ECE Program after completing their CDP apprenticeship.

Employment Outlook for CDP Apprentices

Activity 1: Employment Research

1. Answers will vary, they should include a reason for their opinion.

2. Answers will vary depending on the search and day of search.

Staying Motivated and Dealing with Stress

Activity 1: How to Stay Motivated

1. Answers will vary, learner should share how they have stayed motivated in the past, if they have tried any of the suggestions and some of their experiences on keeping motivated.

Activity 2: Dealing with Stress

1. Some signs of stress could include trouble sleeping or eating, headaches, difficulty focusing, high blood pressure, dizziness, feeling depressed or anxious.

2. Answers will vary, learner should share 4 self-care methods that they use to reduce or manage their stress.