

Foundational Academy Pre-Work Checklist

(click on hyperlinks to go to respective web pages & documents)

Complete the following:

- Read, sign and date the [Student Letter](#)

You will hand this in during your check-in, and will be expected to fully understand and adhere to all of its content.

- Complete L-280 pre-work:

- Read the book: “Leadership Secrets of Attila the Hun” by Wess Roberts. This book is less than 100 pages and is an enjoyable and quick read. Your book will be available from your Regional Coordinator or Unit Manager.
- Write brief responses to the following three questions based on the reading. The entire assignment should not require more than one or two pages.
 1. After reading Chapter 1, identify which of Attila’s 17 essential qualities are your strongest three and which are your weakest three. Briefly explain why.
 2. After reading Chapter 2, briefly explain why you want to be a leader of firefighters.
 3. Identify which chapter in the book (other than Chapters 1 & 2) you found to be most valuable to you as a future leader of firefighters and briefly explain why.
- Bring your completed written responses to your academy – they will be collected.**

- Print or bookmark: [The National Apprenticeship Standards](#) – for your reference

- Review: [Fitness and Work Capacity](#) (2009 Edition) and: [Introduction to FireFit](#)

- Print: [Directions to Academy](#) – if needed