

Unlocking Your Potential: Tips for Apprentices Evaluations

Descriptive Transcript

Video Title: Unlocking Your Potential: Tips for Apprentices Evaluations

Scene 1:

Audio: [upbeat music]

Video: Registered Apprenticeship Academy logo

Scene 2:

Audio: Do you get anxious when you hear the word evaluation?

Video: Person sitting on chair with hands tapping their legs.

Scene 3:

Audio: Evaluations and feedback are a continual part of our personal and professional lives. Both provide growth opportunities.

Video: Two people wearing white lab coats looking at laptop.

Scene 4:

Audio: During registered apprenticeship programs, apprentices receive routine evaluations of their performance on the job and in related instruction.

Video: Two people wearing welding safety helmets working together indoors.

Scene 5:

Audio: Evaluations take place throughout the program and before completion. Check with your program regarding the schedule.

Video: Two people sitting next to each other with books spread out on the table around them.

Scene 6:

Audio: Evaluations are integral to apprenticeship programs for registered apprentices and program sponsors.

Video: Two people having an animated discussion sitting across from one another at a desk.

Scene 7:

Audio: While apprentices can use evaluations to grow personally and meet career goals.

Sponsors use evaluations to adjust their registered apprenticeship programs for success.

Video: Woman holding a tablet looking at sticky notes on window.

Scene 8: Audio: This short video provides registered apprentices with

Video: A group of four apprentices, smiling and celebrating with one another.

Scene 9:

Audio: Tips for before, during, and after an evaluation.

Video: Black text on a light green background.

Scene 10:

Audio: Before: engage in self-evaluation, reflect on how you are doing and give yourself a rating on common job duties.

Video: Black text on a light green background. Person gesturing with hand on head.

Scene 10:

Audio: Be positive. Evaluations do not need to be a negative experience.

Video: Black text on a light green background.

Scene 11:

Audio: Approach them with an open mind and growth mindset.

Video: Two people talking while looking at a piece of equipment.

Scene 12:

Audio: During: Listen actively, be receptive to feedback, and listen carefully to understand areas for growth. It's easy to get defensive during evaluations.

Video: Person nodding. Black text on blue background.

Scene 13:

Audio: Remember, your Registered Apprenticeship program is a learning experience in addition to it being your career.

Video: Two people having a discussion looking at tablet screen.

Scene 14:

Audio: Participate. Ask questions if you need clarification.

Video: Black text on blue background.

Scene 15:

Audio: Exercise your voice by offering feedback to your supervisors about your learning experience.

Video: Two people sitting at table in front of laptops having a conversation.

Scene 16:

Audio: After.

Video: Person holding tablet and pencil gesturing thinking. Black text on green background

Scene 17:

Audio: Create an action plan. Focus on two or three things you can implement immediately.

Video: Black text on a light green background.

Scene 18:

Audio: Reflect.

Video: Black text on a light green background.

Scene 19:

Audio: What did I learn about myself and my progress? What might I do differently next time?

Video: Person sitting with open notebook on table in front of them gesturing reflection.

Scene 20:

Audio: Receiving and responding to feedback from evaluations will help you successfully complete your Registered Apprenticeship program. Embrace the opportunity by actively participating and applying what you learned on the job.

Video: Grid with four quadrants. Top left: two people working in a wood shop. Top right: Person surveying outdoors. Bottom left: A person sitting on the bed next to a patient. Bottom right: Two people looking at paper together indoors.

Scene 21:

Audio: For more information about how to succeed in your Registered Apprenticeship, visit

www.apprenticeship.gov/registered-apprenticeship-academy

Video: Information icon and web address on yellow background.