

JUMP START

.....A CAREER



Co-op / Pathways News

May/June 2017

Specialist High Skills Major (SHSM) students participate in an “Innovation, Creativity and Entrepreneurship” ICE Challenge

By Janet Falzarano, Subject Teacher - Technological Studies, Middlefield Collegiate Institute

On April 26th, SHSM students at Middlefield Collegiate Institute participated in SHSM ICE training at Ventures Lab, IBM. Over 60 York Region students from various schools gathered together in one place to work on a real life challenge - to provide a sustainable outdoor classroom for our elementary and secondary schools.

Their day began with an ice-breaker activity of building the tallest free standing building with a deck of cards and a pair of scissors.

Next, a representative from York Region District School Board presented the scope of the challenge and gave students resources to start their brainstorming. Students were encouraged to interview our Board representatives scattered around the room to further clarify this challenge.

Students looked at various obstacles facing outdoor classrooms: the maintenance issues related to outdoor classrooms, extreme weather conditions facing York Region schools and the seasonal aspects of the school calendar. Furthermore, the solution had to satisfy the Accessibility for Ontarians with Disabilities Act (AODA). At the end of the day, students pitched their ideas to the Board representatives similar to Dragon's Den.

Overall, students were able to take away skills that employees/clients are looking for: collaboration, empathy, problem solving, communications skills and more. These skills are vital in today's complex world, which requires viable solutions and the knowledge of how to take action and make things happen.

For more information, visit [Ministry of Education SHSM](#) site.



Inside this issue	Page
Student Voices - Reflections on Co-op Experiences	2 - 4
Alternative Education - Work Experience	5
Specialist High Skills Major Program (SHSM)	6
Ontario Youth Apprenticeship Program (OYAP)	7
Where are they Now?	8



Getting fired up in Co-op!

By Ben Cooper,
Co-op Student, King City Secondary School

Placement: King Fire and Emergency Services

Co-op is one of those things that everyone wants to do but not everyone does. It's one of those things that gets you out of school but gives you credits as if you went to school. These are aspects of the program that attracted me to Co-op.

In the first semester of both Grade 11 (full day) and of Grade 12 (full day), I had the opportunity to participate in the firefighter Co-op program with **King Fire and Emergency Services**. I chose to do this Co-op because I always knew that I wanted to be a firefighter for the thrill of it, but my placement showed me that there is much more to the job. I decided to do Co-op twice because there were opportunities that I didn't take advantage of the first time such as attending fire station training events (e.g. Forcible Entry, Hazardous Materials Theory Training) and participating in community events (e.g. Open Houses). My favourite part of Co-op was getting to experience a profession I've always wanted to pursue.

Through my Co-op experience I learned many things. I developed lots of important fire skills such as advancing a water filled ('charged') hose line, jamming a sprinkler and forcing entry, as well as how to get along with different personalities. My experience increased my ability to take on responsibility, effectively manage time, and become motivated to give 110 percent. There were many surprise takeaways from my Co-op experiences, one being that I gained a second family - as firefighters treat each other like 'brothers'. Co-op provided me opportunities to learn about myself and develop my abilities, helping me to grow up and be ready to take on a career in firefighting.

Ben is a 2016-17 recipient of a Co-op award from King City Secondary School.

In Fall 2017, Ben will be attending the Pre-Service Fire Program at Lambton College in Sarnia, Ontario.

Ben has been invited, at a later date, to observe the extensive King Fire and Emergency Services training program.





Co-op placement showcases medical careers!

By Chahat Pannu,
Co-op Student, Tommy Douglas Secondary School

Placement: William Osler Etobicoke General Hospital

As part of my Cooperative Education placement, I had the opportunity to interact with many health care professionals at **William Osler's Etobicoke General Hospital**. It has been a privilege and a pleasure to work with the William Osler team, as it has given me some practical experience and has allowed me to conclude that a career in the medical field is what I wish to pursue.

At my placement, I was able to learn through shadowing different staff members and getting an idea of the type of work each professional does. My time in the neurology and rehabilitation department has showed me that there are various sectors and careers that contribute to the team in the hospital. At the beginning of my placement, I believed that the only career paths that can be followed in the medical field are doctors or nurses. However, I can attest, that through shadowing various professionals, that there are several careers that might spark an interest for me. This can include occupations such as a speech language pathologist, lab technician, dietitian, occupational therapist, etc. Through discovering the different sectors of a hospital, I have been able to observe many procedures such as: a head CT scan, an echocardiogram, a gallium scan and many more.

My average day would consist of updating boards in the clerks office and the nurse's station, delivering health records to Health Information Management and checking the rooms to make sure that all essential supplies are available for the nurses, doctors and visitors. Ultimately, this experience has helped me develop an understanding of the different professionals that come together to make a patient's stay at the hospital the most efficient and comfortable as possible.

Co-op has increased my ability to work as a team player and independently, meet deadlines and go the extra mile. I have acquired a positive and mature attitude that allowed me to show initiative while committing to my placement. I was able to showcase my effective communication skills as I constantly had to ensure that my coworkers were always up to date with all crucial information. Ultimately, Co-op has enhanced my day-to-day learning skills in a way that I would not be able to learn if I was in a classroom setting.

My profound curiosity for medicine and disease, as well as my time at my placement, has piqued my interest to pursue a profession in the medical field. Co-op has allowed me to see that the hard work and commitment involved with the process of becoming a doctor definitely pays off in the future. It has given me the motivation and passion to strive to become an amazing doctor and help those in need.





STUDENT VOICES

Co-op: experience...learn...reflect!

By Chris Ahn,
Co-op Student, Thornlea Secondary School
Placement: Rogers TV

With my second week of Co-op completed, I noticed how fast the time went by. Already I've experienced many places and events through my placement at **Rogers TV**, such as hockey games, rugby games and table tennis. I have also done a show that took place in the Rogers TV studio which was very interesting and fun. The whole week felt like a dream come true.

Something I did not realize at first was how much this Co-op experience has changed me. While driving back from my placement, my parents mentioned to me how much of an adult I have become after joining Co-op. They said that I seem more mature and responsible with my school and Co-op work, and they also noticed an improvement in my time management skills. That's when I started reflecting on my daily life style before and after I joined Co-op. Before, I was still a good student but also very lazy. Responsibility and time management was good but not good enough, and sometimes I wouldn't take my responsibilities very seriously. But now, I realize that I have become more efficient when given a task. My time management and organization skills have greatly improved. Rather than putting my jobs and assignments at the bottom, I now put them as my first priority. While realizing that I have matured and become more of an adult, and hearing this from my parents, a wonderful feeling started to grow in my heart. I smiled even without noticing it myself, and I'm really proud of changing and evolving into an adult.

TV / Media



Teaching Assistant



By Madison Tomlinson,
Co-op Student, Huron Heights Secondary School
Placement: Meadowbrook Public School

Since I have had such a positive experience at **Meadowbrook Public School**, I would recommend doing Cooperative Education to anyone. Co-op allows students to have an insight to careers they may be wondering about. In addition, my Co-op experience has changed me immensely. It has given me skills that I did not obtain before. I have learned to be more self-efficient and proactive. I am constantly on the tips of my toes and doing things around the classroom whether it is playing with children or cleaning the classroom.

I am very appreciative for Co-op because it has helped guide me in my future endeavours. Co-op has allowed me to explore a career that I was unsure about and has led me to want to become a full time kindergarten teacher. I am so extremely happy that I took Co-op because it made me realize the passion I have for teaching younger students.

Alternative Education - Work Experience



By Catherine D'Angelo

**Teacher/Subject Head of Personalized Alternative Education
Thornhill Secondary School**

Congratulations on a fantastic Semester One! Many students gained a variety of valuable employment skills in our Work Education Experience Program. Not only did our students earn money during their employment, but they also were able to earn a credit for every 110 hours while working at their jobs. Our students were employed in the hospitality and food industry as well as the clothing sector, to name a few. Some of the skills that students particularly learned while working were: social skills, time management, communication and organization skills. These students found that through their employment, they were better able to make decisions on their future career choices based on their employment experiences.

<p>Tyler Klein, Alt. Ed. Student, Thornhill Secondary School</p>	<p>Placement: Winners</p>
<p>Tyler Klein had the opportunity to work at Winners and during his employment he was able to further expand his communication, interpersonal and time management skills.</p> <p>Tyler reflected on his placement, <i>“When assigned tasks around the store I was expected to finish the task in a short period of time and also while at the cash I had to make sure I cashed out customers in a quick organized fashion. While working in retail you are constantly talking and working with people. I was able to further my communication and interpersonal skills while helping customers and fellow colleagues.”</i></p>	

<p>Lexus Deschamps, Alt. Ed. Student, Thornhill Secondary School</p>	<p>Placement: Nando’s</p>
<p>Lexi is and continues to be an extremely valued employee at Nando’s.</p> <p>Lexi had this to say about her work experience, <i>“I’ve gained so much new knowledge from my managers about the customers and how to maintain the restaurant. My attitude from working in a restaurant has changed. I love problem solving and helping customers with any questions or concerns they may have. I value the people I work with because work is like my second home with my second family. I think by connecting it with my school work credit was the best thing because I strive to be my best!”</i></p>	



Specialist High Skills Major Program (SHSM)

An SHSM is a ministry-approved specialized program that allows students to focus their learning on a specific economic sector while meeting the requirements to graduate from secondary school.

YRDSB SHSM information: www.yrdsb.ca/shsm SHSM website: <http://www.edu.gov.on.ca/morestudentsuccess/SHSM.html>

SHSM - Health & Wellness Kinesiology



SHSM - Construction Engineering Assistant



*By Holly McLaren,
Co-op/SHSM Student,
Huron Heights
Secondary School*

Placement:
Walk It Off Spinal Cord
Recovery & Wellness Centre

My Cooperative Education/SHSM experience was incredible and really changed the way I perceived education. Having the opportunity to be in the workforce and working hands-on with clients at **Walk It Off Spinal Cord Recovery and Wellness Centre** has provided me with real life experiences to take with me in future endeavours. I have gained valuable knowledge of the modern world of work this semester that I would not have had the opportunity to obtain in a classroom.

Skills such as working with people, problem solving, decision making, accountability and responsibility are all challenges that must be met during Co-op and have prepared me for what I will encounter when I enter the work force of kinesiology. Working at Walk It Off has been a highlight of my education and has allowed me to apply my knowledge and relate skills acquired from curriculum courses to a career in kinesiology.

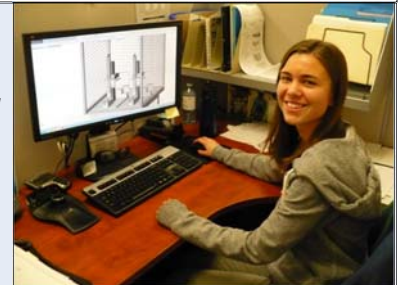
The knowledge I gained from my supervisor and co-workers showed me that kinesiology is a broad career option with many possible avenues including specialization in spinal cord injury, physical training and education. Co-op allowed me to meet many new people, from working with trainers and clients at the clinic to interacting with other volunteers at our 5K Run Walk and Roll fundraiser.

Because of Co-op, I feel more confident in my post-secondary and career options and excited to continue my education in this field.

SHSM WORKS!

*By Slava Kusova,
Co-op/SHSM Student,
Newmarket
High School*

Placement:
Multimatic Dynamic
Suspensions



Cooperative Education and SHSM have greatly influenced my future career goals and have provided me with the greatest experience that I could ever ask for. With limited background in engineering, I was not sure about the work that I would be doing at **Multimatic Dynamic Suspensions**. However, my Co-workers took the time to train me and supply me with incredible hands-on experience that not only helped me work like an actual engineer, but also helped me to be successful with my design courses at school.

My Co-op placement in engineering has been challenging, but also worthwhile and very rewarding especially near the end. A great skill that I have further developed was the use of design software and how to design different types of machinery. At my placement, I was given the opportunity to create something that was needed for the company and develop a new design based on different ideas to make it better. That design was later approved by senior engineers and was sent to another manufacturing production plant to be assembled. Viewing the final built product, when it arrived back at my placement, gave me an incredibly satisfying feeling knowing that my personal work has benefited the company.

Cooperative Education and SHSM are programs that I would recommend to any student. Whether someone's interests vary from teaching, to baking or to engineering, these programs are an excellent way to test those skills and your future potential. I have learned that first-hand!

Ontario Youth Apprenticeship Program (OYAP)

Accelerated OYAP combines the Co-op experience with instruction at the college / training institute. It is offered in Semester 2 and is open to students in their graduating year.

YRDSB OYAP information: www.yrdsb.ca/oyap

OYAP website: www.oyap.com



Auto Service OYAP Program

By Michael Nakamura

Co-op/OYAP Student, Newmarket High School

Placement: Newmarket Mitsubishi

Over the past few months, I have had the incredible opportunity to work at **Newmarket Mitsubishi** through the Cooperative Education program offered by my school. As an Ontario Youth Apprenticeship Program student, I was able to work at Mitsubishi as an assistant automotive service technician and further enhance my knowledge and skills while learning from experienced professionals in the trade.

My experience has granted me a chance to see and experiment with the trade to help guide me in making important career choices, and has given me a greater appreciation for the trades workers within the field. The Co-op experience allowed me to learn new skills and perform vehicle maintenance and repair, as well as offer an opportunity to my employer to complete jobs paid with knowledge instead of a monetary value. Since starting the program, I have learned how to perform many different types of vehicle services such as: oil changes, tire changes and rotations, diagnosing electrical systems and much more.

I would recommend the Co-op program to any students interested in pursuing a career in the trades, as through my experience, I

was able to learn lifelong skills and gain excellent references for future job opportunities. Overall, my experience with Co-op was fantastic, and through my time spent at Mitsubishi, I have learned so much from the technicians who took the time out of their day to teach me about cars and share their passion with the next generation of technicians like myself.



Hairstylist OYAP Program

By Selena Chong

Co-op/OYAP Student, Milliken Mills High School

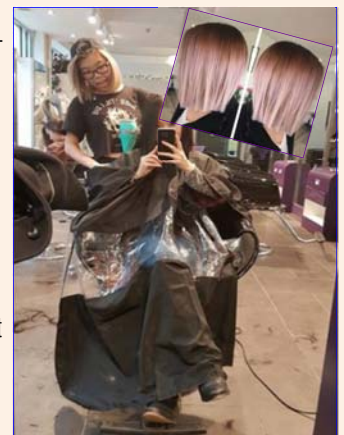
Placement: Shaired Creations

When I first chose Co-op as one of my courses on Career Cruising, the purpose was that I needed some personal space away from school. After listening to the Co-op students answer some questions about the course, I felt that it was a perfect fit for me.

This was because I had an opportunity to learn outside of school, pursue my career goal of a hairstylist, and most importantly get a sense of how a workplace would feel like. During my four months working as a Co-op student at **Shaired Creations**, I could understand why all the students from previous Career Fairs recommended taking the course. Co-op has definitely allowed me to grow and continuously learn new skills as a hair assistant.

When I was being interviewed by my supervisor and first started learning at the salon, I was shy and kept to myself a lot. During the time I spent with my co-workers and clients, I was able to gain confidence while talking to strangers. I am confidently able to interact and engage in communications with everyone. Being under the watchful eye of a trained and experienced supervisor has helped me learn that there is always room for improvement and everyday there is something out there to learn.

During my four months of Co-op, I also learned how to recommend hair products for different types of hair and which hair colour compliments which face. This is important because hairstylists always have to know what works on their client's hair. I am extremely grateful for all the amazing individuals I have met and worked with throughout my journey as a Co-op student.



Where are they now? . . . High School Co-op helped jump-start my career!

By David Um

Former Co-op Student, Markham District High School
Now - Security Operations Coordinator at Centennial College

It was back in 2010 when I first became involved in the Co-op program at Markham District High School. I was a naive Grade 11 student just looking to get the credits I needed to graduate when I came across some information about the Co-op program. I wasn't particularly thrilled about school at this point in my life, so naturally when I saw that a Co-op placement potentially meant less time spent at school, I jumped at the opportunity. I didn't realize at the time what a positive impact the program would have on my future, but I am grateful that I had the opportunity.

Two years later in 2012, I completed my Co-op placement with the Security Department at the **Sheraton Parkway Hotel**. During those two years, I had the opportunity to gain invaluable knowledge about industry practices, physical security principles, policy development and really grow as a professional and as an individual. I was also fortunate enough to have fantastic mentors at my placement and at Markham District High School (shout out to Ms. Vrensen & Ms. Webber!), who demonstrated what dedication to, and passion for, their chosen fields looked like. I can say without hesitation, that their mentorship and the experience I gained through the program helped me find my own passion in the security field, which led me to where I am now. In fact, I still hold onto all of the work from my Co-op days to remind me of where I started!

In 2016, I was hired as a Security Operations Coordinator at Centennial College after working as a guard and then as a supervisor for two years; becoming the youngest college coordinator at the age of 21. Since then, my team and I have been working diligently to ensure that we continue to deliver on our mandate in keeping the campus community safe. Oh, and in case you're wondering, the irony is not lost on me that for a kid who disliked school, I ended up working at one!



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Interested in hosting a Co-op Student?

Call: 905-727-0022 ext. 3438 or

Online: [Employer Placement Profile](#)

<http://www.yrdsb.ca/Programs/Coop/Pages/Employer-Placement-Profiles.aspx>

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<https://bww.yrdsb.ca/services/cis/coop/Pages/default.aspx>