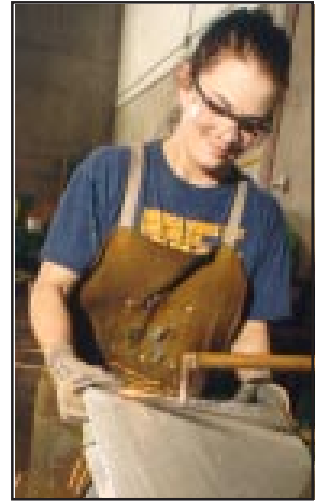




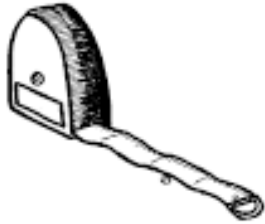
Trades Offer Girls Options (TO GO)
503-335-8200 x24
1714 NE Alberta
Portland, OR 97211
www.tradeswomen.net



Next Steps on the Pathway to a Career as a Sheet Metal Worker

Learn Math: It Pays.

What you study in the classroom will help you succeed in the field. Most sheet metal apprenticeship programs require, at a minimum, a C or better in high school algebra. *The more math you know, the better your chances for acceptance into apprenticeship.* Register for these math and science classes:



Algebra
Applied Mathematics
Chemistry
Calculus

Geometry
Physics
Trigonometry



Take Shop: Get Hands-on Experience.

Employers and apprenticeship programs are looking for applicants with *experience*. Enroll in your high school's trades-related classes. Sign up for metals classes or other classes that utilize mechanical skills like woodworking, cabinetry, drafting, architecture, and engineering. *Almost any class that applies math and let's you develop your mechanical abilities will earn you points toward apprenticeship.*



If your high school does not offer shop classes, check out the class selection at your local community college or hardware stores.

Look for summer opportunities! Learn about the Oregon Building Congress and the Summer Construction Academy:
<http://www.obcweb.com> or call 503-685-8313.

Build Your Resume: Volunteer!

Volunteering in the realm of construction allows you to advance your career while you give back to your community. Many valuable skills and glowing recommendations can be gained by working with non-profit organizations that build or repair homes.

Contact Habitat for Humanity at <http://www.habitat.org/local/> to find local chapters.

Be sure to secure *written documentation* of the work you do and classes you take, as well as written recommendations from supervisors or crew leaders.

Apply for Apprenticeship: Earn as You Learn.

Apprenticeship is the *paid-on-the-job-training* to become a sheet metal worker. You can apply to either the open-shop or union apprenticeship program in your area.

For more information, see the back of this page.

Ask about Apprenticeship: For a Focus on Sheet Metal.



The Bureau of Labor and Industries can provide contact information for all of the sheet metal apprenticeship programs in your area.

In Oregon, contact the Bureau of Labor and Industries Apprenticeship Division.

<http://www.boli.state.or.us/apprenticeship/index.html>

For information on becoming an apprentice call
503-731-4072 in Portland,
541-686-7623 in Eugene, 541-322-2435 in Bend
or 541-776-6201 in Medford.

In Washington, contact the Department of Labor and Industries.

<http://www.lni.wa.gov/scs/apprenticeship/>

900 Ocean Beach Hwy, S-10 in Longview, WA 98632-4013

Oregon Tradeswomen, Inc. also lists apprenticeship openings:
www.tradeswomen.net

Union Sheet Metal Apprenticeship: The Sheet Metal Training Center

2379 NE 178th Ave
Portland, OR 97230
503-257-1022

www.sheetmetal-16.org

Open-shop Sheet Metal Apprenticeship: Associated Builders & Contractors

12256 SW Garden Pl.
Tigard, OR 97223
503-598-0522

www.abc.org

Find a “Pathway” Job: Handle Materials.

Sheet metal workers do a wide variety of work. The sheet metal industry is all around us and helps supply the air we breathe in buildings. Sheet metal workers fabricate and install air ducts; that’s HVAC (Heating, Venting, Air Condition). Architectural sheet metal workers create ornamental roofs. To prepare for a career in sheet metal, ask about pre-apprenticeship positions in the industry. These jobs will give you hands-on experience with materials and tools a sheet metal worker would use.



Reach Out to Resources: Get the Tools to Succeed!

Oregon Tradeswomen, Inc. can assist you with career-counseling and resume-building, mock interviews, and more through our Pathways to Success program.

Contact OT’s Pathways program at 503-335-8200 x23.



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