

## Halton Canadian Forces Co-Operative Education: Georgetown Program Lorne Scots (Peel, Dufferin, Halton) Regiment Interview Tips



An additional requirement for the Halton Canadian Forces Co-Op/ Georgetown Army Co-Operative Education Program this year will be an interview with the army unit that conducts the Co-Op Training.

The **Lorne Scots (Peel, Dufferin, Halton) Regiment [Lorne Scots]** is the primary unit involved in training you at its' **C Company Armoury**, located at **91 Todd Road** in Georgetown.

**ALL Lorne Scots CANDIDATE INTERVIEWS** may take place at the Brampton Armoury, prior to your complete paper application being sent to the **Canadian Forces Recruiting Centre (C.F.R.C.)** in **Mississauga**.

In order to ensure you are best prepared for your interview, here are several basic suggestions, followed by additional specific areas that you are to review **BEFORE** your interview.

### **GENERAL JOB INTERVIEW SUGGESTIONS**

- **LOOK PROFESSIONAL:** this is a job you are competing for, so it is best to “dress for success.” In this case, you want to appear in pants (NOT JEANS), with a golf/polo shirt, or dress shirt (a tie is optional) or, additionally for females, a skirt and blouse.

Because you are joining the Canadian Forces, you will want to carefully consider your personal appearance. Once you are a serving Canadian Forces member, your haircut, hair colour, earring and jewellery placement are all regulated. Therefore, you will want to seriously consider how you appear at your interview – think about a haircut & losing the visible piercings that are located anywhere other than your ears.

- **BE ON TIME:** In order to be successful in the Army, you need to meet timings. “Being on time” in the army means being, at **the minimum, 10 minutes EARLY**. Ensure that is the case with your interview time.
- **BE PREPARED to Answer Questions** about yourself including: your personal strengths, and areas for improvement, be able to speak about the R.H.L.I. (W.R.), about why you are taking the Army Co-Op & why you are the best candidate for it, what your fitness routine is and, lastly, what your post secondary (after high school) career/education plan is.

## SPECIFIC JOB FOCUS AREAS TO PREPARE



You are joining the Canadian Forces Army Reserve – an infantry regiment in particular – as a Non-Commission Member (NCM) – ensure you know what training the job will require, and what the role of the infantry is.

There are several weblinks below to assist you in this preparation:

The Forces Recruiting Page on the overall profile of the Canadian Army:

[http://www.forces.ca/flash.aspx#/flash/en/video\\_link/\\_VIDEOS/army\\_en.flv](http://www.forces.ca/flash.aspx#/flash/en/video_link/_VIDEOS/army_en.flv)

The Forces Recruiting Page that profiles the role of a Reservist, or part-time Canadian Forces Member.

[http://www.forces.ca/html/reserveforce\\_en.aspx](http://www.forces.ca/html/reserveforce_en.aspx)

**\*\*The Forces Recruiting Page on the *Job of an Infantry Soldier*\*\***

[http://www.forces.ca/html/infantrysoldier\\_reg\\_en.aspx](http://www.forces.ca/html/infantrysoldier_reg_en.aspx)

**\*\*The Forces Recruiting Page that has a *video* that summarises the *Basic Military Qualification Training*\*\***

[http://www.forces.ca/include/videoViewer.aspx?video=basic\\_rt\\_en.flv](http://www.forces.ca/include/videoViewer.aspx?video=basic_rt_en.flv)

**\*\*The *Lorne Scots Regiment webpage*, to assist you in understanding what the Lorne Scot's do, and who they are:\*\***

<http://www.lornescots.ca/army/default.htm>

**\*\*REVIEW** the following pages under the **Unit Information** tab: **Welcome Messages** from the Commanding Officer, as well as the Regimental Sergeant Major – Know who they are, and **Regimental History** in particular, so you can speak about those aspects of the Lorne Scots during the interview.\*\*

Canadian Army webpages that outline The **Basic Rank Structure** of the Canadian Forces and **Types & Sizes of Units** so you have an understanding of how to address your interviewers, and on the sizes of "Sections, Platoons, Company(ies), etc..." should it come up.

**\*\*** <http://www.army.forces.gc.ca/land-terre/ata-asl/ranks-grades/index-eng.asp> **\*\***

<http://www.army.forces.gc.ca/land-terre/ata-asl/types-eng.asp>

<http://www.army.forces.gc.ca/land-terre/ata-asl/units-unites-eng.asp>

Lastly, if you wish to fully grasp what "Basic Training" is and what the recruiting process will be like, there are episodes of *Basic Up*, which profiles several recruits all the way through their Regular Force Basic Military Qualification course:

<http://www.army.forces.gc.ca/land-terre/life-vie/basic-voie/guide-eng.asp>

**\*\* Critical to know\*\***