



RED SEAL EXAM

SELF-ASSESSMENT GUIDE

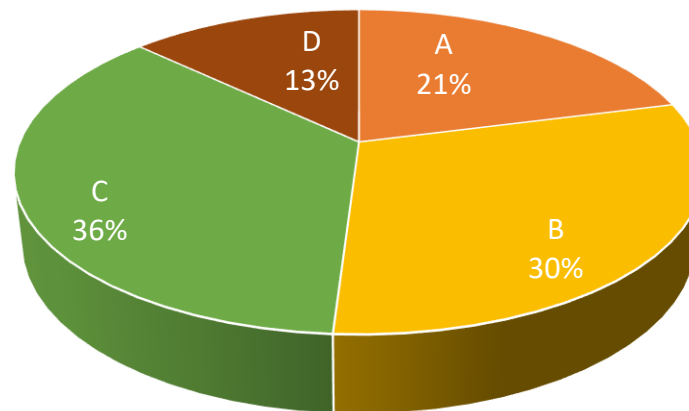
LATHER (INTERIOR SYSTEMS MECHANIC)



Red Seal Exam Weighting

This pie chart represents the distribution of questions on the Red Seal Exam. The self-assessment on the next pages shows the Tasks and Sub-tasks within each Major Work Activity and the number of questions assigned to each Major Work Activity and Task.




The Red Seal Exam for this trade has 125 questions.



	Major Work Activity / Exam Section	Percentage of Questions	Number of Questions out of 125
A	Performs common occupational skills	21%	27
B	Performs framing activities	30%	37
C	Installs interior systems	36%	45
D	Installs exterior systems	13%	16

Breakdown of Red Seal Exam Questions and Self-Assessment

Rate your own understanding and experience with each task. Look at the activities that make up each task and consider your experience with them of them when rating yourself. Be honest!

-  **LOW** I have **no or very little understanding or experience** in this activity
-  **MEDIUM** I **understand** this activity and have **some experience** doing it in **limited** situations
-  **HIGH** I have a **very good understanding** of this activity and am **fully competent** in doing it in **many** situations

This is not intended to accurately predict how you will actually do on the exam – there may be areas where you are over-confident or under-confident. But it should give you an idea of your strengths and weaknesses.




After you rate your own knowledge and experience as **LOW**, **MEDIUM** or **HIGH**, check how many questions there are and write down how many you think you will get correct.




LOW, you may not get many of those questions right.




MEDIUM, you might get some right.




HIGH, you expect to be able to get most of those questions right.




Comparing your scores with the number of questions on the exam will help you identify which areas you need to prepare the most. Add up your scores from each section to get an idea of your overall readiness for the exam.




	 LOW Understanding / Experience	 MEDIUM Understanding / Experience	 HIGH Understanding / Experience	Number of questions on the Red Seal exam	Based on your self-rating, how many of the questions do you think you will get correct?
A – Performs common occupational Skills					
Task A-1 Performs safety-related functions A-1.01 Maintains safe work environment A-1.02 Uses personal protective equipment (PPE) and safety equipment	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	3	<input type="text"/>
Task A-2 Uses tools and equipment A-2.01 Uses hand tools A-2.02 Uses power tools and equipment A-2.03 Uses powder-actuated tools A-2.04 Uses gas-actuated tools A-2.05 Uses pneumatic tools (NOT COMMON CORE) A-2.06 Uses layout and measuring devices	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	6	<input type="text"/>
Task A-3 Organizes work A-3.01 Uses documentation and reference materials A-3.02 Uses blueprints and drawings A-3.03 Plans project tasks A-3.04 Estimates materials and supplies	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	7	<input type="text"/>




	 LOW Understanding / Experience	 MEDIUM Understanding / Experience	 HIGH Understanding / Experience	Number of questions on the Red Seal exam	Based on your self-rating, how many of the questions do you think you will get correct?
Task A-4 Performs routine trade activities A-4.01 Performs measurements A-4.02 Uses jigs and templates A-4.03 Handles materials, supplies and products A-4.04 Lays out work	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	8	<input type="text"/>
Task A-5 Uses communication and mentoring techniques A-5.01 Uses communication techniques A-5.02 Uses mentoring techniques	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	3	<input type="text"/>
Total number of questions for this section:				27	<input type="text"/>

	 LOW Understanding / Experience	 MEDIUM Understanding / Experience	 HIGH Understanding / Experience	Number of questions on the Red Seal exam	Based on your self-rating, how many of the questions do you think you will get correct?
B – Performs framing activities					
Task B-6. Erects non loadbearing steel assemblies. B-6.01 Frames non-loadbearing walls B-6.02 Frames spanned ceilings B-6.03 Frames suspended drywall ceilings B-6.04 Frames non-loadbearing bulkheads B-6.05 Installs metal door and window frames B-6.06 Installs backing	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	22	<input type="text"/>
Task B-7 Erects loadbearing steel assemblies B-7.01 Frames loadbearing walls B-7.02 Frames exterior ceilings and soffits B-7.03 Frames loadbearing bulkheads B-7.04 Frames loadbearing floors B-7.05 Frames loadbearing roofs	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	15	<input type="text"/>
Total number of questions for this section:				37	SUM OF YOUR EXPECTED CORRECT ANSWERS <input type="text"/>

	 LOW Understanding / Experience	 MEDIUM Understanding / Experience	 HIGH Understanding / Experience	Number of questions on the Red Seal exam	Based on your self-rating, how many of the questions do you think you will get correct?
C – Installs interior Systems					
Task C-8 Installs wall systems and components C-8.01 Installs demountable walls C-8.02 Installs drywall C-8.03 Finishes drywall C-8.04 Installs drywall trims and mouldings C-8.05 Installs security mesh C-8.06 Installs access panels	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	15	
Task C-9 Installs ceiling systems C-9.01 Installs suspended ceilings C-9.02 Installs non-suspended ceilings	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	14	
Task C-10 Installs access flooring systems C-10.01 Installs pedestals and supporting hardware C-10.02 Installs flooring panels	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	2	

	 LOW Understanding / Experience	 MEDIUM Understanding / Experience	 HIGH Understanding / Experience	Number of questions on the Red Seal exam	Based on your self-rating, how many of the questions do you think you will get correct?
Task C-11 Installs sound barriers and lead radiation shielding C-11.01 Installs sound barriers C-11.02 Installs lead radiation shielding	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	5	
Task C-12 Installs smoke and fire barriers C-12.01 Installs shaft wall systems C-12.02 Seals penetrations C-12.03 Encloses beams, columns and staircases to achieve desired fire rating	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	9	
Total number of questions for this section:				45	SUM OF YOUR EXPECTED CORRECT ANSWERS <div style="background-color: #cccccc; height: 20px; width: 100%;"></div>

	 LOW Understanding / Experience	 MEDIUM Understanding / Experience	 HIGH Understanding / Experience	Number of questions on the Red Seal exam	Based on your self-rating, how many of the questions do you think you will get correct?
D – Installs exterior systems					
Task D-13 Installs insulation and membranes D-13.01 Installs thermal insulation D-13.02 Installs interior/exterior membranes	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	8	<input type="text"/>
Task D-14 Prepares surface for exterior finishes D-14.01 Installs exterior sheathing D-14.02 Installs lath D-14.03 Installs Exterior Insulation Finish System (EIFS) (NOT COMMON CORE)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	6	<input type="text"/>
Task D-15 Installs exterior finishes D-15.01 Fabricates panels D-15.02 Installs pre-manufactured panels	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	2	<input type="text"/>
Total number of questions for this section:				16	SUM OF YOUR EXPECTED CORRECT ANSWERS <input type="text"/>

	 LOW Understanding / Experience	 MEDIUM Understanding / Experience	 HIGH Understanding / Experience	Number of questions on the Red Seal exam	Based on your self-rating, how many of the questions do you think you will get correct?
<p>Now, add up the totals you gave yourself for each section.</p>				TOTAL NUMBER OF QUESTIONS 125	MY EXPECTED TOTAL <input data-bbox="1770 587 1990 657" type="text"/>

Interpreting your Self-Assessment

What score did you give yourself?

Divide it by the number of questions to get a percentage.

The passing mark for the Red Seal exam is 70%. If you rated yourself higher than that overall, you feel pretty confident that your experience and knowledge in the trade are good enough for a pass. However, remember that this self-assessment is just a guide. We still encourage you to develop a study plan and to consider the areas where you rated yourself as less confident.

If your overall score is less than 70%, you might have more work to do. Look more closely at your scores section by section. What are the areas where you have the most to gain?

Look over the Red Seal Exam Preparation Guide for more advice.