
Preparing for the Red Seal (Inter Provincial) Exam

After years of apprenticeship and study you will have the opportunity to write the inter provincial Red Seal examination in your trades area.

It is essential that you are familiar with the occupational standard of your trade when preparing for the Red Seal Exam. Talk to your fellow workers in the trade about good learning resources and learn from one another. Consider connecting with The Learning Centre to find a tutor for areas that you need support with. You can see your trade's Occupational Standard here:

https://www.red-seal.ca/eng/trades/tr.1d.2s_1.3st.shtml

Every single exam question is linked to a **Sub-task** that is in the occupational standard.

What Is the Red Seal Exam Format?

Each Red Seal exam's questions are developed to assess the activities laid out in the Red Seal Occupational Standard. The exam breakdown for your trade can be found here: https://www.red-seal.ca/eng/resources/.2x.1ms_c.4.5ns.2ll.3ng.shtml

The format of the questions is multiple-choice. Each question is worth one mark. There are no trick questions. Of the four choices provided, there is only one correct answer. The Red Seal Exam has a pass mark of 70%. The writing time is four hours.

Types of Questions

There are three types of questions that you will see on Red Seal Exams:

- **Knowledge and Recall** – tests your ability to recall and understand definitions, facts and principles.
- **Procedural and Application** – tests your ability to apply your knowledge of procedures to a situation.
- **Critical Thinking** – tests your ability to interpret data, solve problems and arrive at valid conclusions.

You will want to study to answer each type of question.

More Information

Self-Assessment Tool

The Red Seal website has a self-assessment tool for each trade (<https://www.red-seal.ca/eng/resources/selfexamlist.shtml>). This is designed to give you an idea of your strengths and weaknesses so that you can brush up in areas that you feel need more study. It cannot accurately predict your results on the Red Seal Exam.

Sample Questions

There are Red Seal Sample Exam questions at: https://www.red-seal.ca/eng/resources/s.1mpl.2_q.5.2st.3.4ns.shtml that can give you a good overview of the types of questions you can expect

Further Prep Resources for purchase

You can also purchase further also prep resources at <https://www.redsealexamprep.com/> for many trade areas. By going through this material package, you will be fully prepared and confident in challenging your exam.

Good Luck!

