

COMMON TRAINING

PROFICIENCY LEVEL FIVE

INSTRUCTIONAL GUIDE

SECTION 1

EO C501.01 – REFLECT UPON WHAT IT MEANS TO BE A GOOD CANADIAN CITIZEN

Total Time: One session = 90 min

PREPARATION

PRE-LESSON INSTRUCTIONS

This IG supports EO C501.01 (Reflect Upon What it Means to be a Good Canadian Citizen) located in A-CR-CCP-805/PG-001, *Proficiency Level Five Qualification Standard and Plan*, Chapter 4.

Self-study packages are intended to be completed by the cadet independently. More information about self-study packages can be found in the foreword and preface.

Review the lesson content and become familiar with the material prior to facilitating this lesson.

Photocopy the self-study package located at Annex A for each cadet.

PRE-LESSON ASSIGNMENT

Nil.

APPROACH

A self study was chosen for this lesson as it allows the cadet to reflect upon Canadian citizenship at their own learning pace. This encourages the cadet to become more self-reliant and independent by focusing on their own learning instead of learning directed by the instructor.

INTRODUCTION

REVIEW

Nil.

OBJECTIVES

By the end of this lesson the cadet shall have reflected upon their role as a Canadian citizen.

IMPORTANCE

It is important for cadets to reflect upon citizenship to improve their understanding of what it means to be Canadian, and to guide them in becoming active and responsible citizens.

Unofficial convenience copy of A-CR-CCP-805/PF-001, cached 2026-11-08 from https://app.cadets.gc.ca/cadet-publications/A-CR-CCP-805-PF-001/A-CR-CCP-805-PF-001.pdf.
Verify against the official publication.

SELF-STUDY PACKAGE INSTRUCTIONS

OBJECTIVE

The objective of this self-study package is to have the cadet reflect upon Canadian citizenship.

RESOURCES

- Recent edition of a national newspaper or a printout of online national and international news,
- Self-study package,
- Pen / pencil, and
- Markers / pencil crayons.

ACTIVITY LAYOUT

- Provide the cadet with a classroom or training area suitable to complete the self-study package.
- Highlight news stories related to Canadian issues, identity, values, and citizenship (such as Canadian achievements, public opinion research, or activities of local elected officials) for the cadets to use.
- If the cadet has access to the Internet through a smartphone or tablet, you may permit them to use these items for the activity if they wish (for instance, to look up the names of local Members of Parliament). However, Internet access is not a requirement.

ACTIVITY INSTRUCTIONS

1. Provide the cadet with a copy of the self-study package located at Annex A and a pen / pencil.
2. Provide the cadet with the newspaper or news printout.
3. Allow the cadet 90 minutes to complete the self-study package.
4. Provide assistance to the cadet as required.
5. Collect the self-study package once the cadet has finished.
6. Correct the self-study package. Check to see that the cadet’s responses show an understanding of the subject and evidence of genuine reflection.
7. Provide feedback to the cadet and indicate whether or not they have completed the Enabling Objective (EO).
8. Return the completed self-study package to the cadet for their future reference.
9. Upon the completion of the self-study package, record the result in the cadet's logbook and training record.

SAFETY

Nil.

END OF LESSON CONFIRMATION

The cadet's completion of the self-study package will serve as the confirmation of this lesson.

Unofficial convenience copy of A-CR-CCP-805/PF-001, cached 2026-11-08 from https://app.cadets.gc.ca/cadet-publications/A-CR-CCP-805-PF-001/A-CR-CCP-805-PF-001.pdf.
Verify against the official publication.

CONCLUSION

HOMEWORK / READING / PRACTICE

Nil.

METHOD OF EVALUATION

Nil.

CLOSING STATEMENT

Being a good citizen is about being informed, being actively involved, and helping contribute to the improvement of life in Canada. This is the responsibility of every Canadian, and is especially important for the young adults who will shape Canada's future.

INSTRUCTOR NOTES / REMARKS

Nil.

REFERENCES

Nil.

Unofficial convenience copy of A-CR-CCP-805/PF-001, cached 2026-11-08 from https://app.cadets.gc.ca/cadet-publications/A-CR-CCP-805-PF-001/A-CR-CCP-805-PF-001.pdf.
Verify against the official publication.

THIS PAGE INTENTIONALLY LEFT BLANK

Unofficial convenience copy of A-CR-CCP-805/PF-001, cached 2026-11-08 from https://app.cadets.gc.ca/cadet-publications/A-CR-CCP-805-PF-001/A-CR-CCP-805-PF-001.pdf.
Verify against the official publication.

Canadian Citizenship



SECTION 1: WHAT DOES IT MEAN TO BE CANADIAN?

SECTION 2: DEFINE GOOD CITIZENSHIP

SECTION 3: BEING A GREAT CANADIAN

Unofficial convenience copy of A-CR-CCP-805/PF-001, cached 2026-11-08 from https://app.cadets.gc.ca/cadet-publications/A-CR-CCP-805-PF-001/A-CR-CCP-805-PF-001.pdf.
Verify against the official publication.

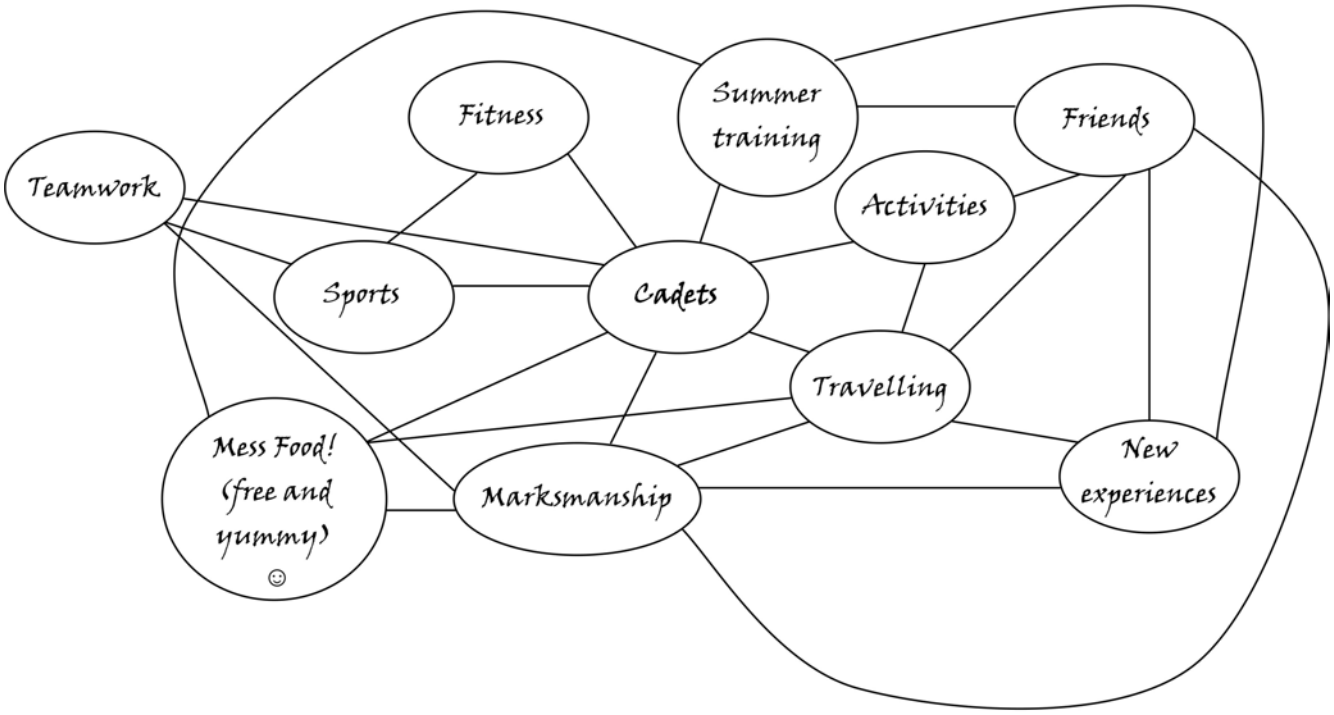
Instructions

Read over some of the news stories you have been given. Then read each section of this exercise and answer the questions in the space provided. You don't have to write out your answers in full sentences—you may answer in point form, by drawing a chart, or by making a mind map. You can also include appropriate illustrations with labels to help convey your ideas if you wish. See examples below.

Q. What do you like about cadets and why?

Point form:

- Summer training and activities, because I get to meet new friends.
- Travelling, because I get to see different places.
- Mess food ☺ it tastes good (usually) and it's free.
- New experiences because I get to tell my friends at school about it.
- Marksmanship because it's something I couldn't do anywhere else.
- Sports – I can stay in shape and I like the teamwork.



Unofficial convenience copy of A-CR-CCP-805/PF-001, cached 2026-11-08 from https://app.cadets.gc.ca/cadet-publications/A-CR-CCP-805-PF-001/A-CR-CCP-805-PF-001.pdf.
Verify against the official publication.

Table:

What I like	Why
Travelling	New friends and experiences
Summer Training	New friends and experiences
Sports	Fitness, teamwork
Marksmanship	Can’t do it anywhere else
Mess food	Free and tasty

Unofficial convenience copy of A-CR-CCP-805/PF-001, cached 2026-11-08 from https://app.cadets.gc.ca/cadet-publications/A-CR-CCP-805-PF-001/A-CR-CCP-805-PF-001.pdf.
Verify against the official publication.

SECTION 1

WHAT DOES IT MEAN TO BE CANADIAN?

Part A: Canadian Identity – So, you drive a dogsled, right?

Read the quotations below and answer the questions. There is no “right” answer; however, your ideas must be thoughtful and well-supported. You can refer to the news stories you have read to support what you write.

Quotations about Canadians:

“There are no limits to the majestic future which lies before the mighty expanse of Canada with its virile, aspiring, cultured, and generous-hearted people.”

> *- Sir Winston Churchill, former Prime Minister of England*

“In a world darkened by ethnic conflicts that tear nations apart, Canada stands as a model of how people of different cultures can live and work together in peace, prosperity, and mutual respect.”

> *- Bill Clinton, former U.S. President*

“It's going to be a great country when they finish unpacking it.”

> *- Andrew H. Malcom, Canadian-born journalist living in the U.S.*



Do you feel these quotations reflect how Canadians are usually seen by others? Explain.

Unofficial convenience copy of A-CR-CCP-805/PF-001, cached 2026-11-08 from https://app.cadets.gc.ca/cadet-publications/A-CR-CCP-805-PF-001/A-CR-CCP-805-PF-001.pdf.
Verify against the official publication.

	Do you believe these quotations are accurate descriptions of Canadians as we really are? Why or why not?

	List some stereotypes commonly applied to Canadians. These can be positive or negative, or neutral. Do you feel these stereotypes are accurate or justifiable? Explain.

	If you could create new generalizations about Canadians, what would they be? What could you do to change people's perceptions about Canadians?

Unofficial convenience copy of A-CR-CCP-805/PF-001, cached 2026-11-08 from https://app.cadets.gc.ca/cadet-publications/A-CR-CCP-805-PF-001/A-CR-CCP-805-PF-001.pdf.
Verify against the official publication.

Part B: What Canada means to you

Read the quotations below and answer the questions. There is no “right” answer; however, your ideas must be thoughtful and well-supported. You can refer to the news stories you have read to support what you write.

Quotations about being Canadian:

"The Canadian Identity, as it has come to be known, is as elusive as the Sasquatch and Ogopogo. It has animated—and frustrated—generations of statesmen, historians, writers, artists, philosophers, and the National Film Board... Canada resists easy definition."

> *- Andre Cohen, journalist*

“Canada has never been a melting-pot; more like a tossed salad.”

> *- Arnold Edinborough, Canadian writer and broadcaster*

"Canada is the essence of not being. Not English, not American, it is the mathematic of not being. And a subtle flavour - we're more like celery as a flavour."

> *- Mike Myers, Canadian actor*



Are these quotations accurate reflections of Canadian identity? Support your opinions.



Write your own explanation of Canadian identity.

“I am a Canadian, free to speak without fear, free to worship in my own way, free to stand for what I think right, free to oppose what I believe wrong, or free to choose those who shall govern my country. This heritage of freedom I pledge to uphold for myself and all mankind.”

> *- John Diefenbaker, former Prime Minister*

Unofficial convenience copy of A-CR-CCP-805/PF-001, cached 2026-11-08 from https://app.cadets.gc.ca/cadet-publications/A-CR-CCP-805-PF-001/A-CR-CCP-805-PF-001.pdf.
Verify against the official publication.

	List and explain at least five things that make you proud or happy to be Canadian.

“The tragedy of Canada today is that just when we need a country that's pulling together in common cause, we have one that keeps finding new ways to pull itself apart.”

- Angus Reid, CEO of Vision Critical

	List at least five improvements you would like to make to life in Canada. Explain.

Unofficial convenience copy of A-CR-CCP-805/PF-001, cached 2026-11-08 from https://app.cadets.gc.ca/cadet-publications/A-CR-CCP-805-PF-001/A-CR-CCP-805-PF-001.pdf.
Verify against the official publication.

SECTION 2

DEFINE GOOD CITIZENSHIP

	Who are some contemporary or historical Canadians you admire? What qualities do these individuals have that made you choose them?
	If you could choose one image, colour, sound, song or word to symbolize how you feel about being Canadian, what would it be? Why? You can draw a picture or write a few lines of a song here if you wish.

Unofficial convenience copy of A-CR-CCP-805/PF-001, cached 2026-11-08 from https://app.cadets.gc.ca/cadet-publications/A-CR-CCP-805-PF-001/A-CR-CCP-805-PF-001.pdf.
Verify against the official publication.

Part A: What does it mean to be a good citizen?

Read the quotations below and answer the questions. There is no "right" answer; however, your ideas must be thoughtful and well-supported. You can refer to the news stories you have read to support what you write.

Quotations about citizenship:

"The first requisite of a good citizen… is that he shall be able and willing to pull his own weight."

> *- Theodore Roosevelt, former U.S. President*

"If the undocumented have to work hard to attain citizenship, those of us who already are citizens should have to work hard to sustain it. We should all have to serve more, build more, and do more for our country."

> *- Eric Liu, Asian-American writer*

"Citizenship is an attitude, a state of mind, an emotional conviction that the whole is greater than the part… and that the part should be humbly proud to sacrifice itself that the body may live."

> *- Robert Heinlein, author of Starship Troopers*



In what ways would a citizen "pull their own weight?" Do you agree that this is a prerequisite for citizenship? Why or why not?



Eric Liu points out that while immigrants must work hard to attain citizenship, many people who are born citizens take it for granted. Do you agree or disagree? Explain.

Unofficial convenience copy of A-CR-CCP-805/PF-001, cached 2026-11-08 from https://app.cadets.gc.ca/cadet-publications/A-CR-CCP-805-PF-001/A-CR-CCP-805-PF-001.pdf.
Verify against the official publication.

	What responsibilities do you believe should come with citizenship? Do you agree with Liu's point of view? What about Robert Heinlein's? Explain.

"The test of good citizenship is loyalty to country."

> *- Bainbridge Colb, former U.S. Secretary of State*

"The subject who is truly loyal to the Chief Magistrate will neither advise nor submit to arbitrary measures."

> *- Junius, 18th-century British political writer*

	In what ways would a citizen be loyal to their country? Think of the ways in which you are loyal to other people.

Unofficial convenience copy of A-CR-CCP-805/PF-001, cached 2026-11-08 from https://app.cadets.gc.ca/cadet-publications/A-CR-CCP-805-PF-001/A-CR-CCP-805-PF-001.pdf.
Verify against the official publication.

	Is loyalty a matter of unquestioning obedience, or does loyalty call for people to question the government? What do you think? Explain.

Unofficial convenience copy of A-CR-CCP-805/PF-001, cached 2026-11-08 from https://app.cadets.gc.ca/cadet-publications/A-CR-CCP-805-PF-001/A-CR-CCP-805-PF-001.pdf.
Verify against the official publication.

Part B: What about being a citizen of Canada?

Read the quotations below and answer the questions. There is no “right” answer; however, your ideas must be thoughtful and well-supported. You can refer to the news stories you have read to support what you write.

“Above everything, we are Canadian.”

> *- Sir George Etienne Cartier, French-Canadian statesman and Father of Confederation*

“If you don’t think your country should come before yourself, you can better serve your country by livin’ someplace else.”

> *- Stompin’ Tom Connors, Canadian singer and songwriter*



Is being a Canadian citizen a major part of your identity? Explain.



In what ways could Canadians put their country ahead of themselves? Do you think they should? Why or why not?

Unofficial convenience copy of A-CR-CCP-805/PF-001, cached 2026-11-08 from https://app.cadets.gc.ca/cadet-publications/A-CR-CCP-805-PF-001/A-CR-CCP-805-PF-001.pdf.
Verify against the official publication.

SECTION 3

BEING A GREAT CANADIAN

"It is the task of the rising generation of Canadians to create a new confidence and a new sense of cultural and civic duty in Canada."

- Mitchell Sharp, Canadian politician

As a young Canadian, you have a chance to shape the future of the country for the better. Who knows what great innovations and improvements your generation may be able to introduce. But to be prepared to meet the challenges along the way, you need be **informed**, **involved** and **responsible**.

Part A: Being informed

In order to make good decisions as a citizen, you need to know what's going on. Some echo the opinions of friends, family members or public figures without taking the time to learn all the facts or think things through.

Part of being an adult is forming your own individual opinions, and as a citizen and a leader, it's your responsibility to make sure your opinions are informed.

Chances are you've heard people make comments like, "Oh, I'm voting for this party because my dad says they're the best," or "This guy online says people should be opposing the changes the government wants to make, so I'm going to a protest!"

You wouldn't let somebody else tell you to like a band you've never heard, or a movie you've never seen. Apply the same reasoning to the issues and decisions facing Canadians.

Here are some ways to become better informed:

1. **Keep up with the news** to stay informed about local, national, and international current events. You can read the news, watch it, listen to it, or even have updates sent to your communications devices from reputable online news sources.

2. **Make sure your sources are reliable**. The Internet, in particular, can be a haven for misconceptions and prejudice, but other sources of information can be biased, as well. Avoid forming an opinion based on just one or two sources, and always think critically about where the information is coming from and what goals the people disseminating it might have.

3. **Be familiar with government departments, policies and programs**. It takes only a few minutes to do an online search, or stop into a Service Canada office to pick up a pamphlet. Gaining an understanding of how government departments work and what services each offers will help you make sound decisions about political issues, and you may also discover a program to help you find a good job or pay for post-secondary education!

4. **Know your local municipal councilors, provincial / territorial representatives and Members of Parliament**. You don't have to hang out with them, but you should know their priorities, party affiliation, and any roles they've been assigned (eg, if they've been appointed to Cabinet or made a critic of a portfolio). Their offices can also assist you in understanding municipal, provincial, and federal programs, services, and laws.

Unofficial convenience copy of A-CR-CCP-805/PF-001, cached 2026-11-08 from https://app.cadets.gc.ca/cadet-publications/A-CR-CCP-805-PF-001/A-CR-CCP-805-PF-001.pdf.
Verify against the official publication.

How informed are you? Answer the questions below to find out!

	List three provincial, national or international issues that are currently in the news, and explain how each affects you. You can use the news stories you have been given, or include news from other sources (and no, your favourite celebrity getting a new Chihuahua does *not* count as news).

	What are some reliable sources of information you can think of? What are some unreliable ones? Explain.

Unofficial convenience copy of A-CR-CCP-805/PF-001, cached 2026-11-08 from https://app.cadets.gc.ca/cadet-publications/A-CR-CCP-805-PF-001/A-CR-CCP-805-PF-001.pdf.
Verify against the official publication.

	List as many government departments as you can and explain how each could be important to you (hint: the Cadet Program is supported by a federal government department!).

	What is the name of your local: • Member of Parliament? (your federal representative) • Provincial / territorial representative? • Municipal councilors? (your representatives in your community) How many of these people have you met in person? _____

If you had trouble answering some of these questions, don't worry—many people do!

And even if you were able to answer them easily, there's always room to grow.

	List at least three things you can change in your routine to become better informed about current events, governance in Canada, and your democratic representation.

Unofficial convenience copy of A-CR-CCP-805/PF-001, cached 2026-11-08 from https://app.cadets.gc.ca/cadet-publications/A-CR-CCP-805-PF-001/A-CR-CCP-805-PF-001.pdf.
Verify against the official publication.

Part B: Being involved

As you know from your experiences in the Cadet Program, part of good citizenship is being an active member of your community and the country.

Most people are happy to complain about the way things are, but only a few will put in the effort to try to change things for the better. As a leader, you can inspire people to work together, but you can also contribute on your own.

Here are some easy things you can do to get involved:

- **Vote**. Voting is a responsibility of every Canadian over 18, but it's also a chance to have your say. Every vote matters, so take this duty seriously!
- **Volunteer**. Most communities have plenty of volunteer opportunities, and there are also organizations that let you volunteer in other parts of the country. If you lead a program at a Boys and Girls Club, or help out at an animal shelter, you're making a positive difference in your community and gaining valuable work experience that may make it easier for you to get a good job.
- **Get out there!** Attend community events, especially ones that support charity. Shop at local businesses when you can. Get to know your neighbours, and help them if you have a chance. If a government representative is giving a presentation or holding a "town hall" meeting, you can also attend these events, which are a way for citizens to interact with their representatives and find out more about issues that affect them.

How are you involved? Answer the questions below.

	What are some ways you contribute to improving your community or the country?

Unofficial convenience copy of A-CR-CCP-805/PF-001, cached 2026-11-08 from https://app.cadets.gc.ca/cadet-publications/A-CR-CCP-805-PF-001/A-CR-CCP-805-PF-001.pdf.
Verify against the official publication.

	Give some other examples of things you could potentially do to get more involved or encourage other people to do so.

	Name someone whose involvement has made life better in Canada or in your community. What sorts of things did this person do?

Unofficial convenience copy of A-CR-CCP-805/PF-001, cached 2026-11-08 from https://app.cadets.gc.ca/cadet-publications/A-CR-CCP-805-PF-001/A-CR-CCP-805-PF-001.pdf.
Verify against the official publication.

Part C: Being Responsible

As a Canadian citizen, you have responsibilities—everyone has something to contribute, and things are better when we all help out.

Here are some of the things responsible Canadians are expected to do:

1. **Work hard**. Do your best to get a good job, and work hard to keep it. There are government programs available to help people who lose their jobs or can't find work, but when these programs are abused, it affects everyone.

2. **Obey the law**. Laws exist to protect people, even if they may sometimes seem inconvenient. Respecting the speed limit might make you late for class, but it will prevent you from hitting another car and hurting yourself or someone else.

3. **Be respectful**. Canadians are known around the world for diplomacy and friendliness. Maintain our positive image by treating everyone in a respectful manner. Respect yourself, too, by maintaining a healthy lifestyle and by taking ownership instead of blaming your problems on somebody else.

4. **Preserve Canada**. Look after our natural and cultural treasures so that future generations can enjoy them.

	What are five responsible things you have done recently that would reflect the items in the list of things responsible Canadians are expected to do?

Unofficial convenience copy of A-CR-CCP-805/PF-001, cached 2026-11-08 from https://app.cadets.gc.ca/cadet-publications/A-CR-CCP-805-PF-001/A-CR-CCP-805-PF-001.pdf.
Verify against the official publication.

	How does responsible citizenship factor into your plans for the future? Give some examples.

Unofficial convenience copy of A-CR-CCP-805/PF-001, cached 2026-11-08 from https://app.cadets.gc.ca/cadet-publications/A-CR-CCP-805-PF-001/A-CR-CCP-805-PF-001.pdf.
Verify against the official publication.

Final Assignment:

Use this space to summarize your reflections on being a good Canadian citizen. You can make a mind map, write a short essay, or draw a collage of images.



Congratulations, you have completed your self-study package on EO C501.01 (Reflect Upon What it Means to be a Good Canadian Citizen). Hand the completed package to the Training Officer / Course Officer who will record your completion in your Proficiency Level Five logbook.

Unofficial convenience copy of A-CR-CCP-805/PF-001, cached 2026-11-08 from https://app.cadets.gc.ca/cadet-publications/A-CR-CCP-805-PF-001/A-CR-CCP-805-PF-001.pdf.
Verify against the official publication.