



Guidelines for Using Artificial Intelligence (AI) to Study for the Red Seal Exam

Learning Using AI

Artificial Intelligence, or AI, is used more and more to help people with all sorts of tasks.

A lot of people use AI to learn new skills and concepts, and many students use it to study and prepare for exams.

You can benefit from these tools as you prepare for writing the Red Seal exam as well.

This guide is meant to give you some direction on how to do this most effectively and includes some **sample prompts** and **official resources** at the end.

Proceed with Caution!

 AI Hallucination	AI can give answers that sound correct but are wrong or made up. It might provide false facts, fake sources, or misleading details because it works by predicting words.
 Double-Check AI Output	AI is great for ideas and practice questions, but always verify what it tells you.
 Red Seal Exam Authenticity	Red Seal exams are developed by trades experts across Canada. AI tools do NOT have access to real exam questions and cannot replicate real questions.
 Using AI Wisely	AI-generated material can help you learn concepts and prepare for your exam. AI generated materials are not a substitute for official resources.
 No Endorsement of Prep Companies	The Red Seal Program does NOT endorse any company selling exam questions. Claims of having real questions are false.
 Exam Question Security	Real exam questions are heavily protected and change regularly. Buying material does NOT guarantee success—often, it's copied from the free content from official sites.
 Cheating Consequences	Using unlawfully obtained exam material can lead to serious consequences, including losing your status as a registered apprentice or your journeyperson certification.

Can I Use AI to Learn a Trade?

In short, no. Learning a trade is best done through hands-on experience. This is the basis of apprenticeship training in Canada.

However, AI can be one of many tools that can support your learning. You can ask it to explain a concept you don't quite understand or give you step-by-step instructions on how to perform a task. While you have to be aware of the possible problems with the information it generates, it can help you to think carefully about questions, answers and the explanations for them.

Your trade experience is critical. Does a question that AI came up with look strange? Do some research! Talk to your peers or your mentor in the trade! Don't just trust AI—learn from the ideas it is giving you to think about.

The format of real Red Seal exam questions can be slightly different from the format of the questions that AI can generate for you. [Sample Red Seal questions](#) can be found on the official Red Seal website for your trade.

Tips for Using AI to Study

Here are a few ways AI can help you prepare for the Red Seal exam:

-  Generate practice questions
-  Create study tools like flashcards
-  Request explanations or breakdowns

“Prompts” are the questions you enter to get AI to generate answers for you. Here are some tips for creating good prompts:

-  Give Clear Info
-  Tweak Your Questions
-  Double-Check Answers
-  Be Straightforward

AI is not a search engine, but it can access internet sources when connected to web browsers. Otherwise, it relies on the data it was originally trained on, while actual Red Seal exam questions are regularly updated. AI tools may not always interpret sources it has used on the web accurately, so it is important to always double-check your information.

Protecting Your Privacy

The things you type, like your questions and conversations, may be used by AI to help train future versions. This depends on the privacy settings and how you're using the AI. You can usually control these features in the AI's settings, so you can decide what to share and what to keep private.

There are two ways your information might be used:

1. **Training the AI:** If your training toggle and chat history are turned on, your conversations with the AI might be used to help train the AI and make it better over time. If these toggles are off, your data won't be saved or used for training.
2. **Personal Memory:** Some AIs can remember things you've told them, like your name or preferences, to make future chats more personal. This is separate from training data. You can usually pause this memory or delete it whenever you want.

It is strongly discouraged to share personal, financial, or medical information with AI.

How to Use Prompts to Generate Study Material

Open an AI tool of your choice and experiment using the following prompts.

Pick a Sub-task from your trade's [Red Seal Occupational Standard](#) page and start by asking AI the question (prompt) below (with your trade and the Sub-task you are looking at).

The following examples use a sub-task from the Carpenter trade, but you can use any sub-task from your trade:

Please create 10 Red Seal multiple-choice exam questions that test **Carpenter Sub-task C-8.01 Erects excavation shoring and underpinning. Explain why the correct answer is correct and why the incorrect answers are wrong.**

Look at the results you get. Think about the questions, the correct answers, the incorrect answers and the reasons that AI generated for each of them. Do they make sense?

Next, go a bit deeper....

On the trade's [Exam Information page](#) on the Red Seal website, you will see how many different types of questions there are (Knowledge and Recall, Procedural and Application, Critical Thinking and Problem Solving). Try asking things like:

Please create 5 harder Red Seal multiple-choice exam questions that test **Carpenter Sub-task C-8.01 Erects excavation shoring and underpinning. Explain why the correct answer is correct and why the incorrect answers are wrong.**

Explain Question 5 for me.

Please create 5 knowledge and recall Red Seal multiple-choice questions that test **Carpenter Sub-task C-8.01 Erects excavation shoring and underpinning. Explain why the correct answer is correct and why the incorrect answers are wrong.**

Please create 5 procedural Red Seal multiple-choice questions that test **Carpenter Sub-task C-8.01 Erects excavation shoring and underpinning. Explain why the correct answer is correct and why the incorrect answers are wrong.**

Please create 5 problem-solving and critical thinking Red Seal multiple-choice questions that test **Carpenter Sub-task C-8.01 Erects excavation shoring and underpinning. Explain why the correct answer is correct and why the incorrect answers are wrong.**

Please create 5 math Red Seal multiple-choice questions that test **Carpenter Sub-task C-8.01 Erects excavation shoring and underpinning. Use the formulas found on the Red Seal page: https://www.red-seal.ca/eng/trades/38_carpenter/.2x.1m_cs.shtml#s4 Explain the steps to get the correct answer.**

Please create 5 Red Seal multiple-choice questions that test **Carpenter Sub-task C-8.01 Erects excavation shoring and underpinning and use the **National Building Code of Canada**. Explain why the correct answer is correct and why the incorrect answers are wrong.**

Please create 20 flash cards to study for the **Carpenter Red Seal Exam, on Sub-task C-8.01 Erects excavation shoring and underpinning. Provide thorough explanations for each flash card.**

Can you think of other prompts you might use to help you learn trade concepts that might be on the Red Seal exam?

Create a Customized Study Plan for Your Trade

There are a lot of sub-tasks in every [Red Seal Occupational Standard](#) and most of them are tested on the Red Seal exam. However, there are not the same number of questions on each sub-task. Trade experts in Canada determines how many questions to ask about each one.

You can prioritize which sub-tasks to study by looking at the [Exam Breakdown or by doing the Self-Assessment](#) to determine where you might need to prepare more.

Go through your self-assessment Overview of Results and [Red Seal Occupational Standard](#) to identify the sub-tasks in the trade you want to target. Then use the prompts above to generate study materials.

The [Red Seal Exam Preparation Guide](#) can also be used to learn more about how to prepare yourself for writing the Red Seal exam.