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November 30, 2015

Washington State Apprenticeship & Training Council  
Attn: Jody Robbins, Apprenticeship Section  
P.O. Box 44530  
Olympia, WA 98504-4530

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CENTRAL OFFICE:

12/7/15 KR

Dear WSATC Members:

The Pre-Apprenticeship Construction Training (PACT) program at Seattle Vocational Institute (SVI) is applying to be a recognized apprenticeship preparation program. Since its start in 1998, SVI-PACT has focused on preparing underrepresented communities to be highly qualified applicants and successful apprentices in the construction trades. For over seventeen years, PACT has provided skilled training to those historically excluded from the construction trades, especially African American males, women and other low-income individuals and people of color, many of whom come from communities served by SVI in Seattle's central district. SVI's PACT program is the only pre-apprentice program in our region with a long history of specifically focusing on the education and training of African-Americans and people of color for successful apprenticeship.

Seattle Vocational Institute is a part of the Seattle College District VI, which includes North Seattle, Seattle Central, and South Seattle colleges. SVI's mission is to provide basic skills vocational and workforce training opportunities through competency-based, short-term programs that lead to high wage jobs and sustainable careers. Program graduates provide a necessary pool of qualified, diverse pre apprentices to meet the current hiring requirements of local and regional employers.

PACT is a two quarter program of 41.5 credits which provides students with a strong foundation of skills to enter the construction trades. The PACT program curriculum includes construction job readiness, skills and training, hand tool and power tool use and safety, reading a tape measure, construction math, blueprint reading, job readiness (resumes, interview skills, preparation for apprentice application), fitness and nutrition, trades math, and the following industry recognized certifications through a partnership with the University of Washington's Center for Occupational Health and safety:

- Flagging
- Forklift
- CPR & First Aid
- OSHA 10
- HAZWOPER

PACT program success is due not only to a strong curriculum but to the additional support provided to participants.

- **The PACT Formula for Success: 3P's and W**, which stands for punctuality, perseverance and work ethic. Our industry partners have told us that these are the characteristics of successful people in the trades. So we work hard to instill these in our students in and out of the classroom throughout their time in the program.
- **Driver's License Assistance:** Almost half of PACT participants enter the program without a valid license, and lack of a valid driver's license is one of the most common barriers to entry into apprenticeship. In PACT we address this problem head on in the following ways: Getting a license out of suspension financial assistance with reinstatement fees, and driver education classes for those who have never had a license. **In the past year 22 PACT participants have been assisted in obtaining a driver's license.**
- **Student Support Services:** The PACT program provides one-one assistance through the multi-step enrollment process, including help with funding applications, a 2 day try out Training Readiness workshop, and referrals to transportation and other support services. PACT solicits funds from industry partners to provide work clothes and boots, protective equipment, books and scholarships to our students. For students who need additional preparation before enrolling in the program, PACT provides referrals to SVI's GED and Basic Studies programs and community resources to address barriers to success.

#### **Industry Need for the PACT Program**

There is an urgent need for our pre-apprenticeship program given the number of current and future large scale construction projects in our city and region and the lack of sufficient numbers of well-trained individuals--especially those from underrepresented groups--to fill existing workforce needs. Currently, there are millions of dollars available through the US Department of Labor, Seattle Transit and FTA, among others, to fund pre apprentice programs like PACT. Our program can play a key role to support construction/transportation growth in the region.

In addition, Mayor Murray's 2015 legislation to increase the number of work opportunities for individuals living in economically disadvantaged hire zip codes relies heavily on effective recruitment, retention, and graduation from construction pre-apprenticeship and apprenticeship training programs. SVI, located in a Tier 1 economically distressed zip code as defined by the City of Seattle, is well positioned to support this initiative and to help meet the needs of its community, city and region.

#### **Staff**

PACT operates with an experienced and committed staff of six and is supported by workforce colleagues at Seattle Vocational Institute, Seattle Central College, and Seattle Community Colleges District. Key program personnel are listed below:

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**Lawrence Willis**, PACT Program Administrator (Journeyman Carpenter). Mr. Willis provides overall leadership and management for the PACT program. Lawrence has 15 years of experience as a journeyman carpenter and is well connected within the construction industry and the community. Mr. Willis serves as the primary recruiter for the PACT program, promotes regular informal mentoring to support participants, and refers job placements with industry partners once students graduate.

**Amesha Aytch**, PACT Assistant to the Program Administrator. Ms. Aytch's dual role is to provide both administrative and student support for the PACT program. Amesha serves as first point of contact and primary day to day contact for PACT participants and refers students to needed funding and student support resources. In addition, Amesha coordinates regular PACT orientations and Technical Advisory Committee meetings.

**Guy Astley**, PACT Trades Instructor (Journeyman Carpenter). Mr. Astley has nearly 20 years of experience teaching construction, carpentry, and math courses to culturally diverse students. In addition, Guy worked as a Journey Level Carpenter, Layout Carpenter, Lead of Layout Crew, Foreman, and Carpenter Engineer from 1978-1989.

**Stephanie Colbert**, PACT Trades Instructor (Journeyman Carpenter). Ms. Colbert has over 20 years of experience as a journeyman carpenter, manager, and instructor. Stephanie provides instruction in the areas of advanced trade math, construction job skills, and fitness/nutrition, and develops curriculum and evaluates student progress.

**Wayne Smith**, PACT Trades Instructor (Journeyman Carpenter). Mr. Smith has over 17 years of experience as a union Acoustical Ceiling Mechanic and Carpenter. Wayne provides instruction in the areas of blueprint reading, power and hand held tool safety, and time management.

**James Bowen**, PACT Trades Instructor (Math Instructor). Mr. Bowen holds an M.A. Adult Education and Training from Seattle University and a B.A. in English Literature from Western Washington University. James provides leadership in developing and teaching English, math, and ASSET Test Preparation courses for the PACT program.

**Technical Advisory Board (TAC)**

To ensure that PACT trains students to ever changing industry standards, PACT relies on an engaged Technical Advisory Board. The Technical Advisory Board provides us with industry updates and periodically reviews our program curriculum and training. PACT promotes broad exposure to the industry through apprenticeships, jobsite tours, guest speakers, and involvement in industry events such as King County Construction Career Day, Women in Trades Construction Career Fair, and safety events. PACT also partners closely with Seattle Building Trades Council and the National Construction Alliance.

SVI -PACT Recognition Request Letter

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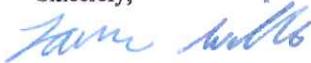
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Please find included with this letter:

1. PACT Program Info/Overview: mission, capacity, demographics, success rates, curriculum, training partners, current partner projects
2. PACT Brochure - Program Outcomes
3. Technical Advisory Board Roster
4. Letters of Support
  - o Seattle Colleges Chancellor
  - o APRI
5. Apprenticeship Cooperative Agreements
  - o Western Washington Drywall Apprenticeship
  - o Glaziers, Architectural Metal and Glassworkers Residential Apprenticeship Committee
  - o Western Washington Carpet, Linoleum & Soft Tile Layers Apprenticeship Committee
  - o Western Washington Painting Apprenticeship
  - o Ironworkers Apprenticeship
6. PACT Curriculum/Course Outlines

Thank you for your consideration of this application for official recognition.

Sincerely,



Lawrence Willis  
Program Administrator, PACT  
Seattle Vocational Institute  
2120 South Jackson Street  
Seattle, WA 98144

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**Pre-Apprentice Construction Training**  
2120 South Jackson Street, Seattle, WA 98144  
Lawrence Willis, Program Administrator  
[Lawrence.willis@seattlecolleges.edu](mailto:Lawrence.willis@seattlecolleges.edu)  
206-934-4957

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## PACT FACTS

### MISSION STATEMENT

*Seattle Vocational Institute's Pre-Apprenticeship Construction Training (PACT) program provides high-quality training to underrepresented communities to meet the demand of the local construction industry for qualified, well-trained workers*

### TARGET PARTICIPANTS

Seattle Vocational Institute (SVI) is located in the culturally diverse and economically distressed neighborhood of Seattle's Central District. SVI has deep roots in our community and a long history of serving low-income, ethnic minorities, and underrepresented groups with educational and training opportunities. In addition to standard outreach efforts, SVI uses culturally relevant recruitment strategies that result in attracting high numbers of African-Americans and other people of color.

### PROGRAM BACKGROUND

- Program started at Seattle Vocational Institute in 1998
- PACT current capacity is to train 54 students/year in 3 cohorts of 18 each

### PROGRAM OUTCOMES (2014-2015 training year):

- Program Completion: 54
- Current Apprenticeships: 70
  - 62 (88%) are people of color
  - 7 (10%) are women
- Apprenticeship completion (2007-2014): 32
- Apprenticeships where PACT graduates are placed:
  - Northwest Laborers Apprenticeship
  - Washington State UBC JATC- Carpenter
  - Pacific NW Ironworkers #86- Inside wireman
  - WA Painting Apprenticeship
  - Puget Sound Electrical JATC
- Graduates enrolled in classes leading to professional-technical certificates: 23

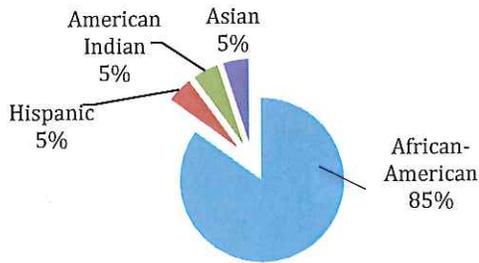
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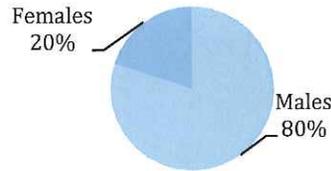
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### STUDENT DEMOGRAPHICS



**Ethnic Demographics**



**Gender Demographics**

**Current year enrollment** (Summer - Fall 2015): 50

**Current Year Low-Income:** 97%

### RECRUITMENT ACTIVITIES AND TOOLS

- PACT staff and former students attend a range of community events each year and distribute PACT brochures and staff business cards. Interested individuals are invited to attend PACT’s weekly program orientation every Friday at SVI to learn about the construction industry, job opportunities, and the PACT program.
- Our recruitment strategies are based on a deep understanding of underrepresented students and the barriers they face. PACT is comprised of staff and instructors who reflect the backgrounds and cultures of our surrounding community and participants, which strengthens recruitment and retention efforts.
- PACT also relies on additional proven strategies to recruit diverse cohorts including student peers, churches, and community organizations--strategies that are particularly effective across cultural groups as they incorporate the values of trust, relationships, and community.
- PACT hosts a weekly open house as well as the following recruitment activities:

Month	2015 Outreach and Recruitment Events
February	<ul style="list-style-type: none"> <li>• Washington Middle School, Career Exploration</li> <li>• Carpenters’ Union Student Tour</li> </ul>
March	<ul style="list-style-type: none"> <li>• Lindberg High School Career Fair</li> </ul>
April	<ul style="list-style-type: none"> <li>• Rainier Beach High School</li> <li>• South Lake High School</li> </ul>
May	<ul style="list-style-type: none"> <li>• Puget Sound Skills Center</li> <li>• Women in Trades Career Fair</li> <li>• New Hope Rise -Up Event</li> <li>• Glaziers, Architectural, Metal, and Glass Workers - Student Tour</li> <li>• Painter’s Union - Student Tour</li> <li>• Electrician’s Union - Student Tour</li> </ul>

June	<ul style="list-style-type: none"> <li>• WSDOT Driving Licensing Assistance Outreach, Tukwila</li> <li>• Rainier Beach Community Center</li> </ul>
July	<ul style="list-style-type: none"> <li>• Umoja Festival</li> <li>• Seafair Community Barbecue, Pratt Park</li> <li>• Seawall Student Tour</li> </ul>
August	<ul style="list-style-type: none"> <li>• Monroe Prison</li> <li>• Black Prisoners Caucus, True Vine Church, Renton</li> <li>• Seattle Community Barbershops</li> </ul>
September	<ul style="list-style-type: none"> <li>• Seattle Housing Authority - 2,000 mailings and flyers to residents</li> </ul>
October	<ul style="list-style-type: none"> <li>• Lelo - Re-Licensing Event</li> <li>• Construction Career Fair</li> <li>• Franklin High School</li> <li>• Carpenter's Apprenticeship</li> </ul>
November	<ul style="list-style-type: none"> <li>• InterAgency High School, Career Exploration</li> </ul>
December	<ul style="list-style-type: none"> <li>• LIHI Tiny House Project for Nickelsville</li> </ul>

### CURRICULUM SUMMARY

PACT is a two quarter program of 41.5 credits. Students must meet required Comprehensive Adult Student Assessment System (CASAS) scores and possess a high school diploma or GED.

### CURRICULUM ELEMENTS

- Basic and construction math
- Basic skills: hand and power tool use and safety, tape measure reading, framing, drywall
- Blueprint reading
- Exposure to the trades: job site tours, apprenticeship tours, guest speakers from past PACT graduates, unions, apprenticeships and construction companies, participation in trade events and job fairs
- Job readiness: resumes, interview skills, apprenticeship application preparation
- Fitness and nutrition and strategies for success
- 5 industry recognized certifications through a partnership with the University of Washington's Center for Occupational Health and safety:
  - Flagging
  - Forklift
  - CPR & First Aid
  - OSHA 10
  - HAZWOPER
- Formula for Success: 3 P's and W
  - P = Punctuality
  - P = Perseverance
  - P = Positive Attitude
  - W = Work Ethic
- Support for success: Transportation, Math and English tutoring, Mentoring

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### CONTINUOUS PROGRAM IMPROVEMENT

- Following a review in the previous year, **\$14,000 in new tools and equipment were purchased to ensure our students are familiar with the latest devices used in the industry**
- SVI is poised to sustain and expand the number of cohorts offered through SHA and FTA partnerships
- **Improved support and resources for the enrollment process** to include
  - Admission workshops, information, and resources
  - Financial aid information and other funding assistance
  - Follow up calls and in person contacts
  - Referrals to SVI resources: GED program, tutoring, other support services
  - Financial Aid and funding information and one-one assistance
  - Detailed PACT program information
  - Referrals for non-qualifying participants to other SVI or community resources: GED, counseling/rehabilitation services, housing, transportation
- **Job ready clothes, boots, and safety equipment worth \$400 at no cost**

### TRAINING PARTNERS

Partner	Services
University of Washington and Sellen Sustainability	Training in Green building
University of Washington for Occupational Health and Safety	Provides certifications in hazardous material handling, asbestos, lead/mold awareness, and other safety related courses
PortJobs	Conducts Financial Tools for the Trades workshops, including credit counseling provided by American Financial Solutions
Sound Transit	Funds student support services from its light rail "nickel per hour" fund.
Apprenticeship Opportunities Project	Provides student support services
Fast Jobs Program- Lelo	LELO's <i>Driving While License Suspended in the Third Degree</i> program assist low-income drivers who are interested in the recovery of their driver's license. The program accepts any low income person who has a ticket in King County
Construction Industry Partners	Provides training center tours, jobsite tours, and serve on the PACT Technical Advisory Committee, assist with Training Readiness, student selection, curriculum review, and job placement

### INDUSTRY PARTNERS

PACT's industry relationships are an integral component to its success. Once students graduate from PACT, many are placed into jobs with one of their multiple businesses partners. Below is a list of PACT partners:

- Sound Transit
- Port of Seattle Seawall
- City of Seattle and Direct Entry and Targeted Local Hiring

- Anderson Construction
- Absher Construction
- Walsh Construction
- Lease Crutcher Lewis
- Len Can Construction
- Mortenson Construction
- Manson Construction
- Wright Construction
- Forma Construction

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## **INDUSTRY PARTNER PROJECTS**

Our industry partnerships extend into collaborative construction projects, including:

### 1. SHA – PACT cohorts

SHA and Seattle Colleges have agreed to recruit and create two cohorts of adults living in SHA subsidized housing that will be trained under the Pre-Apprenticeship Trades and Construction (PACT) program at Seattle Vocational Institute (SVI) in 2015-16. SHA will provide \$100,000 to support this project and SVI will provide a range of in kind services and support for this additional SHA cohort within the current PACT program structure. The ultimate purpose of this partnership is for the trainees to obtain employment with construction contractors, and ideally for these trainees to enter into an apprenticeship program under the auspices of one of the local unions, such as the Laborers or Carpenters unions.

### 2. Ladders to Opportunity Grant

This \$476,776 grant from the Federal Transit Administration's (FTA) Innovative Public Transportation Workforce Development program is designed to provide construction trades career training and job opportunities to underserved communities, including women, people of color, and native tribes to improve their access to apprenticeships, social services and job placement programs. SVI-PACT is one of an eight member consortium of Puget Sound public and nonprofit organizations in Snohomish, King and Pierce counties that will develop comprehensive career training and employment in the construction trades. U.S. Sen. Patty Murray, U.S. Rep. Adam Smith and Executive Dow Constantine have all expressed support for this initiative.

### 3. Tiny house- LEHI project- Homeless of Nickelsville

The tiny house project is the result of a partnership with the low-income housing institute, Nickelsville, Good Shepherd Church and LIHI. The building partners and sponsors are YOUTHBUILD, South Seattle College, SVI-PACT, Tulalip Tribes and Sawhorse Revolution. The partners and sponsors sought to address the need of homeless families and individuals sleeping in tents by constructing tiny, but livable homes with insulation and electricity. Each home accommodates one to two people.

# Professional-Technical Training at Seattle Vocational Institute

## ARE YOU CAREER-FOCUSED?

SVI offers short-term, high-demand training that leads to jobs with a future. Enroll today!  
Call 206.934-4950

**Computer Support  
Technician**

**Cosmetology**

**Dental Assistant**

**Medical Assistant**

**Medical Administrative  
Assistant**

**Phlebotomy**

**Pre-Apprenticeship  
Construction Training  
Program (PACT)**

**New and Expanded  
Programs Coming Soon!**

## Other Opportunities

### Basic & Transitional Studies

- Adult Basic Education (ABE)
- English as a Second Language (ESL)
- General Education Development (GED)

### Bright Future

- Running Start at SVI

### High School 21+

- High School Diploma



**SEATTLE VOCATIONAL INSTITUTE**

*One of the Seattle Colleges*

2120 South Jackson Street, Seattle, WA 98144  
206-934-4950 phone, 206-934-4949 fax  
<http://svi.seattlecolleges.edu>  
Equal Opportunity Employment Institution

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# Pre-Apprenticeship Construction Training (PACT) Program

2 Quarters

This program is designed to assist men and women, including those non-traditionally employed in the trades, to gain the skills to be successful competitors for building and construction trade apprenticeship programs. Participants learn trade skills, which are relevant to the work-site of trade occupations.

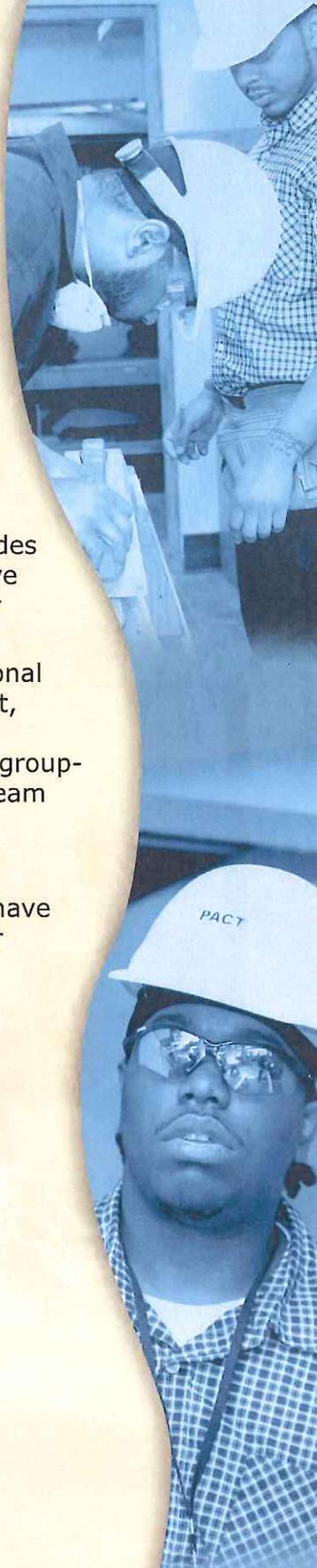
Topics include construction terminology, industrial safety and trades math. Students also learn forklift operation, and road flagging. Emphasis is on learning skills and adopting positive attitudes that lead to becoming a productive member of any work-site team or organization.

Topics and activities include personal learning styles, time management, understanding non-verbal communication, initiative taking, group-team communication, line/staff/team organization, etc.

## Career Paths

Upon completion, graduates will have learning outcomes established for entry level positions as:

- » Apprentice Carpenter
- » Apprentice Cement Mason
- » Apprentice Electrician
- » Apprentice Plumber
- » Apprentice Iron Worker
- » Drywall Apprentice
- » Heavy Equipment Operator Apprentice
- » Laborer Apprentice
- » Other Apprentice Trades
- » Worker Apprentice



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# Getting Started at SVI

Step in to Learn...

Step out to Lead!

## Financial Aid

Student financial assistance is available. You may come in to apply, apply online <http://fafsa.ed.gov/>, or go to [www.StartNextQuarter.org](http://www.StartNextQuarter.org).

## Admissions Intake Process

Wednesdays 1–5:00 p.m. or 4:00–8:00 p.m.

Admission staff will help you discover a career path, determine educational needs, set goals, overcome barriers and assist you in the enrollment process. For more information and schedule of dates evening class is offered call 206.934-4950.

## SVI Vision Statement

Seattle Vocational Institute will be a leading post-secondary educational institution in Washington State, providing high-quality short-term, high-impact and customized training that meets local, regional and state workforce needs.

## Policy of Non-Discrimination

SVI does not discriminate on the basis of race or ethnicity, color, national origin, age, religion, marital status, sex, gender, sexual orientation, Vietnam-era or disabled veteran status, political affiliation or belief, citizenship/status as a lawfully admitted immigrant authorized to work in the United States, or presence of any physical, sensory, or mental disability.

## Admissions Policy

Entrance requirements vary by program. Please check the website <http://svi.seattlecolleges.edu> or call 206.934-4950.

The contents of this publication were developed with funds from the Carl D. Perkins Act.



## SEATTLE VOCATIONAL INSTITUTE

*One of the Seattle Colleges*

2120 South Jackson Street, Seattle, WA 98144

206-934-4950 phone, 206-934-4949 fax

<http://svi.seattlecolleges.edu>

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David Anderson  
**FORMA Construction**  
 1016 1<sup>st</sup> Ave S Suite # 400  
 Seattle, WA 98134

Robert Armstead  
**Minority Construction  
 Trades Council**  
 PO Box 58392  
 Tukwila, WA 98138

Clyde Burfect  
**MLK Building  
 Trades**  
 11243 57<sup>th</sup> Ave S  
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 98178

Michael Cheatham  
**Anderson Construction**  
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Houston Drayton  
**Self-Employed**  
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 Renton, WA 98059

Donald Dudley  
**Consultant**  
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 98118

Hayward Evans  
**Songhi International**  
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Ben Freitag  
**Laborers Local 440**  
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 Seattle, WA 98122

Michele Gowin  
**Gary Merlino  
 Construction**  
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 Seattle, WA  
 98108

Ray Hall  
**Renton Youth Development  
 Organization**  
 301 S 3<sup>rd</sup> St.  
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Clint Nold  
**Long Painting**  
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 Kent, WA 9803

Samuel Pierce  
**Seattle  
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 Authority**  
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 98136

Greg Ramirez  
**SEIU Local 6**  
 3726 Airport Way S  
 Seattle, WA 98134

Leonard Simpson \*  
**Len Can Builders**  
 PO Box 2304  
 Renton, WA 98056

Harold Wright  
**Wright  
 Construction**  
 PO Box 18713  
 Seattle, WA  
 98118

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\* Construction

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OFFICE OF THE CHANCELLOR

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1500 Harvard Avenue, Seattle WA 98122-3803 | [www.seattlecolleges.edu](http://www.seattlecolleges.edu)

July 15, 2015

Dear members of the Washington State Apprenticeship & Training Council:

I am writing this letter to express my full support for the Pre-Apprenticeship Construction Training (PACT) program at Seattle Vocational Institute. As Chancellor of the Seattle Colleges, I have watched with pride as this program has grown in influence and helped to transform the lives of students and their families. Every year at SVI commencement, I congratulate PACT graduates who are entering apprenticeships and going to work; their lives and those of their families have changed.

The Seattle Colleges District educates more than 50,000 students annually at North Seattle, South Seattle, Seattle Central and SVI. The Seattle Colleges are public, state-supported institutions that are each accredited by the Northwest Commission on Colleges and Universities, an accrediting body recognized by the Council for Higher Education Accreditation and the U.S. Department of Education. SVI is accredited jointly with Seattle Central.

As you know, PACT is an apprenticeship preparation program formally recognized by the Washington State Apprenticeship & Training Council (WASATC). It is vital that we preserve this recognition in order to provide an opportunity for our students to enter the trade of their choice. SVI is noted for helping students overcome barriers to obtain living-wage jobs with the possibility of advancement. This program, with the assistance of a dedicated Technical Advisory Committee and commitment from labor and industry, has helped hundreds of men and women improve their lives.

The PACT program has been a mainstay of SVI since its inception. During the late Bob Markholt's tenure, the program formed strong partnerships. Upon his passing, Diane Davies continued to lead the program in a positive direction. Lawrence Willis was hired as the Interim Program Administrator in February of 2015. He is a journey level carpenter with over 15 years of industry experience who has led numerous construction projects in Seattle's greater metropolitan area. His expertise and energy have proven invaluable to maintaining PACT's high-quality instruction.

Based on the latest available data, there are at least 70 PACT graduates listed as currently active in apprenticeships. Of this group, 62 (88%) are people of color, and 7 (10%) are women. In the 2014-15 academic year, 17 PACT graduates were enrolled in apprenticeship programs at South Seattle College,

including 10 who had graduated from PACT since January 2013. Among the apprenticeships, the largest representation of PACT graduates are in the Northwest Laborers Apprenticeship, the Washington State UBC JATC – Carpenter, the Pacific NW Ironworkers #86, the Operating Engineers Regional Training Program JATC and the Puget Sound Electrical JATC.

Certification by the WASATC does not expire until January of 2016. It is my hope that this Council will focus on the students we serve and the phenomenal influence this program has on their lives. Personnel changes have not diminished our mission, our vision or our students' need for education and training. The curriculum and program certifications have not changed. All instructors are certified and qualified to teach, and each member of the PACT faculty meets or exceeds industry standards and requirements.

We value the PACT program and have taken all necessary steps to secure its future. Under the leadership of the staff and faculty, the program continues to flourish. Classes for the latest cohort that started in Summer Quarter are being held at Seattle Central's new Wood Technology Center. Each graduate will earn Forklift and Flagging certifications as well as an SVI Certificate of Achievement. Following a review, \$14,000 in new tools and equipment were purchased to ensure our students are familiar with the latest devices used in the industry. With the success of the Spring and Summer Readiness Training, SVI is poised to sustain and possibly expand the number of cohorts offered.

The Seattle Colleges District is committed to ensuring student success because we all benefit when everyone has a lifetime of opportunity. Women, people of color, youth, ex-offenders and those who seek to transform their lives have benefitted from the PACT program. Watching nearly 54 PACT graduates proudly step across the stage at the 2015 Commencement Ceremony at Benaroya Hall assures me that this accredited program merits the chance to maintain the industry recognition it so richly deserves.

It is my hope that the Council will continue to recognize the PACT program and the beneficial social and economic impacts that future graduates will have on our community.

Sincerely,



Jill Wakefield, Ed.D.  
Chancellor, Seattle Colleges

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CENTRAL OFFICE:

12/7/15 KR

CC: Carmen Gayton, Board Chair, Seattle Colleges Board of Trustees



A. Phillip Randolph Institute  
Seattle Chapter  
2800 1<sup>st</sup> Avenue Room 80  
Seattle, WA 98121  
(206) 770-7697  
[APRISeattle@hotmail.com](mailto:APRISeattle@hotmail.com)

Lawrence Willis  
Director PACT Program SVI  
2120 So. Jackson ST.  
Seattle, WA 98144

RECEIVED BY L&I AC:

12/7/15 JR

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CENTRAL OFFICE:

12/7/15 JR

Brother Willis,

The A. Philip Randolph Institute Seattle Chapter would like to congratulate you for your work getting the PACT program back on track at SVI. As stakeholders in the community, this program is vital to providing access to good jobs for the Central and South end residents. The work you have done rebuilding the program makes it possible for us to continue providing pathways to success for Students, Low Income Families and the Unemployed residents in our community.

**A.P.R.I. is a national 501c3 organization (91 125508)** with affiliates throughout the United States. Its founder, A. Philip Randolph, believed that a decent and well paying job was the first step towards social and political freedom. While he consistently supported the needs of blacks, Mr. Randolph also maintained that all workers and the poor alike should join together, regardless or race, in order to achieve their more common goals.

The work you are doing in our community will help us in our efforts achieving our goals. We look forward to patterning with you in the community in your efforts to recruit students for the program. Working together we can help the community build economically.

In Solidarity

Verlene Davis, Director  
Seattle Chapter APRI



Seattle Vocational Institute  
2120 S. Jackson Street  
Seattle, WA 98144  
206-934-2943

-AND-

Western Washington Drywall Apprenticeship (WSATC 1935)  
Finishing Trades Institute Northwest  
6770 E Marginal Way South, Bldg. E, Suite 102

### APPRENTICESHIP COOPERATIVE AGREEMENT

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#### PURPOSE

This agreement describes a cooperative link between the *Seattle Vocational Institute (SVI) Pre-Apprenticeship Construction Training (PACT)* program and the *Western WA Drywall Apprenticeship* program (WSATC 1935). The parties are committed to providing training opportunities to future Western Washington construction workers and the mentoring of new apprentices. The parties will work together to provide current and recent graduates of the SVI PACT program an opportunity to enter the Western Washington Drywall Apprenticeship program.

It is recognized that the *PACT* program is an apprenticeship preparation training program serving Seattle area residents and students of color and women within the Central District and surrounding communities attributed to SVI's campus district. Working in partnership, SVI PACT program and the Western Washington Drywall Apprenticeship JATC through their commitment to education and job ready preparation for students will work to provide PACT graduates a career in the construction and trades industry to make a livable family wage, and to diversify the current Washington state workforce through inclusive and equitable hiring practices. Through this Apprenticeship Cooperative Agreement, the PACT program and Western Washington Drywall Apprenticeship will work to provide SVI PACT graduates with:

1. Access (direct entry) to apprenticeship training programs (per program standards)
2. Entry level jobs on construction-related worksites
3. Mentorships for student trainees

#### PRE-APPRENTICESHIP CONSTRUCTION TRAINING AGREEMENT

Successful graduates of the SVI PACT program may be considered for direct entry into the Western Washington Drywall Apprenticeship program as allowed in the State approved Standards. Students who meet the qualifications as stipulated below, will be provided an informational interview with the Western Washington Drywall Apprenticeship and may be granted direct-entry consideration.

RECEIVED BY L&I AC:

12/7/15 KR

E-MAIL RECEIVED BY  
CENTRAL OFFICE:

12/17/15 KR

The following stipulations are hereby agreed to:

1. Students must meet the minimum qualifications established for entry into the Western Washington Drywall Apprenticeship program (see below).
2. Students must have successfully completed two quarters (six months) of the SVI PACT program with a "C" grade or better and be ready for PACT graduation.
3. At time of application to this Apprenticeship Cooperative Partner, PACT students must provide a Certificate of Completion and a letter of recommendation from a PACT instructor or administrator.

Minimum Qualifications for Western Washington Drywall Apprenticeship:

1. Age: At least 17 years of age (proof of age required)
2. Physical: Physically able to perform the work of the trade (completing strength and agility test per standards)

In addition, the Western Washington Drywall Apprenticeship agrees to:

1. Inform contractors (training agents) and other member organizations about the goals and activities of SVI PACT program and encourage their support and involvement in the PACT program.
2. Host at least one co-curricular activity each Academic Year (any cooperative learning experience which benefits the students enrolled in the SVI PACT program – such as providing guest speakers, mentors for student projects, tours of the apprenticeship training program or instructors able to provide certification workshops, or lead a training exercise).
3. Work with member Training Agents and cooperating trade associations to consider/review internship opportunities plus appropriate mentorship experiences for SVI PACT students.

This agreement will remain in effect unless canceled by either party. In the event of a conflict with the Program standards, as approved by the Washington State Apprenticeship and Training Council, the Program Standards shall prevail.

**SIGNATURES**

*[Signature]*  
 Western Washington Drywall Apprenticeship  
 Cooperative Partner

*8/24/2015*  
 Date

*[Signature]*  
 Mr. Lawrence Willis  
 SVI PACT Program Coordinator

*8/24/15*  
 Date

*[Signature]*  
 Rebecca J. Kenney, Ph.D.  
 SVI Executive Dean of Instruction & Community Partnership, Int.

*12/17/2015*  
 Date

RECEIVED BY L&I AC:  
12/7/15 JR

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 CENTRAL OFFICE:  
12/7/15 KR

Seattle Vocational Institute  
2120 S. Jackson Street  
Seattle, WA 98144  
206-934-2943

-AND-

Glaziers, Architectural Metal and Glassworkers Residential Apprenticeship Committee (1785)  
Finishing Trades Institute Northwest  
6770 E Marginal Way South, Bldg. E, Suite 102

### APPRENTICESHIP COOPERATIVE AGREEMENT

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#### PURPOSE

This agreement describes a cooperative link between the *Seattle Vocational Institute (SVI) Pre-Apprenticeship Construction Training (PACT)* program and the *Glaziers, Architectural Metal and Glassworkers Residential Apprenticeship (WSATC 1785)*. The parties are committed to providing training opportunities to future Western Washington construction workers and the mentoring of new apprentices. The parties will work together to provide current and recent graduates of the SVI PACT program an opportunity to enter the Glaziers, Architectural Metal and Glassworkers Residential Apprenticeship.

It is recognized that the *PACT* program is an apprenticeship preparation training program serving Seattle area residents and students of color and women within the Central District and surrounding communities attributed to SVI's campus district. Working in partnership, SVI PACT program and the Glaziers, Architectural Metal and Glassworkers Residential Apprenticeship through their commitment to education and job ready preparation for students will work to provide PACT graduates a career in the construction and trades industry to make a livable family wage, and to diversify the current Washington state workforce through inclusive and equitable hiring practices. Through this Apprenticeship Cooperative Agreement, the PACT program and Glaziers, Architectural Metal and Glassworkers Residential Apprenticeship will work to provide SVI PACT graduates with:

1. Access (direct entry) to apprenticeship training programs (per program standards)
2. Entry level jobs on construction-related worksites
3. Mentorships for student trainees

#### PRE-APPRENTICESHIP CONSTRUCTION TRAINING AGREEMENT

Successful graduates of the SVI PACT program may be considered for direct entry into the Glaziers, Architectural Metal and Glassworkers Residential Apprenticeship program as allowed in the State approved Standards. Students who meet the qualifications as stipulated below, will be provided an informational interview with the Glaziers, Architectural Metal and Glassworkers Residential Apprenticeship and may be granted direct-entry consideration.

RECEIVED BY L&I AC:

12/7/15 JR

E-MAIL RECEIVED BY  
CENTRAL OFFICE:

12/7/15 JR

The following stipulations are hereby agreed to:

1. Students must meet the minimum qualifications established for entry into the Glaziers, Architectural Metal and Glassworkers Residential Apprenticeship (see below).
2. Students must have successfully completed two quarters (six months) of the SVI PACT program with a "C" grade or better and be ready for PACT graduation.
3. At time of application to this Apprenticeship Cooperative Partner, PACT students must provide a Certificate of Completion and a letter of recommendation from a PACT instructor or administrator.

Minimum Qualifications for Glaziers, Architectural Metal and Glassworkers Residential Apprenticeship:

1. Age: At least 18 years of age (proof of age required)
2. Education: High school graduate or have a GED (transcript documenting courses taken and date of graduation)
3. Physical: Physically able to perform the work of the trade (completing strength and agility test per standards)
4. Testing: Mathematics test per standards

In addition, the Western Washington Painting Apprenticeship agrees to:

1. Inform contractors (training agents) and other member organizations about the goals and activities of SVI PACT program and encourage their support and involvement in the PACT program.
2. Host at least one co-curricular activity each Academic Year (any cooperative learning experience which benefits the students enrolled in the SVI PACT program -- such as providing guest speakers, mentors for student projects, tours of the apprenticeship training program or instructors able to provide certification workshops, or lead a training exercise).
3. Work with member Training Agents and cooperating trade associations to consider/review internship opportunities plus appropriate mentorship experiences for SVI PACT students.

This agreement will remain in effect unless canceled by either party. In the event of a conflict with the Program standards, as approved by the Washington State Apprenticeship and Training Council, the Program Standards shall prevail.

**SIGNATURES**

*[Signature]*  
 by MCSRA, Architects, FT/WH  
 Glaziers, Architectural Metal and Glassworkers  
 Residential Apprenticeship  
 Cooperative Partner

8/24/15  
 Date

*[Signature]*  
 Mr. Lawrence Willis  
 SVI PACT Program Coordinator

8/24/15  
 Date

RECEIVED BY L&I AC:  
12/7/15 JR

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 CENTRAL OFFICE:  
12/7/15 KR



**SEATTLE VOCATIONAL  
INSTITUTE**

*One of the Seattle Colleges*

*Maura Shank for RK*      *12/1/2015*  
Rebecca J. Kenney, Ph.D.      Date  
SVI Executive Dean of Instruction & Community Partnership, Int.

RECEIVED BY L&I AC:

*12/7/15 JR*

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CENTRAL OFFICE:

*12/7/15 KR*



One of the Seattle Colleges

Seattle Vocational Institute  
2120 S. Jackson Street  
Seattle, WA 98144  
206-934-2943

-AND-

Western Washington Carpet, Linoleum & Soft Tile Layers Apprenticeship Committee (WSATC 0107)  
Finishing Trades Institute Northwest  
6770 E Marginal Way South, Bldg. E, Suite 102

### APPRENTICESHIP COOPERATIVE AGREEMENT

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#### PURPOSE

This agreement describes a cooperative link between the *Seattle Vocational Institute (SVI) Pre-Apprenticeship Construction Training (PACT)* program and the *Western Washington Carpet, Linoleum & Soft Tile Layers Apprenticeship Committee (WSATC 0107)*. The parties are committed to providing training opportunities to future Western Washington construction workers and the mentoring of new apprentices. The parties will work together to provide current and recent graduates of the SVI PACT program an opportunity to enter the Western Washington Carpet, Linoleum & Soft Tile Layers Apprenticeship Committee.

It is recognized that the *PACT* program is an apprenticeship preparation training program serving Seattle area residents and students of color and women within the Central District and surrounding communities attributed to SVI's campus district. Working in partnership, SVI PACT program and the Western Washington Carpet, Linoleum & Soft Tile Layers Apprenticeship Committee through their commitment to education and job ready preparation for students will work to provide PACT graduates a career in the construction and trades industry to make a livable family wage, and to diversify the current Washington state workforce through inclusive and equitable hiring practices. Through this Apprenticeship Cooperative Agreement, the PACT program and Western Washington Carpet, Linoleum & Soft Tile Layers Apprenticeship Committee will work to provide SVI PACT graduates with:

1. Access (direct entry) to apprenticeship training programs (per program standards)
2. Entry level jobs on construction-related worksites
3. Mentorships for student trainees

#### PRE-APPRENTICESHIP CONSTRUCTION TRAINING AGREEMENT

Successful graduates of the SVI PACT program may be considered for direct entry into the Western Washington Carpet, Linoleum & Soft Tile Layers Apprenticeship Committee as allowed in the State approved Standards. Students who meet the qualifications as stipulated below, will be provided an informational interview with the Western Washington Carpet, Linoleum & Soft Tile Layers Apprenticeship Committee and may be granted direct-entry consideration.

Page 1 of 3

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12/7/15 JR

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CENTRAL OFFICE:

12/7/15 KR



The following stipulations are hereby agreed to:

1. Students must meet the minimum qualifications established for entry into the Western Washington Carpet, Linoleum & Soft Tile Layers Apprenticeship Committee (see below).
2. Students must have successfully completed two quarters (six months) of the SVI PACT program with a "C" grade or better and be ready for PACT graduation.
3. At time of application to this Apprenticeship Cooperative Partner, PACT students must provide a Certificate of Completion and a letter of recommendation from a PACT instructor or administrator.

Minimum Qualifications for Western Washington Carpet, Linoleum & Soft Tile Layers Apprenticeship Committee:

1. Age: At least 18 years of age (proof of age required)
2. Education: High school graduate or have a GED (transcript documenting courses taken and date of graduation)
3. Physical: Physically able to perform the work of the trade (completing strength and agility test per standards)
4. Testing: Mathematics test per standards

In addition Western Washington Carpet, Linoleum & Soft Tile Layers Apprenticeship Committee agrees to:

1. Inform contractors (training agents) and other member organizations about the goals and activities of SVI PACT program and encourage their support and involvement in the PACT program.
2. Host at least one co-curricular activity each Academic Year (any cooperative learning experience which benefits the students enrolled in the SVI PACT program -- such as providing guest speakers, mentors for student projects, tours of the apprenticeship training program or instructors able to provide certification workshops, or lead a training exercise).
3. Work with member Training Agents and cooperating trade associations to consider/review internship opportunities plus appropriate mentorship experiences for SVI PACT students.

This agreement will remain in effect unless canceled by either party. In the event of a conflict with the Program standards, as approved by the Washington State Apprenticeship and Training Council, the Program Standards shall prevail.

**SIGNATURES**

[Signature] *Director of Training, PACT* 8/24/2015  
Western Washington Carpet, Linoleum & Soft Tile Layers Apprenticeship Committee  
Cooperative Partner

[Signature]  
Mr. Lawrence Willis  
SVI PACT Program Coordinator

8/24/2015  
Date

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12/7/15JR  
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CENTRAL OFFICE:  
12/7/15JR



SEATTLE VOCATIONAL  
INSTITUTE

One of the Seattle Colleges

Rebecca J. Kenney, Ph.D.  
SVI Executive Dean of Instruction & Community Partnership, Int.

12/01/2015  
Date

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12/7/15 JR

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CENTRAL OFFICE:  
12/7/15 JR



**SEATTLE VOCATIONAL  
INSTITUTE**  
*One of the Seattle Colleges*

Seattle Vocational Institute  
2120 S. Jackson Street  
Seattle, WA 98144  
206-934-2943

-AND-

Western Washington Painting Apprenticeship (WSATC 0073)  
Finishing Trades Institute Northwest  
6770 E Marginal Way South, Bldg. E, Suite 102

**APPRENTICESHIP COOPERATIVE AGREEMENT**

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**PURPOSE**

This agreement describes a cooperative link between the *Seattle Vocational Institute (SVI) Pre-Apprenticeship Construction Training (PACT)* program and the *Western WA Painting Apprenticeship* program (WSATC 0073). The parties are committed to providing training opportunities to future Western Washington construction workers and the mentoring of new apprentices. The parties will work together to provide current and recent graduates of the SVI PACT program an opportunity to enter the Western Washington Painting Apprenticeship program.

It is recognized that the *PACT* program is an apprenticeship preparation training program serving Seattle area residents and students of color and women within the Central District and surrounding communities attributed to SVI's campus district. Working in partnership, SVI PACT program and the Western Washington Painting Apprenticeship JATC through their commitment to education and job ready preparation for students will work to provide PACT graduates a career in the construction and trades industry to make a livable family wage, and to diversify the current Washington state workforce through inclusive and equitable hiring practices. Through this Apprenticeship Cooperative Agreement, the PACT program and Western Washington Painting Apprenticeship will work to provide SVI PACT graduates with:

1. Access (direct entry) to apprenticeship training programs (per program standards)
2. Entry level jobs on construction-related worksites
3. Mentorships for student trainees

**PRE-APPRENTICESHIP CONSTRUCTION TRAINING AGREEMENT**

Successful graduates of the SVI PACT program may be considered for direct entry into the Western Washington Painting Apprenticeship program as allowed in the State approved Standards. Students who meet the qualifications as stipulated below, will be provided an informational interview with the Western Washington Painting Apprenticeship and may be granted direct-entry consideration.

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12/7/15 JR



The following stipulations are hereby agreed to:

1. Students must meet the minimum qualifications established for entry into the Western Washington Painting Apprenticeship program (see below).
2. Students must have successfully completed two quarters (six months) of the SVI PACT program with a "C" grade or better and be ready for PACT graduation.
3. At time of application to this Apprenticeship Cooperative Partner, PACT students must provide a Certificate of Completion and a letter of recommendation from a PACT instructor or administrator.

Minimum Qualifications for Western Washington Painting Apprenticeship:

1. Age: At least 18 years of age (proof of age required)
2. Education: High school graduate or have a GED (transcript documenting courses taken and date of graduation)
3. Physical: Physically able to perform the work of the trade (completing strength and agility test per standards)
4. Testing: Mathematics test per standards

In addition, the Western Washington Painting Apprenticeship agrees to:

1. Inform contractors (training agents) and other member organizations about the goals and activities of SVI PACT program and encourage their support and involvement in the PACT program.
2. Host at least one co-curricular activity each Academic Year (any cooperative learning experience which benefits the students enrolled in the SVI PACT program -- such as providing guest speakers, mentors for student projects, tours of the apprenticeship training program or instructors able to provide certification workshops, or lead a training exercise).
3. Work with member Training Agents and cooperating trade associations to consider/review internship opportunities plus appropriate mentorship experiences for SVI PACT students.

This agreement will remain in effect unless canceled by either party. In the event of a conflict with the Program standards, as approved by the Washington State Apprenticeship and Training Council, the Program Standards shall prevail.

**SIGNATURES**

[Signature] Director of Training FT/INTW  
Western Washington Painting Apprenticeship  
Cooperative Partner

8/24/2015  
Date

[Signature]  
Mr. Lawrence Willis  
SVI PACT Program Coordinator

8/24/15  
Date

[Signature] for RK  
Rebecca J. Kenney, Ph.D.  
SVI Executive Dean of Instruction & Community Partnership, Int.

12/11/2015  
Date

RECEIVED BY L&I AC:  
12/7/15 JR

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CENTRAL OFFICE:  
12/7/15 KR



Seattle Vocational Institute

2120 S. Jackson Street  
Seattle, WA 98144  
206-934-2943

-AND-

*Ironworkers*

APPRENTICESHIP AFFILIATION AGREEMENT

**PURPOSE**

This agreement provides the linkage between the *Seattle Vocational Institute (SVI) Pre-Apprenticeship Construction Training (PACT)* program and the Ironworkers. This organization is committed to providing training opportunities to future Ironworkers and the mentoring of new apprentices. The parties acknowledged in this agreement will work together to provide current and recent graduates of the SVI PACT program an opportunity to enter the Ironworkers apprenticeship program.

It is recognized that the *PACT* program is a pre-apprenticeship training program serving students of color and women within the Central District and surrounding communities attributed to SVI's campus district. Working in partnership, SVI PACT program and Ironworkers through their commitment to education and job ready preparation for students created this agreement to provide PACT graduates a career in the construction and trades industry to make a livable family wage, and to diversify the current Washington state workforce through inclusive and equitable hiring practices. Through this Apprenticeship Affiliation Agreement, the PACT program and Ironworkers wish to provide SVI PACT graduates with advanced education and career opportunities through

- ◆ Access (preferred entry) to apprenticeship training programs
- ◆ Entry level jobs on construction-related worksites
- ◆ Mentorships for student trainees

**PRE-APPRENTICESHIP CONSTRUCTION TRAINING AGREEMENT**

Successful graduates of the SVI PACT program shall be entitled to preferred consideration for entry into the Ironworkers apprenticeship program as allowed in the State approved Standards. Students who meet the qualifications as stipulated below, will be guaranteed an interview with the Ironworkers and may be granted direct-entry consideration.

The following stipulations are hereby agreed to:

1. Students must meet the minimum qualifications established for entry into the Ironworkers apprenticeship program (see below).
2. Students must have successfully completed two quarters (six months) of the SVI PACT program with a "C" grade or better.

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12/7/15 KR



3. At time of application to this Apprenticeship Affiliation Partner, PACT students must provide a *Certificate of Completion* and a letter of recommendation from a PACT instructor or administrator.

Minimum Qualifications for Ironworkers apprenticeship:

- Age: At least 18 years of age (proof of age required)
- Education: High school graduate or have a GED (transcript documenting courses taken and date of graduation)
- Physical: Physically able to perform the work of the trade
- Testing: None required

In addition Ironworkers agrees to:

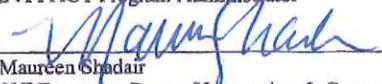
- Inform contractors (training agents) and other member organizations about the goals and activities of SVI PACT program and encourage their support and involvement in the PACT program.
- Consider providing a representative member to serve on the SVI PACT Program Technical Advisory Committee (TAC).
- Initiate at least one co-curricular activity each Academic Year (any cooperative learning experience which benefits the students enrolled in the SVI PACT program -- such as providing guest speakers, mentors for student projects, tours of the apprenticeship training program or instructors able to provide certification workshops, or lead a training exercise).
- Work with member Training Agents and cooperating trade associations (Home Builders, AGC) to help identify 1-3 paid internship/entry-level worksite opportunities plus appropriate mentorship experiences for SVI PACT students. Students must apply and will be hired by the employer for 12 weeks as an "Ironworkers" (or other appropriate work assignment) at the entry-level wage for this position. PACT graduates will be employed for a minimum of 10 hours per week -- additional hours may be negotiated between the PACT graduate and employer. Meet at least one time each year with representatives of SVI PACT program to review all aspects of this agreement. Revisions made upon unanimous consent of all parties to the agreement.

This agreement will remain in effect unless canceled by either party. This agreement shall not conflict with the Standards of Apprenticeship of this NJATC as approved by the Washington State Apprenticeship and Training Council.

**SIGNATURES**

 Greg Christianson 12/3/15  
 Ironworkers Apprenticeship Affiliation Partner Date

 Mr. Lawrence Willis 12/3/15  
 SVI PACT Program Administrator Date

 Maureen Shadair 12/3/15  
 SVI Executive Dean of Instruction & Community Partnership Date

RECEIVED BY L&I AC:  
12/7/15 KR

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CENTRAL OFFICE:  
12/7/15 KR

## Seattle Vocational Institute Pre-Apprenticeship Construction Training Curriculum

Pre-Apprenticeship Construction Training (PACT)						
Quarter 1	Course Number	Course	Credits	Contact Hours	Lecture Hours	Lab Hours
3300	MTA 100	Strategies for Success for PACT students	1.0	11	11	0
3301	MTA 160	Job Construction Skills	2.0	33	11	22
3302	MTA 167	Construction Trades Training I	3.0	55	11	44
3303	MTA 165	Road Flagging Certification	0.5	7	3	4
3304	MTA 164	Industrial First Aid/CPR	0.5	8	3	5
3305	MTA 162	Trades Math I	6.0	66	66	0
3306	MTA 168	Construction Trades Training II	3.5	57	13	44
3307	MTA 172	Forklift Operation and Certification	1.0	11	6	5
3308	MTA 174	Tools and Material ID and Handling	2.0	33	11	22
3309	MTA 177	Fitness and Nutrition I	2.0	33	11	22.0
3310	MTA 179	OSHA 10 Safety Certification	1.0	11	6	5
			<b>22.5</b>	<b>325</b>	<b>152</b>	<b>173</b>
Quarter 2	Course Number	Course	Credits	Contact Hours	Lecture Hours	Lab Hours
3311	MTA 161	Construction Job Readiness	5.5	77	33	44
3312	MTA 163	Blueprint Reading	3.0	44	22	22
3313	MTA 169	Construction Trades Training III	2.0	33	11	22
3314	MTA 170	ASSET Preparation	2.0	33	11	22
3315	MTA 175	Forms and Grades	2.0	33	11	22
3316	MTA 176	Trades Math II	2.5	44	11	33
3317	MTA 178	Fitness and Nutrition II	2.0	33	11	22
			<b>19.0</b>	<b>297</b>	<b>110</b>	<b>187</b>
<b>TOTALS</b>			<b>41.5</b>	<b>622.0</b>	<b>262.0</b>	<b>360.0</b>

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12/7/15 KR

## **LEARNING OUTCOMES**

By the end of the Pre-Apprenticeship Construction Training program students should be able to:

- Possess life skills such as punctuality, perseverance, positive attitude, and work ethic that will assure job success on a construction site.
- Possess the qualifications to become indentured in a state-approved construction trade apprenticeship program. These qualifications are specific to each apprenticeship program and may include proficiency with hand tools, power tools, math, interview skills, tool and material identification.
- Possess the necessary skills to pass the Washington State Driver's License exam prior to referral to an apprenticeship program.
- Possess basic construction skills such as knowledge of hand tools & power tools, reading a tape measure, lay-out, blueprints & trades math.
- Possess basic knowledge of the trades in the construction industry.

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12/7/15JR

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CENTRAL OFFICE:

12/7/15KK

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Seattle Vocational Institute

COURSE OUTLINE

DEPARTMENT: Pre-Apprenticeship Construction Training  
CURRICULUM: Pre-Apprenticeship Construction Training  
COURSE TITLE: Construction Job Readiness  
COURSE NUMBER: MTA 161  
TYPE OF COURSE: Professional/Technical  
COURSE LENGTH: 77 contact hours  
CREDITS: 5.5  
LECTURE: 33 contact hours  
LAB: 44 contact hours  
CLASS CAPACITY: 18

RECEIVED BY L&I AC:

12/7/15 JK

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CENTRAL OFFICE:

12/7/15 JK

COURSE DESCRIPTION: This course has been designed to prepare students for entry-level employment as a beginning apprentice in a building/construction trade. Knowledge of the union apprenticeship system, entry requirements for various trades and job-hunting skills and documents are emphasized.

COURSE OBJECTIVES:

1. The student will demonstrate an understanding of construction job tasks and responsibilities.
2. The student will demonstrate an understanding of the history and expectations of union organizations.
3. The student will demonstrate mastery of interviewing skills, communication skills, and job search techniques.
4. The student will prepare a model application and resume.
5. The student will demonstrate an understanding of harassment in the workplace and how to appropriately handle harassing situations
6. The student will have a valid driver's license or obtain a valid driver's license.
7. The student will be drug and alcohol free.

PREREQUISITES: None

REQUIRED TEXT: None

MAJOR

TOPICAL OUTLINE:	HOURS
I. Identification of construction job duties and expectations.	20
II. History and purpose of labor organizations.	10
III. Job survival skills/Resumes/Applications	20
IV. Harassment in workplace	5
V. Interviewing techniques	15
VI. Work Ethic/Workplace Discrimination/Racism	10

OUTLINE DEVELOPED BY: Diane Davies

Date: September 1, 2011

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Seattle Vocational Institute

COURSE OUTLINE

DEPARTMENT: Pre-Apprenticeship Construction Training  
CURRICULUM: Pre-Apprenticeship Construction Training  
COURSE TITLE: Trades Math I  
COURSE NUMBER: MTA 162  
TYPE OF COURSE: Professional/Technical  
COURSE LENGTH: 66 contact hours  
CREDITS: 6  
LECTURE: 66 contact hours  
LAB: 0 contact hours  
CLASS CAPACITY: 18

RECEIVED BY L&I AC:

12/7/15JR

E-MAIL RECEIVED BY  
CENTRAL OFFICE:

12/7/15JR

COURSE DESCRIPTION: This course has been designed to develop student competency and review the fundamentals of general mathematics with applications to the building and construction trades.

COURSE OBJECTIVES:

1. The student will demonstrate proficiency with whole numbers, decimals, fractions and percentages.
2. The student will calculate ratios and proportions.
3. The student will demonstrate proficiency with linear and angular measurements and metric conversions.
4. The student will calculate the areas of rectangles, triangles, circles, and cylinders.
5. The student will calculate the volumes of rectangular, triangular, and cylindrical solids.

PREREQUISITES: None

REQUIRED TEXT: None

MAJOR

TOPICAL OUTLINE:	HOURS
I. Whole Numbers, Fractions, Decimals, and Percentages	20
II. Fractions/Decimals Conversions	20
III. Ratios and Proportions	5
IV. Linear and Angle Measurements	9
V. Introduction to Geometric Principles	5
VI. Areas of Rectangles, Triangles, Circles and Cylinders	5
VII. Volumes of Rectangular, Triangular, and Cylindrical Solids	5

OUTLINE DEVELOPED BY: Diane Davies

Date: April 1, 2008

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Seattle Vocational Institute

COURSE OUTLINE

DEPARTMENT: Pre-Apprenticeship Construction Training  
CURRICULUM: Pre-Apprenticeship Construction Training  
COURSE TITLE: Blueprint Reading  
COURSE NUMBER: MTA 163  
TYPE OF COURSE: Professional/Technical  
COURSE LENGTH: 44 contact hours  
CREDITS: 3  
LECTURE: 22 contact hours  
LAB: 22 contact hours  
CLASS CAPACITY: 18

RECEIVED BY L&I AC:

12/7/15 JK

E-MAIL RECEIVED BY  
CENTRAL OFFICE:

12/7/15 JK

COURSE DESCRIPTION: This course is designed to prepare students to identify and recognize basic blueprint terms and symbols and follow the plan in a construction application.

COURSE OBJECTIVES: 1. The student will identify the components of a blueprint.  
2. The student will identify the basic types of drawing.  
3. The student will recognize notes and dimensions on blueprints.  
4. The student will interpret drawing elements regarding layout plan, production and inspection.

PREREQUISITES: None

REQUIRED TEXT: None

MAJOR

TOPICAL OUTLINE:	HOURS
I. Blueprint Components	12.5
II. Types of Drawing	12.5
III. Blueprint Notes and Dimensions	12.5
IV. Blueprint Drawing Element Interpretation	12.5

OUTLINE DEVELOPED BY: Diane Davies

Date: September 1, 2011

Outline Revised by the Office of Instruction, Seattle Vocational Institute on 4/1/2010

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Seattle Vocational Institute

COURSE OUTLINE

DEPARTMENT: Pre-Apprenticeship Construction Training  
CURRICULUM: Pre-Apprenticeship Construction Training  
COURSE TITLE: Industrial First Aid/CPR  
COURSE NUMBER: MTA 164  
TYPE OF COURSE: Professional/Technical  
COURSE LENGTH: 8 contact hours  
CREDITS: 0.5  
LECTURE: 3 contact hours  
LAB: 5 contact hours  
CLASS CAPACITY: 18

RECEIVED BY L&I AC:  
12/7/15 JR

E-MAIL RECEIVED BY  
CENTRAL OFFICE:  
12/7/15 JR

COURSE DESCRIPTION: This course is designed to prepare students to become competent in cardiopulmonary resuscitation (CPR) and basic industrial first aid as it applies to the building and construction trades. Students develop ability to apply correct life saving techniques, assess and treat the sick and injured.

- COURSE OBJECTIVES:
1. Student will explain and demonstrate how to use the EMS system.
  2. Student will find medical emergencies in their first aid handbook.
  3. Student will identify the signals of medical emergencies, and care for them.
  4. Student will identify and care for choking and other breathing emergencies.
  5. Student will identify the major risk factors for cardiovascular disease and injury.
  6. Student will identify the signals of a heart attack, and know what to do about it.
  7. Student will identify cardiac arrest and know how to perform CPR.

8. Student will identify life-threatening bleeding, and demonstrate how to control it.
9. Student will identify the signals of shock, and demonstrate how to minimize the effects of shock.
10. Student will identify and care for soft tissue and muscular skeletal injuries.
11. Student will demonstrate how to move a victim in an emergency situation.
12. Student will demonstrate how to apply psychological first aid.

PREREQUISITES: None

REQUIRED TEXT: None

MAJOR

TOPICAL OUTLINE:

- I. First Aid
- II. CPR
- III. Red Cross Certification Cards

RECEIVED BY L&I AC:  
12/7/15JK

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CENTRAL OFFICE:  
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Outline Revised by the Office of Instruction, Seattle Vocational Institute on 4/1/2010

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Seattle Vocational Institute

COURSE OUTLINE

DEPARTMENT: Pre-Apprenticeship Construction Training  
CURRICULUM: Pre-Apprenticeship Construction Training  
COURSE TITLE: Road Flagging Certification  
COURSE NUMBER: MTA 165  
TYPE OF COURSE: Professional/Technical  
COURSE LENGTH: 7 contact hours  
CREDITS: 0.5  
LECTURE: 3 contact hours  
LAB: 4 contact hours  
CLASS CAPACITY: 30

RECEIVED BY L&I AC:

12/7/15 JK

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CENTRAL OFFICE:

12/7/15 JK

COURSE DESCRIPTION: This course prepares students for the road flagging certification examination. During the course students learn how to establish and maintain a safe traffic flow in a construction zone; understand both hazardous and safe behaviors involved in a variety of flagger situations and review the material that the student needs to know to successfully pass the Washington State 3-year flagger certification examination.

COURSE OBJECTIVES: 1. Student will identify and recognize safe traffic flow.  
2. Student will identify and be able to handle traffic control situations.  
3. Student will be prepared to pass the Washington State 3-year Flagger Certification Exam.

PREREQUISITES: None

REQUIRED TEXT: None

MAJOR

TOPICAL OUTLINE:

- I. Identification and Recognition of Safe Traffic Flow
- II Identification and Preparedness for Traffic Control Situations
- III Preparation for Washington State 3-year Flagger Certification Exam

Outline Revised by the Office of Instruction, Seattle Vocational Institute on 4/1/2010

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12/7/15JR

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12/7/15KR

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Seattle Vocational Institute

COURSE OUTLINE

DEPARTMENT: Pre-Apprenticeship Construction Training  
CURRICULUM: Pre-Apprenticeship Construction Training  
COURSE TITLE: Construction Trades Training I  
COURSE NUMBER: MTA 167  
TYPE OF COURSE: Professional/Technical  
  
COURSE LENGTH 55 contact hours  
CREDITS: 3.0  
LECTURE: 11 contact hours  
LAB: 44 contact hours  
CLASS CAPACITY: 18

RECEIVED BY L&I AC:

12/7/15JR

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CENTRAL OFFICE:

12/7/15JR

COURSE DESCRIPTION: This course has been designed to introduce students to the skills and responsibilities of nineteen of the building construction trades. Students will visit the training centers of approximately ten building construction trades and learn about the skills required of each trade. Construction trade jobs investigated will be carpenter, laborer, electrician, plumber, drywall installer, brick layer, painter, cement mason, sheet metal worker, and ironworker, boilermaker, floor coverer, elevator constructors, glaziers, operating engineers, pile drivers, plasterers, roofers, and sprinkler fitters.

COURSE OBJECTIVES:

1. The student will demonstrate understanding of each of the building construction trades.
2. The student will assess various trade apprenticeships and evaluate union and nonunion careers.
3. The student will determine which of the building construction trades to work at getting a job in.
4. The student will participate in hands-on training at various trades when possible.

PREREQUISITES: None

REQUIRED TEXT: None

MAJOR  
TOPICAL OUTLINE:

- I. Building Construction Trades Overview
- II. Visits to Building Construction Trade Training Centers
- III. Evaluating Building Construction Trade Professions

**OUTLINE DEVELOPED BY:** Diane Davies

Outline Revised by the Office of Instruction, Seattle Vocational Institute on 4/1/2010

RECEIVED BY L&I AC:

12/7/15 JK

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12/7/15 KR

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Seattle Vocational Institute

COURSE OUTLINE

DEPARTMENT: Pre-Apprenticeship Construction Training

CURRICULUM: Pre-Apprenticeship Construction Training

COURSE TITLE: Construction Trades Training III

COURSE NUMBER: MTA 169

TYPE OF COURSE: Professional/Technical

COURSE LENGTH: 33 contact hours

CREDITIS: 2

LECTURE: 11 contact hours

LAB: 22 contact hours

CLASS CAPACITY: 18

COURSE DESCRIPTION: This course will build upon the skills students acquired in Construction Trades II. In addition to more hands-on community projects, students will be introduced to other construction safety and skill training.

COURSE OBJECTIVES:

1. Student will demonstrate knowledge of scaffold safety and use.
2. Student will demonstrate knowledge and ability for safe ladder use and fall protection.
3. Student will demonstrate knowledge of crane signals.
4. Student will demonstrate the ability to tie construction related knots.
5. Student will demonstrate ability to properly use a chain saw safely.
6. Student will demonstrate understanding and knowledge for the safe operation of a gas cutting torch.

PREREQUISITES: MTA 168

REQUIRED TEXT: None

RECEIVED BY L&I AC:

12/7/15 JR

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CENTRAL OFFICE:

12/7/15 KR

MAJOR

TOPICAL OUTLINE:

- I. Scaffold User Certification.
- II. Ladder Use and Safety.
- III. Rigging and Crane Signals.
- IV. Knot Tying.
- V. Chain Saw
- VI. Oxyacetylene Metal Cutting

MAJOR

TOPICAL OUTLINE:

- I. Review And Improve Student Reading Comprehension
- II. Review And Improve Student Language Arts Ability
- ill. Review And Improve Student Mathematical Computation Ability
- IV. ASSET Test Practice

Outline Revised by the Office of Instruction, Seattle Vocational Institute on 5/20/03.

RECEIVED BY L&I AC:

12/7/15JR

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CENTRAL OFFICE:

12/7/15JR

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Seattle Vocational Institute

COURSE OUTLINE

DEPARTMENT: Pre-Apprenticeship Construction Training  
CURRICULUM: Pre-Apprenticeship Construction Training  
COURSE TITLE: ASSET Preparation  
COURSE NUMBER: MTA 170  
TYPE OF COURSE: Professional/Technical  
COURSE LENGTH: 33 contact hours  
CREDITS: 3  
LECTURE: 11 contact hours  
LAB: 22 contact hours  
CLASS CAPACITY: 18

RECEIVED BY L&I AC:  
12/7/15JR

E-MAIL RECEIVED BY  
CENTRAL OFFICE:  
12/7/15JR

COURSE DESCRIPTION: The purpose of this course is to review and/or learn the language arts, mathematical computation and reading comprehension skills necessary to achieve test scores at acceptable levels on the required sections of the ASSET examination by local area labor organizations for placement as an apprentice. Students will receive instruction and work on practice examinations.

COURSE OBJECTIVES:

1. Student will review and learn language art skills to achieve levels high enough for placement as an apprentice.
2. Student will review and learn reading comprehension to achieve levels high enough for placement as an apprentice.
3. Student will review and learn mathematical computation to achieve levels high enough for placement as an apprentice.
4. Student will understand the mechanics of the ASSET test.

PREREQUISITES: None

REQUIRED TEXT: None

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Seattle Vocational Institute

COURSE OUTLINE

DEPARTMENT: Pre-Apprenticeship Construction Training

CURRICULUM: Pre-Apprenticeship Construction Training

COURSE TITLE: Forklift Operation and Certification

COURSE NUMBER: MTA 172

TYPE OF COURSE: Professional/Technical

COURSE LENGTH: 11 contact hours

CREDITS: 1

LECTURE: 6 contact hours

LAB: 5 contact hours

CLASS CAPACITY: 20

COURSE DESCRIPTION: December 1, 1999 was the federal deadline when everyone who operates a forklift must be certified. This course will train students in the functions and parts of a forklift, OSHA forklift regulations, safety habits in forklift operation, and the proper picking, placing, and moving of a variety of loads through the work site. Students will also take the test to become an OSHA certified forklift operator.

- COURSE OBJECTIVES:
1. Student will identify the parts and functions of a forklift.
  2. Student will identify OSHA forklift regulations.
  3. Student will describe and practice safety habits of forklift operators.
  4. Student will properly and safely operate forklift for picking, placing and moving a variety of loads.
  5. Student will pass Washington State Forklift Certification Test

PREREQUISITES: None

REQUIRED TEXT: None

RECEIVED BY L&I AC:  
12/7/15 JK

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CENTRAL OFFICE:  
12/7/15 KR

MAJOR

- TOPICAL OUTLINE:
- I. Parts and Functions of Forklifts
  - II. OSHA Forklift Regulations
  - III. Forklift Safety
  - IV. Forklift Operation

Outline Revised by the Office of Instruction, Seattle Vocational Institute on 4/1/2010

RECEIVED BY L&I AC:

12/7/15 JR

E-MAIL RECEIVED BY  
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12/7/15 KR

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Seattle Vocational Institute

COURSE OUTLINE

DEPARTMENT: Pre-Apprenticeship Construction Training

CURRICULUM: Pre-Apprenticeship Construction Training

COURSE TITLE: Tools and Material Identification and Handling

COURSE NUMBER: MTA 174

TYPE OF COURSE: Professional/Technical

COURSE LENGTH: 33 contact hours

CREDITS: 2

LECTURE: 11 contact hours

LAB: 22 contact hours

CLASS CAPACITY: 18

COURSE DESCRIPTION: The purpose of this course is to train student to identify various construction related tools and building materials. Students will also receive training in the proper use of tools and materials including lumber, brick, blocks, scaffolds, wheelbarrows, shovels, among others. Emphasis will also be placed on occupational safety as it relates to the handling of tools and materials.

COURSE OBJECTIVE:

1. Students will properly identify tools typically used in construction trades.
2. Student will properly identify various construction building materials.
3. Students will develop an understanding of how to handle tools and materials including brick, blocks, wheelbarrow, and shovels.
4. Students will demonstrate ability to operate a wheelbarrow with proper technique.
5. Student will demonstrate ability to operate a shovel with proper technique.
6. Students will demonstrate ability to carry loads properly.
7. Student will develop ability to perform routine maintenance of hand and power tools.

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8. Student will demonstrate safe erections, use, and taking down scaffold.
9. Student will demonstrate ability to practice occupational safety.

PREREQUISITES: None

REQUIRED TEXT: None

MAJOR TOPICAL  
OUTLINE:

- I. Tool Identification and Proper Use
- II. Material Identification and Proper Use
- III. Wheelbarrow Identification and Proper Use
- IV. Occupational Safety
- V. Shovel ID and Proper Use
- VI. Hand and Power Tool Maintenance
- VII. Load Carrying
- VIII. Copper pipe cutting and soldering

Outline Revised by the Office of Instruction, Seattle Vocational Institute on 4/1/2010.

RECEIVED BY L&I AC:

12/7/15JR

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12/7/15KR

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Seattle Vocational Institute

COURSE OUTLINE

DEPARTMENT: Pre-Apprenticeship Construction Training

CURRICULUM: Pre-Apprenticeship Construction Training

COURSE TITLE: Forms and Grades

COURSE NUMBER: MTA 175

TYPE OF COURSE: Professional/Technical

COURSE LENGTH: 33 contact hours

CREDITS: 3

LECTURES: 11 contact hours

LAB: 22 contact hours

CLASS CAPACITY: 18

COURSE DESCRIPTION: The purpose of this course is to give students the opportunity to learn to build forms for pouring concrete. Emphasis will be placed on proper techniques for measuring; digging, compacting, and leveling, and laying out and building concrete forms.

COURSE OBJECTIVES:

1. Students will develop ability to build, square, and level concrete forms.
2. Students will develop ability to measure, layout and dig a ditch.
3. Students will develop proper technique to compact ground and backfill.

PREREQUISITES: None

REQUIRED TEXT: None

MAJOR TOPICAL  
OUTLINE:

- I. Measuring and Laying out Site for Concrete Form
- II. Excavating Site for Concrete Form
- III. Building, Squaring and Leveling Concrete Form

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IV. Compacting Ground and Backfilling  
V. Use of Transit and Laser Levels

Outline Revised by the Office of Instruction, Seattle Vocational Institute on 4/1/2010.

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12/7/15 JK

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12/7/15 KR

Seattle Vocational Institute

COURSE OUTLINE

DEPARTMENT: Pre-Apprenticeship Construction Training  
CURRICULUM: Pre-Apprenticeship Construction Training  
COURSE TITLE: Trades Math II  
COURSE NUMBER: MTA 176  
TYPE OF COURSE: Professional/Technical  
COURSE LENGTH: 44 contact hours  
CREDITS: 2.5  
LECTURE: 11 contact hours  
LAB: 33 contact hours  
CLASS CAPACITY: 18

RECEIVED BY L&I AC:

12/7/15 JK

E-MAIL RECEIVED BY  
CENTRAL OFFICE:

12/7/15 KR

COURSE DESCRIPTION: This course is designed to develop student competency and review the fundamentals of general mathematics with applications to the building and construction trades.

COURSE OBJECTIVES:

1. The student will develop proficiency with exponents, powers, and square roots.
2. The student will develop proficiency with linear and angular measurement and metric conversion.
3. The student will develop ability to calculate the area of rectangles, triangles, circles, and cylinders.
4. The student will develop ability to calculate the volume of rectangular, triangular, and cylindrical solids.
5. The student will apply mathematics towards solving practice construction problems.
6. The student will learn to order construction materials.

PREREQUISITES: Trade Math I

REQUIRED TEXT: None

MAJOR

TOPICAL OUTLINE:

	HOURS
I. Fractions, Ratios, Proportions	6
II. Decimals, Percentages	6

III. Exponents/powers, Square Roots	3
IV. Conversion between Fractions and Decimals	3
V. Linear Measure, Angle Measure, Metric Conversion	3
VI. Introduction to Geometric Principles	3
VII. Areas of Rectangles and Triangles	3
VIII. Areas of Circles and Cylinders	3
IX. Volumes of Rectangular and Triangular Solids	3
X. Volumes of Cylindrical Solids	3
XI. Cut lists and ordering	4

**OUTLINE DEVELOPED BY:** Diane Davies

Date: September 1, 2011

Outline Revised by the Office of Instruction, Seattle Vocational Institute on 4/1/2010

RECEIVED BY L&I AC:

12/7/15JK

E-MAIL RECEIVED BY  
CENTRAL OFFICE:

12/7/15JK

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Seattle Vocational Institute

COURSE OUTLINE

DEPARTMENT: Pre-Apprenticeship Construction Training  
CURRICULUM: Pre-Apprenticeship Construction Training  
COURSE TITLE: Physical Fitness and Nutrition I  
COURSE NUMBER: MTA 177  
TYPE OF COURSE: Professional/Technical  
COURSE LENGTH: 33 contact hours  
CREDITS: 2  
LECTURE: 11 contact hours  
LAB: 22 contact hours  
CLASS CAPACITY: 18

RECEIVED BY L&I AC:

12/7/15 JK

E-MAIL RECEIVED BY  
CENTRAL OFFICE:

12/7/15 JK

COURSE DESCRIPTION: This course has been designed to prepare students to become competent in personal dietary management and to develop physical fitness through regular stretching and aerobic exercise. Good personal fitness and diet habits will contribute to a more injury free and healthy career in the construction industry.

- COURSE OBJECTIVES:
1. The student will explain and demonstrate knowledge of basic food groups and how they relate to energy and stamina.
  2. The student will demonstrate a sequence of proper stretching exercises to warm up the body before work.
  3. The student will demonstrate proper lifting and carrying of construction materials on a repetitive basis to enhance muscle development.

PREREQUISITES: None

REQUIRED TEXT: None

MAJOR

TOPICAL OUTLINE:	HOURS
I. Stretching exercises to allow proper body warm up.	10.5
II. Diet choices for maximum energy, stamina, and health.	9
III. Aerobic exercise for strength and endurance	9

OUTLINE DEVELOPED BY: Diane Davies

Date: April 1, 2008

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Seattle Vocational Institute

COURSE OUTLINE

DEPARTMENT: Pre-Apprenticeship Construction Training  
CURRICULUM: Pre-Apprenticeship Construction Training  
COURSE TITLE: Fitness and Nutrition II  
COURSE NUMBER: MTA 178  
TYPE OF COURSE: Professional/Technical  
COURSE LENGTH: 33 contact hours  
CREDITS: 2  
LECTURE: 11 contact hours  
LAB: 22 contact hours  
CLASS CAPACITY: 18

RECEIVED BY L&I AC:

12/7/15 JR

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CENTRAL OFFICE:

12/7/15 KR

COURSE DESCRIPTION: This course is designed to build on the competencies introduced in MTA 077. In addition to stretching, dietary arrangement, and aerobic exercise, upper body strengthening exercises will be introduced.

- COURSE OBJECTIVES:
1. Student will explain and demonstrate knowledge of basic food groups and how they relate to energy and stamina.
  2. Student will demonstrate a sequence of proper stretching exercises to warm up the body before work.
  3. Student will demonstrate proper lifting and carrying of construction materials on a repetitive basis to enhance muscle development.

PREREQUISITES: Fitness and Nutrition I

REQUIRED TEXT: None

MAJOR

TOPICAL OUTLINE:	HOURS
I. Stretching exercises to allow proper body warm up	9
II. Diet choices for maximum energy, stamina, and health	9
III. Aerobic exercise for strength and endurance	9
IV. Exercise to develop upper body strength	9

OUTLINE DEVELOPED BY: Diane Davies

Date: September 1, 2011

Seattle Vocational Institute

COURSE OUTLINE

DEPARTMENT: Pre-Apprenticeship Construction Training  
 CURRICULUM: Pre-Apprenticeship Construction Training  
 COURSE TITLE: OSHA 10 Safety Certification  
 COURSE NUMBER: MTA 179  
 TYPE OF COURSE: Professional/Technical  
 COURSE LENGTH 11 contact hours  
 CREDITS: 1  
 LECTURE: 6 contact hours  
 LAB: 5 contact hours  
 CLASS CAPACITY: 25

RECEIVED BY L&I AC:  
12/7/15 JK

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12/7/15 JK

COURSE DESCRIPTION: The Occupational Health and Safety Administration (OSHA), a division of the federal government, regulates construction safety, and certifies workers on safety practices. OSHA 10 is the first level of OSHA safety certification and provides a minimum of 10 hours of safety training. Training includes the following modules: Introduction to OSHA, Personal Protective Equipment, Stairways and Ladders, Electrical, Fall Protection, Confined Space, Scaffolds, Cranes, Excavations, and Materials Handling.

- COURSE OBJECTIVE:
1. The student will demonstrate understanding of basic construction safety practices.
  2. The student will demonstrate understanding of safety procedures for worksite hazards.
  3. The student will receive OSHA 10 certification upon completion of all 10 modules.

PREREQUISITES: None

REQUIRED TEXT: None

MAJOR TOPICAL OUTLINE:

- I. Introduction to OSHA
- II. Personal Protective Equipment
- III. Stairways and Ladders
- IV. Electrical Safety
- V. Fall Protection
- VI. Confined Spaces
- VII. Scaffolding
- VIII. Cranes

- IX. Excavations
- X. Materials Handling

**OUTLINE DEVELOPED BY:** Diane Davies

RECEIVED BY L&I AC:  
12/7/15 JR

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CENTRAL OFFICE:  
12/7/15 KR