

# Attitude and beliefs

[Science](#), [Social Science](#)



I find these types of a quiz to be very helpful as these are the exercises, with which I can spend some quality time for my needs, understand my own preferences and changing needs and help in determining the factors influencing decisions of my career and life.

Part 2: After reading Canada's Human Rights Commission and the Ontario Human Rights Commission, I find various issues that were new to me or my knowledge was limited in the same. I was aware of discrimination due to the color of skin and sex but I was not very clear about the kind of discrimination by disability or age. I think my group of friends will get the benefit from this information. One of my friends is physically challenged and often when he is not served well he simply says ' it's fine, leave it'. I think now I know he can claim over his right to be served and treated equally. I have not witnessed any situation where the Canadian workplace laws have not adhered to the Canadian Human Rights Commission.