

# JUMPSTART YOUR CO-OP JOURNEY

March 12, 2024 | 4:30 – 6:00pm | EXP 1689

Facilitated by Kate Kennedy (she/her)  
Career Advisor, Centre for Career Development



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# YOUR FACILITATOR



**Kate Kennedy,**  
she/her

*Career Advisor, Centre for Career  
Development*

- I'm a Career Advisor on the Undergrad Team in the Centre for Career Development
- I offer career and employment support to all UW undergrad students, both virtually and in-person
- Former Rec & Health student!: Outdoor Rec, Parks & Tourism/Geography (Lakehead University) and a Health Sciences degree in Midwifery (McMaster)

# WHOSE LAND ARE WE ON?

The University of Waterloo acknowledges that much of our work takes place on the traditional territory of the Neutral, Anishinaabeg and Haudenosaunee peoples. Our main campus here in Waterloo is situated on the Haldimand Tract and I, a settler to this land, live on Treaty 29 Territory, original home to the Anishinaabeg, Mississauga and Neutral peoples. The art depicted here is from local artist Alanah (Morningstar) Jewell whose artwork is inspired by the natural landscape of the Grand River. I was very drawn to it because it speaks to one of my favourite things- the landscape of rivers- and I wanted to amplify a local artist's work and contribution. As a settler, I am grateful that we are here on this land and able to come together today and share space.

**Learn more:**

<https://native-land.ca/>

**Office of Indigenous Relations**



Artwork by local Indigenous artist Alanah Astehtsi Otisistohkwa (Morningstar) Jewell

# HOW MIGHT WE CO-CREATE THIS SAFE(R) SPACE?



- Take things at your own pace and participate in a way that works for you
- Take what works for you, leave what doesn't
- Ask questions whenever!
- Listen to each other

*I don't yet understand how the co-op process works!*

*I don't have a resume yet, or it doesn't feel strong*

*I'm not sure that I have "right" skills to get a job!*

*Free pizza!*

# WHAT BROUGHT YOU HERE TODAY?

*I want to know what I can be doing NOW*

*I have no idea where to find jobs, or what I want to do yet!*

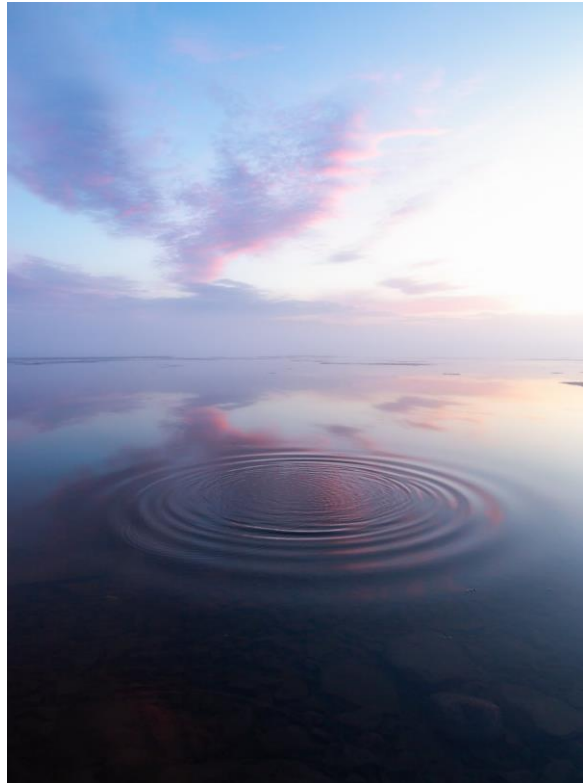
*I'd like to get help with my application documents, but where?*

*Uh oh- I'm in the wrong room!!*



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# LEARNING OUTCOMES



**Purpose:** To help kickstart your **2A co-op recruitment** term by offering insights into what comes next, how you can prepare early, and hear from your peers about their co-op journeys so far.

**Attending this even today will enable you to better:**

- Understand the “new world of work” and how this relates to your co-op journey
- Plan for your Co-op Future: what is expected of you and when
- Get ahead! Explore steps you can take now to feel better prepared for 2A
- Appreciate diverse co-op pathways: peer panel discussion
- Know where to find support & resources going forward



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# **“THE NEW WORLD OF WORK”**

# HOW HELPFUL HAVE THESE QUESTIONS BEEN FOR YOU?

How do you  
plan on  
using this  
degree?

What will  
you do for  
work after  
graduation?

What do  
you want to  
be when  
you grow  
up?



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# WHY WE MIGHT RETHINK THE QUESTIONS WE ASK- SHIFTING MINDSET

**At least 50% of jobs will change**

**85 million jobs will disappear...but 97 million new roles created (globally)**

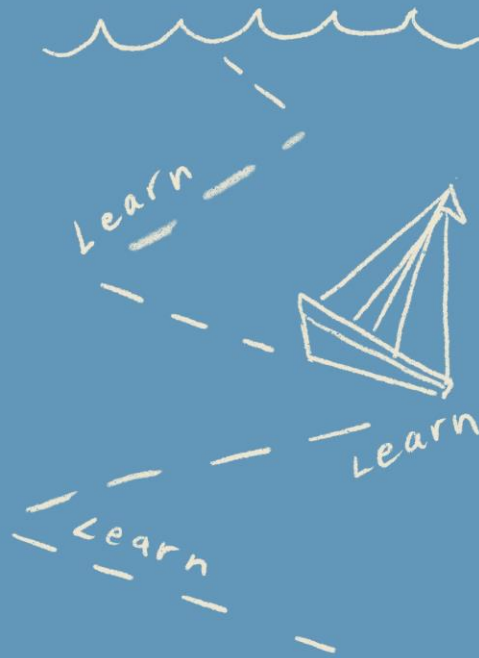
**27% of graduates work in a field related to their major**

**17 jobs across 5 industries**



Old world  
of work

◇ ← Purpose



New world  
of work

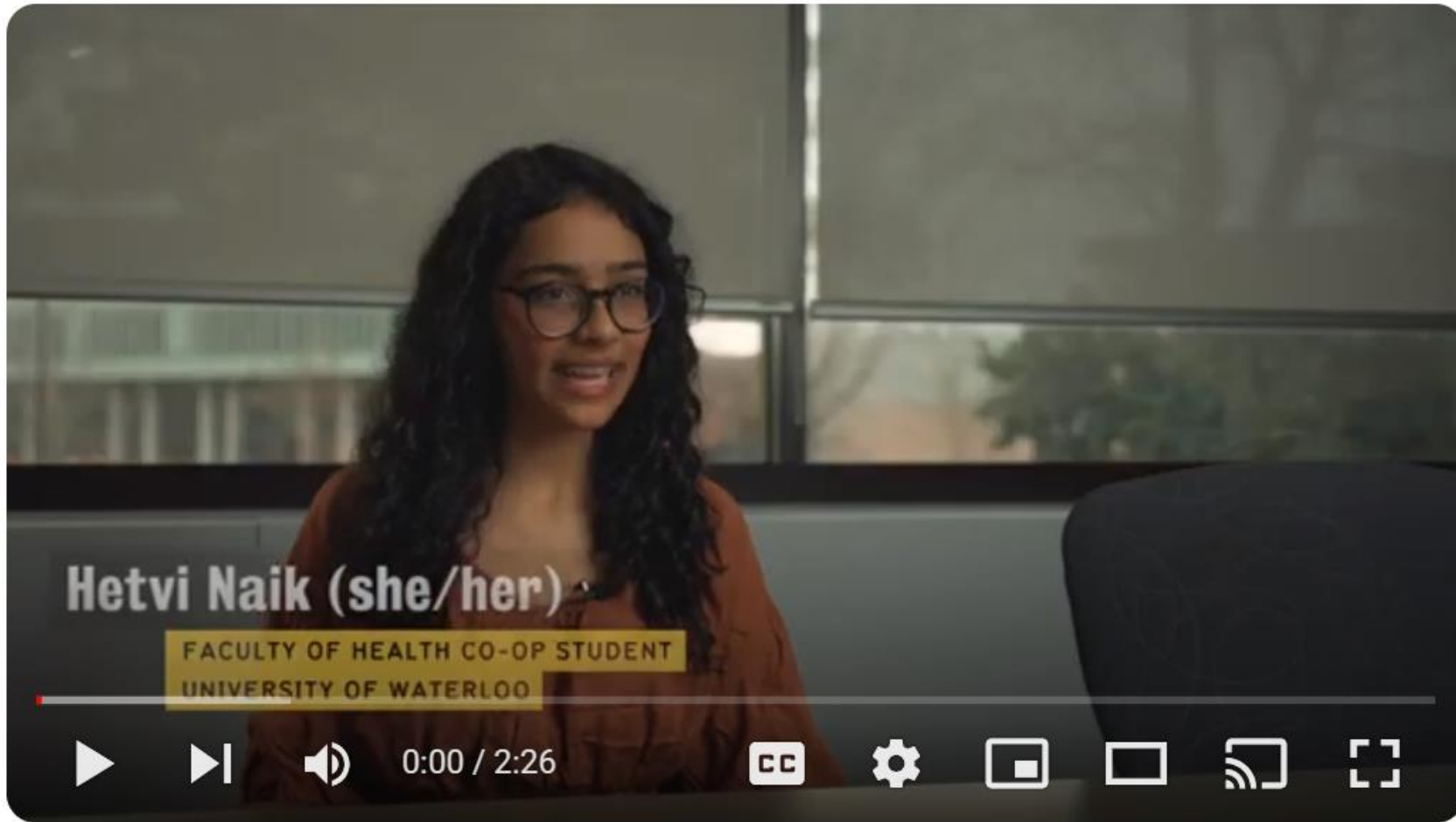
# WHAT DOES MINDSET SHIFTING MEAN?

- Lifelong learning
  - “Hire for the *propensity* to learn” - IBM CEO, Ginni Rometty
  - A recent Waterloo study shows that a lifelong learning mindset results in better performance, more promotions, and higher job satisfaction
  - Adaptability and flexibility are key
- Broad skillsets that are widely applicable
- Importance of self-clarity and on-going career development



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# **YOUR CO-OP FUTURE: GET AHEAD**

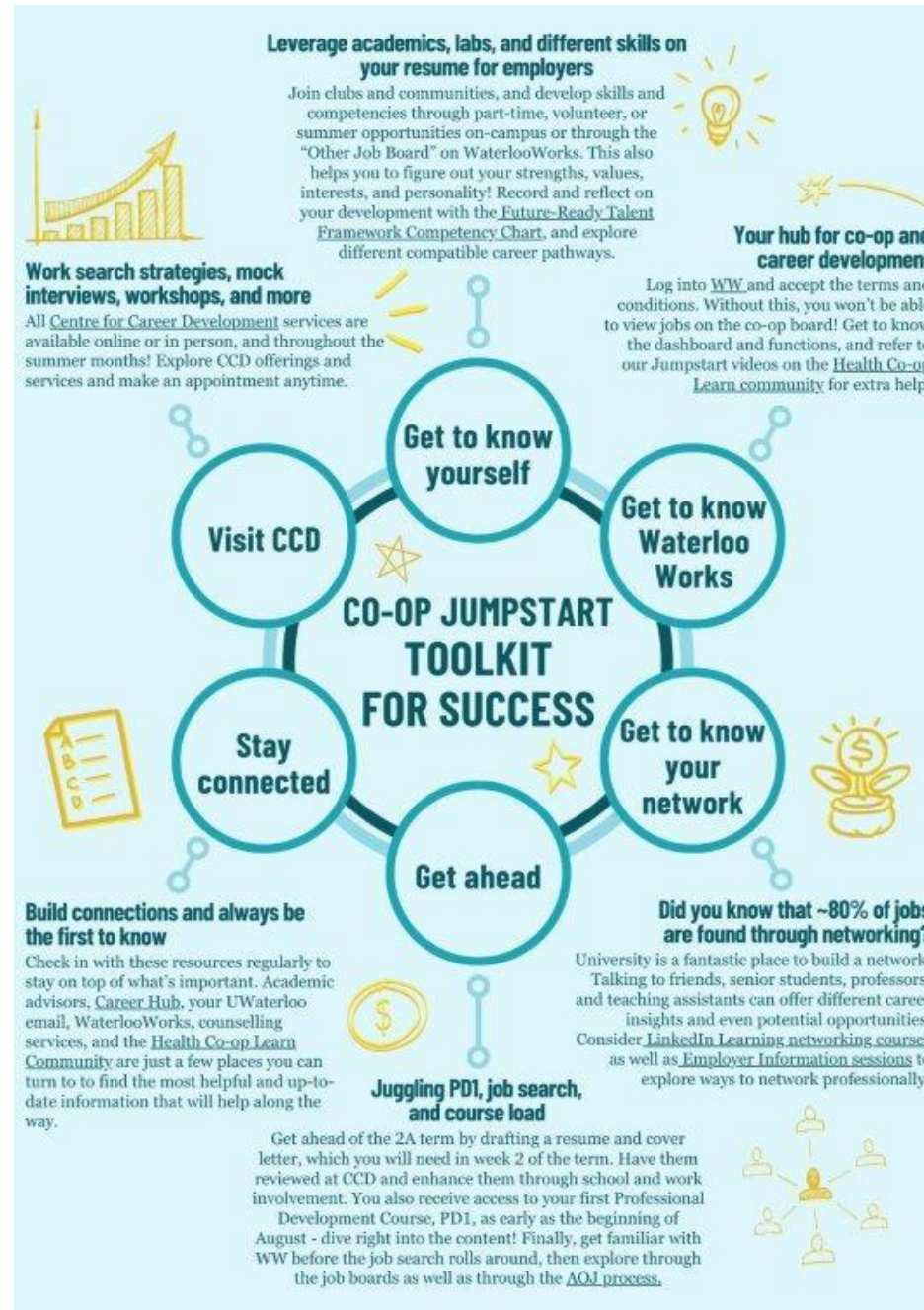


## Faculty of Health First Work Term Advice

Recruiting for a co-op job takes time and consistency! Consider it to be an **additional courseload**, and plan for that!

Get ahead with your resume and cover letter: **book a 1:1** document review with a Career Advisor!

Get to know the **job search**: WaterlooWorks and the Arrange your Own Job process are both options!



**Dive into PD1:** Career Fundamentals early! You will have access in August to the first 2 assignments

**Get to know yourself!** Reflecting on your skills, values, priorities and interests.



**Level-up your skills!** What options do you have for volunteer, paid or **skill-based learning?**

# PD1 Career Fundamentals: Overview

- Taken during student's first recruitment term
- Facilitated through LEARN - Designed to take 20-25 hours per term (10 weeks)
- Pass/fail (CR/NCR) - Students must receive **60% or higher** to pass
- During PD1, students will develop many valuable skills including:
  - How to navigate WaterlooWorks (search for/apply to jobs, ranking, etc.)
  - Resume, cover letter and interview skills through 1:1 appointments and course content
  - Emotional intelligence in the workplace and how to apply values, skills, talents, etc.
  - Understanding co-op student responsibilities and available campus resources/supports



# PD1 Enrolment/Early Access

- You will be auto enrolled into PD1 for F24
  - If your **first** scheduled work term is W25\*
  - Auto enrollment takes place in early July; check your schedules as of July 17 for PD1
  - No need to course select/pre-enrol/enrol yourself
- **Early Access** to PD1 (Fall terms only)
  - Opens August 1<sup>st</sup> to allow students to get a head start, *if you choose*
    - There are no repercussions for waiting until September to start the course
- For any PD related questions, contact CFWIL: [centreforwil@uwaterloo.ca](mailto:centreforwil@uwaterloo.ca)





# GET TO KNOW YOURSELF

- Values, strengths, personality, interests and areas of curiosity
- Stronger application documents
- More persuasive interviews
- Provides direction and tangible work search identifiers (e.g., use skill and interest keywords to search for and narrow down job postings)
- Boosts feelings of self-worth and confidence
- Knowing and applying your strengths leads to better engagement, productivity and well-being (Seligman, 2002)



# GET TO KNOW WHAT'S OUT THERE

- Making decisions about where to spend time/energy (learning, work, volunteer, clubs, hobbies, etc.)
- Commitment to life-long learning and skill development
  - What skills are important for me to have?
  - How can I find ways to develop and apply my skills?
- Seeking out and evaluating information
  - Conducting labour market research- talking to your RTA's!
  - Networking (leveraging existing connections and building new ones)



# LEVEL UP!: ACTIVE ENGAGEMENT AND APPLICATION

- Continuous reflection of skills, interests and motivations
- Learning new things – self-taught, micro-courses
- Effectively searching/using job boards
- Creating and constantly improving application documents and online presence
- Refining approach to formal and informational interviews



# SKILLS MOST FREQUENTLY SOUGHT AFTER FROM FACULTY OF HEALTH STUDENTS



- First Aid
- Time Management
- Process Improvement
- Project Management
- Social Media
- Attention to Detail
- Patient Care
- Report Writing
- Data Collection
- Customer Service
- Event coordination
- Interpersonal Skills

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# STUDENT PANEL

# 1B STUDENT PANEL SESSION: INTRODUCING...

**Avery Oland Akkerman:** Recreation & Sport Business, 3B

**Ayesha Khokhar:** Public Health, 3A

**Emilia Strozak:** Kinesiology, 3B

**Nate Piovesan:** Kinesiology, 2A

**What** is your  
current/most  
recent co-op job?

**How** do you like to  
spend your  
downtime?

## MYTH BUSTING

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**Myth:** “My first co-op job will determine the rest of my career”

**Reframe:** “My first job is a great opportunity to develop transferable skills and learn what I like and don’t like!”

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## MYTH BUSTING

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**Myth:** “I don't have enough experience to get the co-op job I want”

**Reframe:** “I have developed relevant skills through school and life experiences. Even if I only meet ~50% of the job requirements, I should apply!”

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## MYTH BUSTING

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**Myth:** “Co-op is ready and waiting with a perfect job for me!”

**Reframe:** “Job searching takes time and patience: I will need to think of it like another course!”

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## MYTH BUSTING

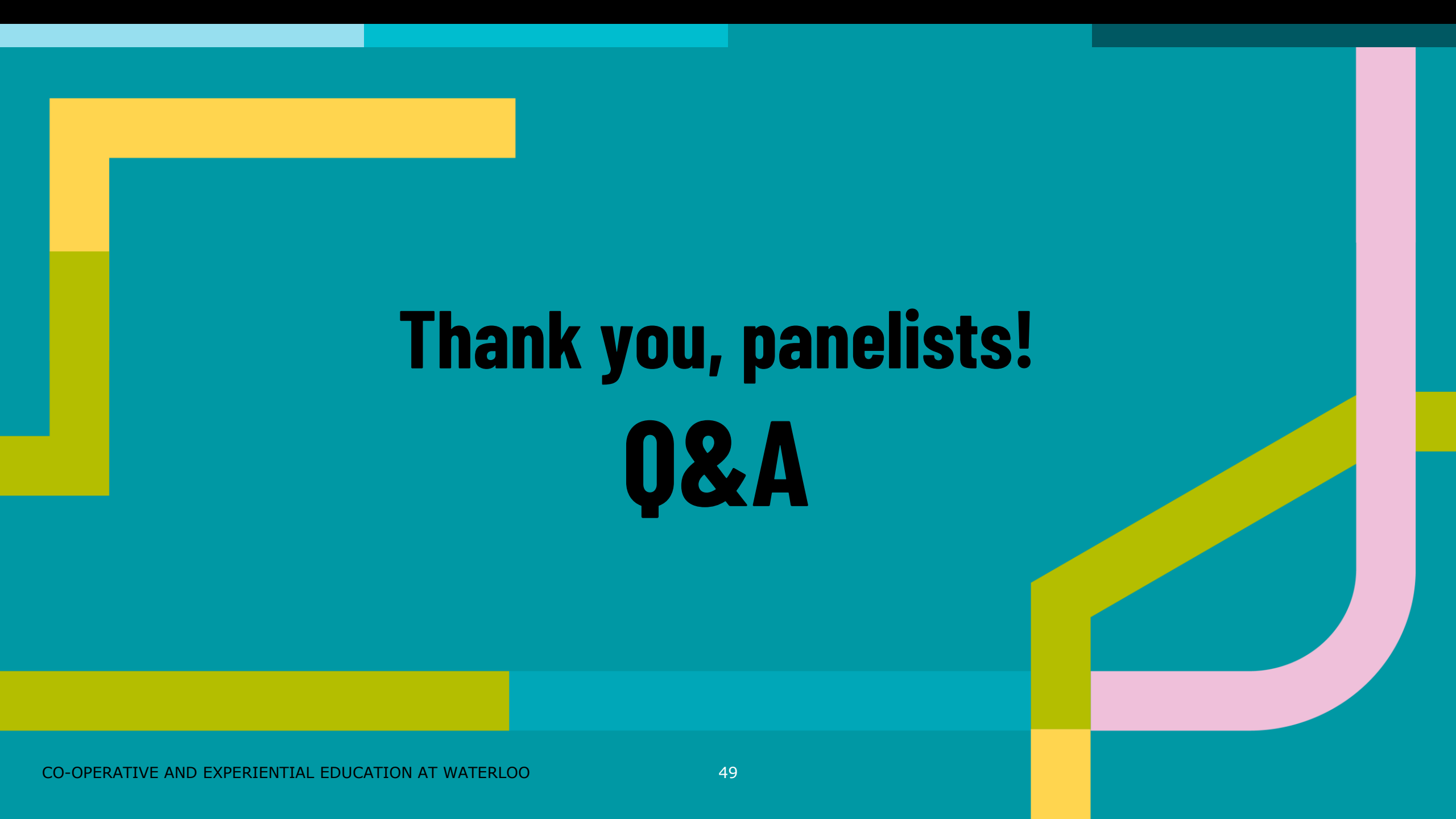
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**Myth:** “I'm new to the workforce so I don't have a professional network.”

**Reframe:** “Everyone I already know– family, friends, former coworkers – is part of my network and they can help me meet my career goals.”

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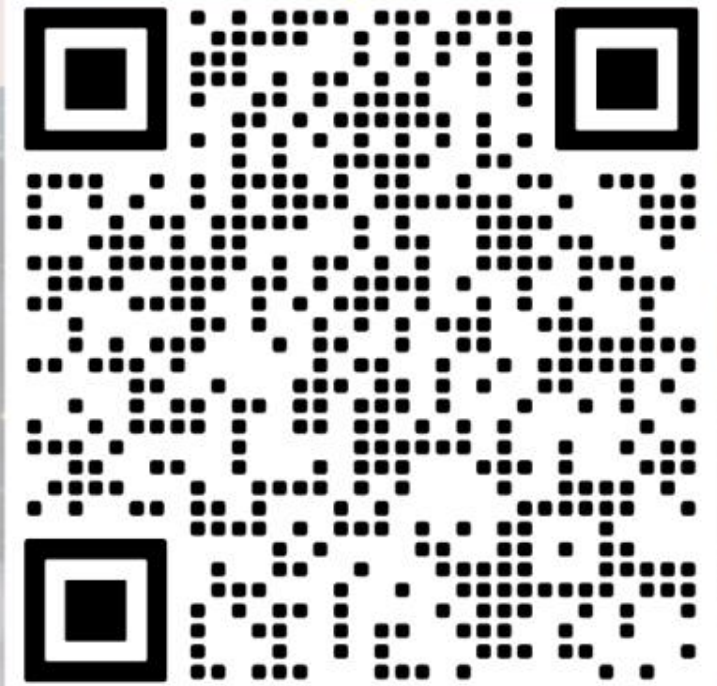
**Thank you, panelists!**  
**Q&A**

**WHERE ADVENTURE**



**MEETS EXPERIENCE**

**Explore an international co-op term. Start today and scan.**



<https://uwaterloo.ca/co-operative-education/work-abroad>



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# CAREER ADVISING SUPPORTS

SUPPORT	HOW TO ACCESS	TOPICS
Your Recruitment Term Advisors	Via your WaterlooWorks dashboard	Navigating the co-op process
1:1 appointments & same-day drop-ins	Book online <a href="#">here</a>	Job Search Tactics
Workshop or Event	<a href="#">Register on WaterlooWorks</a>	Résumé Reviews
CareerHub Online	<a href="#">Login using WatIAM</a> to access resources and templates	Cover Letter Development
		Interview Prep
		Career Exploration



# YOUR EXIT TICKET!



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