



### **330 RCACS – Level 5 Training Program Proposal**

Rank: \_\_\_\_\_ Last Name: \_\_\_\_\_ First Name: \_\_\_\_\_ Date: \_\_\_\_\_

Please review the level five qualification standard and plan (QSP) with your level officer and determine the most suitable training program for you based on the following requirements. Remember that the training program you develop is your responsibility; your level officer will assist with periodic progress meetings but ensuring completion of the program is your responsibility. Ensure that any deadlines or commitments set are achievable and reasonable. This program is developed to span a period of two years however can be completed sooner depending on the amount of effort you put in. Should you have any questions completing this proposal, see your level officer. Good luck!

**Complimentary Training – Self-Study Packages:** Select **three** self-study packages for completion. These packages will consist of a reading assignment along with questions or activities to complete based on the reading assignment. Additional packages can be completed on your own time for your own personal development but will not be marked. Limited time will be provided to complete your three packages at the LHQ, it is expected that you allocate your own time to complete these packages. Descriptions of each package can be found in the level five QSP.

- |  |  |   |
|--|--|---|
| _____ Reflect Upon Individual Global Citizenship                   | _____ Identify Volunteer Opportunities with the Air Cadet League of Canada | _____ Examine Aspects of Flight Safety  |
| _____ Analyze a Global Issue                                       | _____ Reflect Upon the Cadet Experience                                    | _____ Examine the Canadian Bush Pilot Industry  |
| _____ Examine Meeting Procedures                                   | _____ Monitor Instruction  | _____ Examine Aspects of Aircraft Manufacturing and Maintenance through the Development of Aerobatic Aircraft |
| _____ Examine the Use of Technology in Physical Fitness Activities | _____ Fly a Cross Country Flight Using a Flight Simulator                  | _____ Analyze an Aircrew Survival Case Study  |
| _____ Identify Service Opportunities for a CIC Officer             | _____ Reflect on Canada's Contribution to Aerospace Technology             |   |

**Regionally Facilitated Workshops:** Select only **four** regionally facilitated workshops that interest you. Descriptions of each workshop can be found in the level five QSP. Workshops will consist of cadets from all elements across the GTA. All of your four selected workshops will span one weekend. Accommodations and meals will be provided. These workshops are encouraged to build the knowledge you have already acquired throughout your years of training in the cadet program.

- |   |   |  |
|---|---|--|
| <input type="checkbox"/> Time Management                            | <input type="checkbox"/> Learning                           | <input type="checkbox"/> Communication             |
| <input type="checkbox"/> Supervision                                | <input type="checkbox"/> Environment & Classroom Management | <input type="checkbox"/> Tools                     |
| <input type="checkbox"/> Ethics: Making Tough Choices               | <input type="checkbox"/> Personality & Group Dynamics       | <input type="checkbox"/> Unit Command              |
| <input type="checkbox"/> Corrective Action & Positive Reinforcement | <input type="checkbox"/> Stress Management                  | <input type="checkbox"/> Team Working Relationship |
| <input type="checkbox"/> Dynamic Instruction                        | <input type="checkbox"/> Team Building                      |  |
|   | <input type="checkbox"/> Healthy Relationships              |  |

**Community Service Hours:** You must complete a minimum of 45 hours of community service. Completing 70+ hours of community service will grant you an “exceeded the standard” notice on your training record. Your community service hours must include a variety of squadron, community, school, or individual activities. Suggestions of community service activities are indicated in the level five QSP. If you have difficulty finding activities, speak to your level officer. Please complete the following table for your proposed hours, be specific regarding the activities. Include an additional sheet should you require more space.

Organization	Activity (be specific)	Date Completed By	Proposed Hours
EXAMPLE. RCAC	Poppy Drive	June 2013	6

**Leadership Assignment:** You must complete and be assessed on a minimum of one leadership assignment. An evaluation form and rubric are included in the level five QSP. A leadership assignment consists of a short term activity such as running a survival exercise, running a cadet fitness assessment, etc. Speak to your level officer if you are unable to decide upon an assignment. Indicate your assignment below.

\_\_\_\_\_

**Leadership Appointment:** Select a leadership appointment that will span the entire training year. Examples of leadership appointments include the following: (flight commander, flag party commander, ARMI, F&SI, SI, Supply NCO, Ops NCO, Trg NCO, etc.). Feel free to use one of the examples or determine your own. Speak to your level officer if you are unable to decide upon an appointment. Indicate your appointment below.

Leadership Appointment: \_\_\_\_\_

Appointment Expectations: \_\_\_\_\_

\_\_\_\_\_

Appointment Goals: \_\_\_\_\_

\_\_\_\_\_

**Leadership Project:** A leadership project is more long term when compared to a leadership assignment. Your leadership project will consist of a proposal, preparation, and conducting of an exercise/activity, etc. The evaluation form and rubric are included in the level five QSP. Speak to your level officer if you are unable to decide upon a project. Indicate your project below, be specific.

Project:

\_\_\_\_\_

Goals:

\_\_\_\_\_

Key Dates:

\_\_\_\_\_

**Physical Fitness Hours:** You must complete a minimum of seven hours of physical fitness over 16 weeks. Completing seven hours of physical fitness over 24 weeks will result in “exceeded the standard” indicated on your training record. Your physical fitness activities must include a variety of **individual, group, indoor, and outdoor activities**. If you have difficulty finding activities, speak to your level officer. Please complete the following table for your proposed hours, be specific regarding the activities. Include an additional sheet should you require more space.

Organization	Activity (be specific)	Type of Activity	Date Completed By	Proposed Hours
EXAMPLE. RCAC	Fitness Club	Group	June 2013	10

**Individual Learning Plan (ILP):** Select an individual learning plan which identifies an air cadet topic that interests you (see below). Your ILP **must** meet the following requirements which are also identified in the level five QSP:

- Potential for Individual Development – builds upon cadet program experiences which apply towards future goals set by the cadet

- Aims, Mission, & Participant Outcome – uses topic areas from the cadet program to contribute positively to the transition of the cadet to adulthood
- Time Commitment – requires an additional time commitment from the cadet
- Difficulty – offers a considerable challenge and an acquisition or refinement of multiple skills
- Variety – Includes two or more unique experiences in completing the ILP

Upon completion of your ILP you must present how this information was beneficial to you. Presentations can consist of but are not limited to the following: written report, powerpoint, lecture, blog, webpage, video, photo journal, tour, etc. Select one of the following ILP subject topics (more detail can be found on pages 51-52 of your log book):

- |  |  |
|--|--|
| <input type="checkbox"/> Citizenship                       | <input type="checkbox"/> Emotional & Physical Well Being |
| <input type="checkbox"/> Leadership                        | <input type="checkbox"/> Social Competence               |
| <input type="checkbox"/> Physical Fitness                  | <input type="checkbox"/> Cognitive Competence            |
| <input type="checkbox"/> Activities of the Canadian Forces | <input type="checkbox"/> Music                           |

Specific topic within above selected subject:

---

Learning Goals:

---

Key Dates:

---

**Remember: This is YOUR training program. You will be required to complete it amongst conducting on the job training (OJT) within the squadron. You have plenty of resources available, so make use of them! Scheduling progress meetings with your level officer is highly encouraged. By signing below you accept responsibility for this training program, have a put in a sincere effort in developing it, and will strive to complete it within the prescribed time.**

\_\_\_\_\_  
Cadets Signature

\_\_\_\_\_  
Date

**Commanding Officer Approval & Comments:**     Approved     Not Approved

\_\_\_\_\_  
CO's Signature

\_\_\_\_\_  
Date