



# Capturing the Student Voice / La voix des élèves

SEPTEMBER 2013  
SEPTEMBRE 2013

"Good teaching means seeing learning through the learner's eyes." (Ramsden, 1988) / « Afin de bien enseigner, il faut voir avec les yeux de l'apprenant. » (Ramsden 1988)

FALL EDITION  
~  
ÉDITION D'AUTOMNE



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## Éveil à une carrière en médecine

Par : Justin Morin, École secondaire catholique Thériault.

Je me nomme Justin Morin, élève de la 12<sup>e</sup> année de l'École secondaire catholique Thériault. Le semestre dernier, j'ai vécu une expérience inoubliable lors de mon placement coop à l'hôpital de Timmins et du district.



En fait, j'ai eu l'occasion unique de côtoyer de nombreux chirurgiens/chirurgiennes dans la salle d'opération puis de travailler avec des thérapeutes dans le département respiratoire ainsi que d'assister Dr. Robert Lafontaine dans la clinique de fracture. Ce fut tout un honneur pour moi de travailler auprès de ces professionnels de la santé. Ces derniers m'assignaient diverses tâches afin de développer des habiletés et des connaissances dans le domaine de la santé.

Tout d'abord, dans la salle d'opération, j'ai observé une variété de chirurgies telles que l'arthroplastie totale du genou, le renversement d'iléostomie ainsi qu'une césarienne. Lors des interventions, j'ai posé plusieurs questions pertinentes aux chirurgiens. De plus, j'ai examiné différentes techniques utilisées par les anesthésistes avant une chirurgie. Également, je réconfortais les patients lorsqu'ils recevaient une anesthésie épidurale ou des injections de cortisone. Dans la clinique, j'analysais les radiographies des patients avec le médecin et j'écoutais attentivement ses explications. Une autre de mes tâches était d'assurer, en tout temps, la propreté de la salle d'opération ainsi que dans la clinique de fracture.

Lors de mon stage, en plus de côtoyer des médecins, j'ai eu le privilège de travailler auprès de thérapeutes dans le département respiratoire. Dans ce département, j'ai aussi beaucoup appris au sujet du système respiratoire et de l'importance de ce dernier. Cela m'a permis de connaître davantage les maladies pulmonaires et les techniques utilisées pour traiter les gens atteints de ces maladies. D'ailleurs, j'ai eu l'occasion d'effectuer certains tests pulmonaires et des électrocardiogrammes chez les patients.

Enfin, toutes les responsabilités confiées par mes superviseurs m'ont donné l'occasion de développer plusieurs qualités importantes, telles que l'initiative, le travail d'équipe, la communication et l'organisation. Le professionnalisme et l'enthousiasme du personnel médical m'a démontré qu'il est essentiel de posséder une bonne éthique de travail afin d'exécuter les tâches efficacement et de créer une atmosphère plaisante et sécuritaire. Les judicieux conseils reçus seront très utiles lors de mes études universitaires et pour ma carrière future puisque je désire poursuivre dans le domaine de la médecine.

En conclusion, suite à mon placement coop à l'hôpital de Timmins et du district, je suis maintenant plus motivé à atteindre mon but, celui de devenir médecin.

## 'A Valuable Life Experience...'

By: Jenelle Goudreau, École secondaire catholique Champlain

My name is Jenelle Goudreau, and I attend École secondaire catholique Champlain in Chelmsford. I am a grade 12 student hoping to continue my studies at Collège Boréal as an occupational therapist assistant, an assistant physiotherapist, or at Laurentian University in kinesiology. I decided to participate in the Co-op program to explore the workplace and to make an important decision about my future. After meeting my cooperative education teacher, Ms. McAllister, she gave me multiple workplaces that I would be able to attend for my Co-op term. She suggested those who would be best suited for me. The placement that I chose was Powell Physiotherapy on site at St. Gabriel's Villa in Chelmsford.



At St-Gabriel's Villa there are two physiotherapy assistants, Katie Gorman and Sam Merotto. They provide the help needed to the residents that have either had a hip operation, who may have had a fall, or someone who needs strengthening in their legs, the arms, and more. They help the residents by creating exercise classes in the morning. Also, the physiotherapy assistants give the residents one on one time to be able to get them out of their chair(s) and get their legs moving. They provide 4-wheeled walkers to those who do not have one and platform walkers for those who do not have enough strength to support their upper bodies.

As part of the program, I am also considered an assistant physiotherapist under the guidance of my immediate supervisors, of course. I feel as though my presence at the Villa helps the assistant physiotherapists, and I am very proud to be able to learn and to participate in different tasks. I have the opportunity to meet new people, associate with the residents, and help them improve their mobility. I strongly believe that my cooperative education program gave me more job opportunities for the future. My Co-op placement was not only for two school credits, but more importantly; it was a valuable life experience. I am grateful to Claire Vincent-Viau and the entire staff at the Villa. I would also like to thank Lynda Powell and a big thank you to Katie Gorman and Sam Merotto for their time, patience and guidance. I will see you all again when I can hopefully return for a second Co-op experience when I start my post-secondary studies.

*"Learning is not attained by chance... it must be sought for with ardor and diligence."  
~ Abigail Adams*

## Robert F. Hall CSS Communications Technology Students Win National Award for Workplace Safety Video

On June 5, 2013, George Gritzotis, Chief Prevention Officer from the Ministry of Labour, awarded Robert F. Hall Catholic Secondary School students Christian Arcuri, Vanessa DiMaria, Ruby Komisar and Shandra Romanoff, 1st place Provincial and National awards for the "It's Your Job" Ministry of Labour Secondary School Video Contest. This video contest was an opportunity for students to demonstrate a good understanding of workplace issues and communicate that knowledge in a creative way that will educate and inspire Canadians. The Robert F. Hall Communications Technology students were awarded a \$1,000 Provincial award and a \$2,000 National award. The video will now be submitted to the International Media Festival for Prevention in Germany. [Watch the Video on YouTube](#)



## My Co-op at Chelmsford Animal Hospital

*By: Maryssa Savard, École secondaire catholique Champlain*

My name is Maryssa Savard and I am currently in grade 12 at École secondaire catholique Champlain. This year I decided to take Cooperative Education to find out if I could actually handle being a veterinarian.

My placement is at Chelmsford Animal Hospital. The staff there is amazing, and they always make me feel welcome. I love my placement for multiple reasons. First of all, my supervisors allow me to get hands on experience, and the staff demonstrates different procedures to me. I get to interact with people, help animals, and observe the surgeries that take place. By far the best surgery I witnessed was a tail amputation on a large black German Sheppard. Also, during a spay surgery on a pregnant English setter; I was able to take the fetuses out of the uterus.



My previous work experience at Wenrick Kennels and now my Cooperative Education placement at Chelmsford Animal Hospital have confirmed my career choice. I encourage other students who are not sure that they can pull off the work that comes with their dream job, to complete a Co-op just like I did.

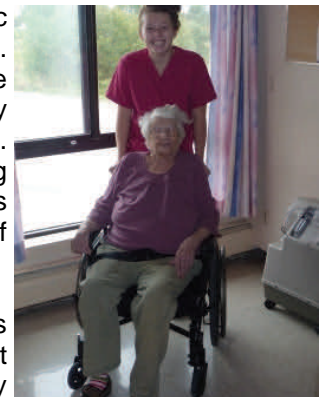
During my program, I have also been fortunate enough to have met some incredible people such as Dr. Stinson, Dr. Marin and Dr. Emiry who have helped me realize that I do want to become a veterinarian just like them. I would also like to thank Connie Dagg, the practice manager, and all the veterinary technologists and assistants such as Kathryn Digby, France Filiatreault, Stacie Deugo and Ashley Kirley.

Last, but not least, I would like to thank the amazing receptionists who always make me laugh once I walked through the doors every morning, Nancy Mourot, Ashley Pelland and Marisa Straub.

## Health-Related Co-op at Caressant Care Nursing Home

*By: Hope Cleary, St. Thomas Aquinas Catholic Secondary School*

My name is Hope Cleary and I am in my final semester at St. Thomas Aquinas Catholic Secondary School. I have been in the SHSM Health and Wellness program since Grade 11. One of my SHSM expectations was a health-related Co-op experience and St. Thomas gave me a wonderful opportunity to complete it at Caressant Care Nursing Home in Lindsay Ontario. Caressant Care is a wonderful place, filled with heartfelt staff and amazing residents. As a Co-op student I worked in the nursing department and my preceptor was an amazing Personal Support Worker. I stayed by her side and she taught me many skills such as bathing, transferring, ambulating and feeding residents. I loved working with the staff and all of the residents. I even built strong relationships with my preceptor and some of the residents.



There was never a dull moment at my placement and I was able to improve my social skills and further my knowledge in the health care field. What I learned from my Co-op at Caressant Care will benefit me in my future education, as I have accepted an offer to attend university and study Psychology.

If I could go back and do my Co-op placement again, I would. I had a wonderful time, made great friends, gained experience and learned so much. If there is anyone debating whether to do Co-op or not, I highly recommend it because it was one of the greatest experiences for me in my four years of high school.

## Adventures in Co-op: Endoscopy Recovery Room

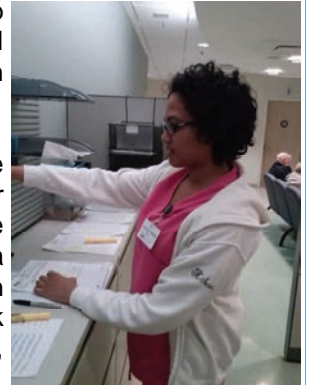
By: Kasi Sewraj, Sir William Mulock Secondary School

I could not have ever imagined being part of such an amazing experience as the Co-op program. For my entire life, I have been working towards one goal: becoming a surgeon and I feel like I have never been closer to that goal now that I spend every day working closely with surgeons and patients alike in the Endoscopy Recovery Room.

Every day at my placement is different, and each day there is something new to learn. The recovery room heavily deals with patient communication, and is where patients come to recover immediately after their scope procedures. I am able to hook patients up to machines that sense their blood pressure, oxygen level and pulse, perform the three check process that assists a patient's comfort immediately post-procedure and am able to work closely with nurses when charting and tracking patient's recovery levels. I have gained insight into what it is like to work with a health care team and have more confidence with my communication and teamwork skills, as well as valuable on-the-job experience.

I was also able to job-shadow a nurse in the emergency room where I saw the ER team treat a patient who had just had a seizure, as well as treating patients who had overdosed on drugs or had chest pains. I was able to see CAT scans being performed, IVs and arterial lines being started, as well as the procedures that nurses must follow when treating acute trauma patients. The experience really helped me understand the requirements of a career in health care and handling fast paced environments with challenging patients and even more challenging circumstances.

It has been an amazing experience so far, and knowing that I have so much more to see and learn makes me excited and grateful to the program and teachers. Instead of dragging my feet in the morning, I am excited to get working in the real world. These past few weeks have been the experiences of a lifetime, and I am so pleased that I am able to be a part of such a wonderful program. Thanks Co-op!



## MARK YOUR CALENDAR FOR OCEA'S UPCOMING EVENTS!

### OCEA Fall Symposium 2013

*"TOGETHER We Stand"*

**October 27 & 28, 2013**

Blue Mountain Village Conference Centre  
Blue Mountains (Collingwood), Ontario

### OCEA Spring Conference 2014

*"Explore, Navigate, Experience"*

**April 27th, 28th and 29th, 2014**

Delta Meadowvale Hotel and Conference Centre  
Mississauga, Ontario

## RÉSERVEZ LES DATES DANS VOTRE CALENDRIER POUR LES ÉVÉNEMENTS AÉCO À VENIR!

### Symposium d'automne de l'AÉCO 2013

*« ENSEMBLE pour assurer le succès »*

**27 et 28 octobre 2013**

Blue Mountain Village Conference Centre  
Blue Mountains (Collingwood), Ontario

### Conférence du printemps de l'AÉCO 2014

*« Explorer, Naviguer, Expérimenter »*

**27, 28 et 29 avril 2014**

l'Hôtel Delta Meadowvale et Centre de conférences  
Mississauga (Ontario)

## My Co-op at The Clinton Family Health Team (CFHT)

By: Alyssa Taylor, Central Huron Secondary School

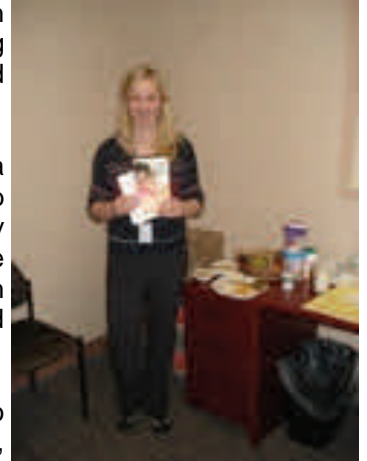
I am so thankful to have been in the Co-op program this year at The Clinton Family Health Team (CFHT). The CFHT is a wonderful group of professionals that I have enjoyed getting to know. They greet me with a smile every day. The amount of information I have learned from this team is incredible.

Before starting my Co-op placement, I had no idea the amount of work it took to operate a doctor's office. I am amazed with the effort and teamwork the CFHT puts into their job each and every day. The CFHT's mission is to provide timely patient-centered primary health care through a multi-disciplinary team of providers. This team will partner with the patient, caregivers and community services to improve health outcomes. The team consists of doctors, nurse practitioners, nurses, a sociologist, a mental health worker and a registered dietitian (RD), Stephanie.

I have learned so much from Stephanie (RD). While working with her, I was able to observe appointments regarding weight loss/gain, high cholesterol, hypertension, dyslipidemia, fatty liver, diabetes and constipation. Stephanie used some of her free time to teach me about other topics such as kidney failure, food allergies, pre-diabetes, osteoporosis, digestion and diverticulitis. She encouraged me to ask questions, answered them honestly and encouraged me in my future goals.

The CFHT has provided me with endless opportunities to learn. Kim has been an incredible supervisor. I have learned how to work in the reception office, how to operate their Medical Records computer program, check clients in for appointments, collect and deliver mail to the doctors, make appointment reminder phone calls, organize documents, send faxes, put together letters for clients, and create resources.

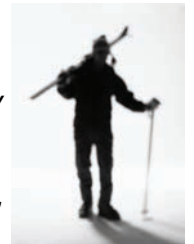
I felt like a contributing member of the team as CFHT included me in their email system, meetings, spirit days and every day chat. I have never been surrounded by a more welcoming group of people. They treated me with respect, provided me with a comfortable working environment, and answered all my questions. This experience has provided me with reassurance that becoming a Registered Dietitian is the right career path for me. I am going to miss the CFHT as I have enjoyed my time with them. I will be forever grateful for this experience.



*"I believe that we learn by practice. Whether it means to learn to dance by practicing dancing or to learn to live by practicing living, the principles are the same. In each, it is the performance of a dedicated precise set of acts, physical or intellectual, from which comes shape of achievement, a sense of one's being, a satisfaction of spirit. One becomes, in some area, an athlete. Practice means to perform, over and over again in the face of all obstacles, some act of vision, of faith, of desire.*

*Practice is a means of inviting the perfection desired."*

*~ Martha Graham*



## My Co-op Placement at Shoppers Drug Mart

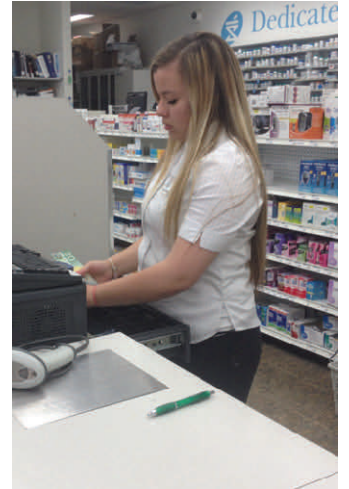
*By: Jennifer Simmons, Our Lady of Mount Carmel Catholic Secondary School*

My Co-op placement was at Shoppers Drug Mart, Meadowvale Town Centre, in the Pharmacy. Choosing to do Co-op was a great choice for me because it helped ensure that becoming a Pharmacist is what I really want to do. There were a lot of people telling me that Pharmacy could be too hard and stressful, and at times it was, but at the end of my Co-op shift it was worth it. I learned many things like how to compound, make blister packs, fill prescriptions, work the Pharmacy computer software and a lot about what there was to know about the prescription drugs.

I worked with many great people who taught me from their own personal experiences and who encouraged me to always be the best I could be. They taught me how to properly run a Pharmacy and how to handle customers who are upset. I enjoyed working with them for the semester and they showed me that if I have a great team behind me, I am able to achieve things I never thought possible.

During my Co-op experience I learned a lot about myself, and enhanced my skills that were once weak. Since elementary school I have been very weak with my math and that factor pushed me away from following my dream of becoming a Pharmacist because math is a basic essential skill needed. I would get anxious when it was test time for every math class I attended. But through working in the Pharmacy at the cash register, measuring the compounding units, and counting the pills, I strengthened my math abilities. My mental math has grown from the beginning of my pre-placement classes to now.

My Co-op experience has been a great one for me: it taught me that hard work really does pay off and that if I truly put my mind to something great, I can accomplish it. I am so grateful for my Co-op experience because it has made my decision stable on what I want to do with the rest of my life.



## My Experience: Co-op and Catering

*By: Bryanna Lonsdale, St. Jame's High School*

My name is Bryanna Lonsdale and I am a student at St. Jame's High School and this semester I had a Co-op placement with Ms. Weiler working as her assistant for the Hospitality program. I gained a huge amount of experience in relation to running a catering business.

During the semester we catered several large events. For example, on May 4th we catered the Wellington Catholic Parent Council Conference. This involved planning menus, meeting with the organizers, ordering supplies, food prepping and then serving breakfast and a lunch to 300 people. I worked alongside Ms. Weiler for all aspects of this job and am now knowledgeable on how to execute a job of this magnitude.



Besides the many catering jobs that I have assisted with, I keep the accounting books up-to-date, as well as doing the billing. I provide customer service during our after school food sales. I plan menus and assist students in following recipes. I have watched many situations where things have not gone as planned, where Ms. Weiler had to use some creative problem-solving skills in order to finish a job. My experience has been so valuable. I have learned so much about running a business that I can now apply that learning experience in my future career.

## Co-op at Trillium Health Care Centre - Complex Continuing Care 3

By: Katherine Samson, Our Lady of Mount Carmel Secondary School

My Co-op experience certainly has benefitted me in more ways that I imagined. It gave me the opportunity to glimpse into the world of work and explore the career that I had been considering pursuing.

One of the therapists at the hospital told me that it is difficult to choose a career when you are at such a young age and this is very true. Selecting a career involves a lot of thought and when uncertain, opportunities like Co-op are helpful.

I was able to learn the basics of nursing in the first few months at Complex Care. I started with paperwork and adapting to the different systems and procedures of the hospitals. I caught on quickly and with that, I started to shadow the nurses and therapists. I moved on to interacting more with the patients. Taking vital signs and helping with medications were just a few of the tasks that I performed. I observed the qualities that make a good nurse, and learned new skills. The more time I spent at placement, the more I was able to experience the routine of a working nurse. I felt comfortable in my surroundings, and even made a few friends along the way!



The type of experience that this placement provided cannot be found anywhere else. It was good for me to experience working with people with different personalities, which is a common situation in all careers. I can truly say that it helped me build confidence in myself, which was one of my goals for this placement. Most importantly, this placement helped me decide on the type of post secondary education that I wanted and the type of career. I entered into the placement wanting to pursue nursing, but now that I have had a chance to experience both nursing and therapy, I was able to realize that it may have not been the career for me. I look forward to pursuing physiotherapy in the future. I definitely recommend that all high school students take Co-op. It is an opportunity that can be life changing and very helpful.

## My Co-op Success Story at Raceway Chrysler

By: Natasha Sehgal, Thistletown Collegiate Institute



Hi my name is Natasha Sehgal and this is my Co-op success story. Like many other students, I have always followed the path where I had to take all the sciences and math but this time I wanted to take something different, something where I could learn more about my future – accounting, and get out of my comfort zone.

When I first started at my Co-op placement at Raceway Chrysler, I was very shy but the people there were very caring. For the first few weeks I was placed at reception where many people think it is easy but honestly it is not. You have to take care of the phone lines, talk to customers, cash or refund people's money when they buy cars and a whole a lot of other stuff. It can get stressful! While at reception, I learned to open up and talk to different people even if you do not see them every day. There were many things that I learned at reception but I wanted to be in the accounting department.

After two weeks I went to the back office where I learned how to stuff the new vehicle pouches, fill in the cars in garage register, etch the cars, put wheel locks on journal entry, PDI, and put wheel locks in the system. I learned many different things and throughout this whole experience I have grown as a person, I have learned what it is like to go to work and I have learned how to organize my life with extra-curricular activities, school work, and Co-op. With this placement I have enhanced my leadership qualities and it has groomed me for the real work life.

## 2-Credit Co-op Placement at Credit Valley Hospital

*By: Katie MacNeill, Our Lady of Mount Carmel Secondary School*

My name is Katie MacNeill. I am a grade 12 student at Our Lady of Mount Carmel Secondary School. From September 2012 - January 2013 I had the pleasure of participating in the Cooperative Education course offered at my school. I spent about four months at Credit Valley Hospital in Mississauga, in the cardiology/general medicine unit where I was offered endless opportunities and experience in a hospital setting. In the four months at my placement, I worked side-by-side with the nurses, doctors, unit coordinators and many other staff to help patients and their families.



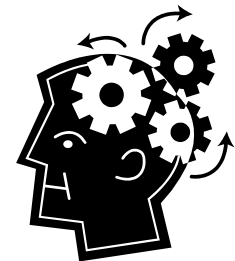
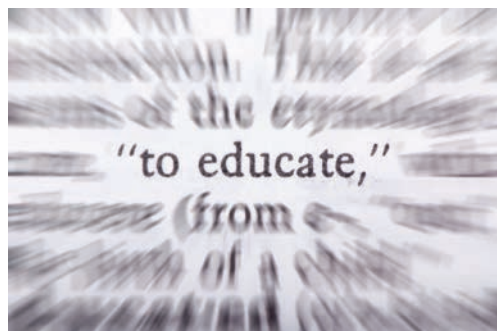
My daily tasks consisted of stocking medical items, helping the unit coordinators at the front desk, retrieving water and food for patients, and shadowing the other nurses to see what their job is really like. One day a nurse even let me take her assigned patient's vitals! While at Credit Valley Hospital, I also had the opportunity to get to know many patients and play games with them, which I found enjoyable. Throughout my placement I developed team work skills, and I also learned how to be more independent and take initiative with new tasks. Being at Credit Valley Hospital for my placement reinforced my ambition to pursue Nursing at the university level, because I was able to experience what it is really like to be a nurse. Having this experience has allowed me to determine that Nursing is the right profession for me.

Another great thing about this placement is that it is a centralized placement, meaning that there was a separate application and formal interview process. I was also able to participate in an orientation day before starting at my placement, which was beneficial to my understanding of hospital procedures and standards.

Overall, I would deem my Co-op experience successful and rewarding. I am grateful to have had this wonderful experience and to have been surrounded by such wonderful people. My placement provided me with the experience and knowledge in the healthcare field and I would recommend any individual with a passion for people and life to apply for this placement as well.

*"Education is the most powerful weapon which you can use to change the world."*

*~ Nelson Mandela*



*"Education is the power to think clearly, the power to act well in the world's work, and the power to appreciate life."*

*~ Brigham Young*

## Co-op Placement at the St. Joseph's Care Group

By: Megan Nelson, Superior Collegiate and Vocational Institute



When I first signed up for my Co-op class with my guidance counselor, honestly, I wasn't optimistic about it. It was a requirement for my SHSM-Health and Wellness, and I wasn't ecstatic about it being enforced. There was a preconceived notion in my school that Co-op was not a scholarly class. I will admit that I was amongst those who circulated that opinion. However, I will tell everyone who will listen, especially my younger peers, that Co-op is definitely for everyone and probably one of the best experiences you can get in high school.



First of all, if you've never had a job before, it's a great way to get one whether it's from the experienced gained, or your Co-op turns into a part-time position. Plenty of my friends have acquired jobs this way, and my resume looks a lot better with my Co-op position listed!

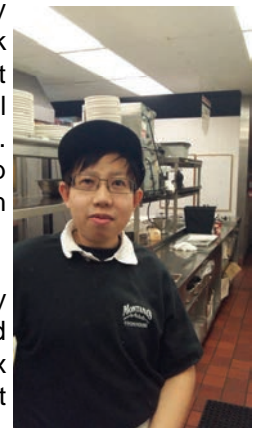
My Co-op placement was at the St. Joseph's Care Group in the Alzheimer's Day Program where I learned many life lessons, something that high school encourages but students are reluctant to learn. Working with the staff and clients of the program was a rewarding experience. While high school students sometimes think we know it all, it is in these real-life actual workplaces that we get taken back a peg; humbled, if you may. I realize that outside of our little bubble of school, the world is a big and scary place and we have a lot to learn. Co-op allowed me to learn a lot about myself and the world.

Finally, I always suggest trying something different. If you have the chance to go to a Co-op placement, I suggest going for it. Challenge yourself, and allow yourself to get those life lessons. You just might be surprised at what you can learn.

## Success in the Face of Suffering

By: Toan Luu, St. Francis Xavier Secondary School

When cooking in the kitchen, I feel confident and I don't second guess myself. My dad and my grandmother always enjoyed cooking so it comes naturally for me. Now that I am in grade 12 I think I have found my groove cooking especially with my experience in Co-op. This year I was placed at Montana's Cookhouse because I wanted to get work experience in the culinary field. I am grateful for the opportunity and support my co-op teacher Mr. Somers and my hospitality teachers, Mr. Zerdin, Ms. Alcia-Popplewell, and Ms. Herbert provide me. It has given me the chance to develop my skills further and expand my knowledge in the culinary field, especially as a Specialist High Skills Major student in Hospitality and Tourism.



Most people have the good fortune of being raised by both parents. When I was four years old my mom passed away in a car accident in Vietnam. My dad remarried when I was five and we moved to Canada with my older brother. At the age of six I was diagnosed with a brain tumor. After six months of chemotherapy treatment and missing my entire grade two year I was much better. Last December I lost my father suddenly. I have been faced with many challenges.

At school there have been difficulties but I have had many teachers and friends who have helped and supported me along the way and who are there when I need them. Sometimes I think that if I did not have the surgery and the treatments for my cancer I would not be here today and I would not have met the friends and teachers that I have made through Co-op and my hospitality courses. I have learned that I still have a lot more to offer than I first thought. Co-op has opened new doors for me.

## An Unforgettable Experience at Ingrassia Macaluso Associates

By: Brandon Wooldridge, St. Jean de Brébeuf Catholic Secondary School

For the second semester of my Grade 12 year, I had the privilege of being placed in the law offices of Ingrassia Macaluso Associates. This placement made my final semester of high school one that I will forever cherish.

When I started my placement I was very nervous. The very idea of a high school student being placed in a law firm was undeniably intimidating. However, I soon came to realize that rather than feeling intimidated, I should feel happy and proud that I was selected to be placed in the firm. I worked hard throughout the semester, learning as much as I could about the law and what it takes to be a successful lawyer. Every day I witnessed the benefits of being a lawyer, and it was rewarding for me to perform so capably in a demanding position, especially considering I had no prior work experience.

However, the most important part of my placement was the benefit of establishing a close connection with Mr. Macaluso and Mr. Ingrassia. Since my placement, I have worked at the firm for two summers, and it has provided me with invaluable experience. Mr. Macaluso and Mr. Ingrassia have become more than just employers. They became two special individuals in my life, and I will be forever grateful to them for providing me the opportunity to work at their firm.

Benjamin Franklin once said, *"Tell me and I forget. Teach me and I remember. Involve me and I learn"*. No school teaching can replace what I gained from my Co-op experience. While I may forget the things I learned in school, I will never forget my experience at the Law offices of Ingrassia Macaluso Associates. It provided me with an invaluable working experience, and, most importantly, it allowed me to establish a lifelong relationship with two individuals whom I greatly respect and admire.



## Successful Dual-Credit / OYAP

By: Domenico Filice, St. Thomas More Catholic Secondary School

I got started in the trades when I was 16. I participated in a summer Co-op program in construction. This Co-op was my first experience working on a jobsite and I absolutely loved the work. I developed good relationships with the contractors I worked with and I am currently signed under them for my OYAP program.

When I was introduced to the accelerated OYAP program I was really excited to get a head start on my dream. The carpentry program that I was enrolled in was a really great experience. The instructors we had were very knowledgeable, patient, and really fun to be around. The instructors really did make the four hour theory classes fun. The work we did in both the shop and theory classes were really enjoyable.

After completing this program, I have absolutely no regrets. This dual credit program has vastly increased my skill level when working on site or in a shop. I truly feel that carpentry is my calling in life, and participating in this program has been a huge steppingstone for me. In the short time I have worked at my placement, I feel like I have gained the experience of a lifetime. I get excited knowing that there is more to come.

The experience that I or anyone in a dual-credit / OYAP program will gain can definitely put those person miles ahead of someone with the same goal but who is not in the program. I am very grateful to have been given this opportunity, and I strongly recommend that anyone interested in this program to sign up.



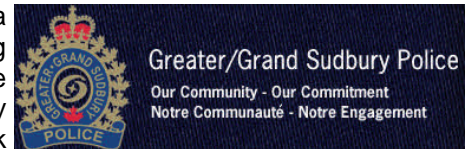
## Greater/Grand Sudbury Police Services

Par / By : Tanner Amyotte, École secondaire catholique Champlain

Je me nomme Tanner Amyotte et j'ai 16 ans. Je fréquente l'École secondaire catholique Champlain. Cette année, je suis inscrit dans le programme d'éducation coopérative. Ce cours m'a permis d'entreprendre un stage avec le Greater/Grand Sudbury Police Services dans le département de support technique. J'adore mon placement dans ce domaine parce que j'ai la chance de rencontrer des gens qui ont beaucoup d'expérience dans mon choix de carrière future, ce qui me permet d'établir des relations professionnelles. Par exemple, j'ai eu la chance de parler et de rencontrer le chef policier, Frank J. Elsner. Deuxièmement, je commence à établir une réputation dans l'entreprise ce qui va m'aider beaucoup dans le futur. J'encourage les élèves de participer au programme d'éducation coopérative. C'est une très bonne expérience qui donne de bons avantages, comme avoir ton nom reconnu dans un endroit de travail professionnel. De plus, tu as la chance de participer à une expérience qui peut te changer comme personne et t'aider à développer tes compétences pour le marché du travail.



To conclude, I would like to express my gratitude to Heather Lewis, who is a Technical Support Clerk and who let me work with her. This was a terrific learning experience in the Technical Support Department. Also, I would like to thank the Chief of Police, Frank J. Elsner, for giving me the opportunity to have my placement with the Greater Sudbury Police Service. I would also like to thank Cathy Volpini for giving me a chance to be interviewed for this placement.



## Successful Co-op in Fashion

By: Brytanne Chambers-Cadore, Thistletown Collegiate Institute

*I am truly grateful that my Co-op placements have helped move me towards graduation and helped me gain experience in my future career.*

My name is Brytanne Chambers-Cadore and I was enrolled in two Co-op placements in my grade twelve year at Thistletown Collegiate Institute. I gained knowledge, confidence, work ethics and hope within my ten month experience. In the future, I want to become a Fashion Merchandiser and hopefully open my own retail store. The retail store and non-profit wholesaler positions helped me finalize my future career plans. I was exposed to many different positions and was taught that there are various opportunities within the fashion world. There is more to the fashion world than selling clothes. You have to love what you do and who you do it for. There is always something to do, always room for improving and always time to learn something new.

My Co-op placement helped me gain happiness within my life, because I was never recognized for my hard work, my skills and the things that I do until now. I was able to gain confidence, recognizing and being recognized for my skills. Not only did I learn how to take constructive criticism to perform my skills better, but, I learned it within both small and large businesses. These positive experiences are milestones towards becoming a more determined person now and a successful person in the future.



## Life is not always what it seems at Tim Hortons!

*By: Brennan Forrest, Elizabeth Wyn Wood Alternate Program*

My name is Brennan Forrest and I do Co-op at Tim Hortons in the east end of Ottawa. Not only do I do Co-op there, but I am also a valuable part-time team member. While working and doing Co-op at Timmy's, not only have I learned a lot of new things but I have also had the chance to prove how reliable I am.

Since spending weekdays at Tim Hortons for almost a year, there is almost nothing in the store that I don't know how to do with the exception of management duties. Typically I stock the store when the truck comes, make coffee, calibrate the coffee machines if necessary, serve the drive through, make sandwiches, bake and fill the showcase, clean the machines and manage the cash. When required I am comfortable controlling and leading the team. I also enjoy talking to customers about their day. My team mates can always count on me to be present, even early for my shifts.

Life is not always what it seems at Tim Hortons. On one slow day, a team member and I were cleaning around the sink when I accidentally sprayed her with the hose. We ended up getting into a water fight and my shirt and some of my pants got soaked. Thankfully it was warm out and I was on 'drive' so the customers couldn't see me. Unfortunately the supervisor wasn't too happy that she had two drenched team members. On another occasion near the end of the shift, we wrote on the back of a team member's shirt with a black wax pen. When we tried to wipe it off, it spread around even more. All of the staff had to coordinate their positions so the customers wouldn't be able to see the back of the member's shirt. My colleagues are my friends and we can always find time to have fun together.

I love working at Tim Hortons and doing a Co-op placement there is an amazing opportunity. Nothing is better than getting credits while learning valuable life-skills. To me this is a life time experience and I will remember it always.



## Cabinet Making at A-1 Millwood

*By: Chadd Lemieux, Elizabeth Wyn Wood Alternate Program*

My name is Chadd Lemieux and I am taking Co-op to get work experience and to earn credit to graduate from high school. I am working at A-1 Millwood in the west end of Ottawa. I chose this placement because it was something different from all of the other places that I have done Co-op before and I enjoy working with my hands. I thought cabinet making would be a great placement for me.

At A-1 Millwood we build cabinets, cut counter tops and then go out and install them. My duties around the shop are to iron veneer onto the cabinets, drill holes in doors and then hang the doors onto the cabinets. I also clean up by sweeping the floors, taking out the garbage and occasionally vacuuming. Something I'll always remember was an incident on my second day. I accidentally drilled the holes on the wrong side of the door so when I went to put on the hinges, everything was backwards. It wasn't a big problem, but the way it happened was hilarious. The most interesting thing we do is how we do counter tops. It is also the thing I find most challenging because of the way they are put together.

My Co-op experience has taught me how to use a variety of tools that I had never heard of before. It has also taught me to be better at estimating the size of cabinets. I think this Co-op experience will help me in the future because in January I registered with MTCU in the Ontario Youth Apprenticeship Program (OYAP). As a result of my introduction to cabinet making, I am now looking forward to becoming a qualified cabinet maker.



## My Special Co-op Opportunity as an 'Executive Housekeeper'

By: Courtney Willis, Elizabeth Wyn Wood Alternate Program

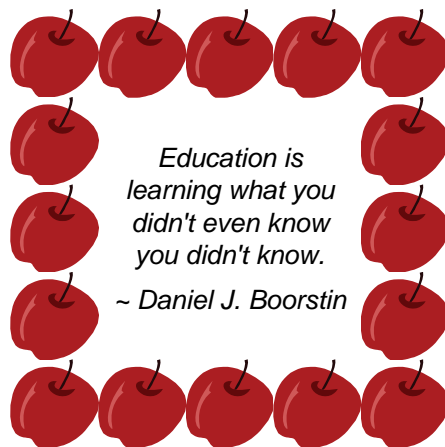
My name is Courtney Willis and I am a student living in Ottawa and attending Elizabeth Wyn Wood Alternate Program. Although I don't like to admit it, I am one of those students who have been in and out of high school for way too long. *Four extra years long!* This will be my last year thanks to my new found dedication and hard work. Co-op has given me the opportunity to get away from the repetitive student lifestyle in a classroom. It has also given me a chance to try something new and to participate in the world of work.



While transitioning from high school to young adulthood, I am developing important employability and essential skills. My Co-op placement is in a private home and my professional title is 'executive housekeeper'. I maintain a clean environment at all times and have turned into somewhat of a chef. I feel as though I am learning how to run my own household. Although my experience has been great, I have decided not to pursue a career in hospitality. Nonetheless I am thankful for this opportunity because the skills that I have learned can be transferred to multiple careers paths.

My ability to manage, adapt, and organize has improved tremendously. I have had to adjust from working for an employer to working for myself. Consequently, I have learned how to manage my work schedule, routines and deadlines. Being an executive housekeeper for a couple with an eight month infant provides unique challenges. Interruptions created by Ayro, (their son) have actually become a part of my regular schedule. My days are often rerouted to accommodate his needs.

I am more than half way through my Co-op experience and continue to enjoy this amazing opportunity. No matter how good or bad a day, week or month is in the life of a Co-op student, I have learned I can always gain knowledge and find something worthy from the experience. Co-op has given me confidence, independence and a sense of readiness for what the future has to offer.



## 'An Exhilarating Ride' at the Mississauga Sports Council

By: Chad Hagel, Our Lady of Mt. Carmel Secondary School

Prior to my Co-op placement at the Mississauga Sports Council this past semester, I was very unsure of myself. I did not have the appropriate self-confidence, networking or team cooperation skills I needed to make an impact on this world. When I spoke, I stopped, started up, and stopped again. I could not approach people with confidence. There were times when I was uncertain about the value of working in a team, and when I was unsure, I worked by myself. This stemmed from my hearing impairment and cerebral palsy disabilities.

Then the miraculous happened: my placement with the Mississauga Sports Council. The Council has had numerous Co-op students before, as befits a not-for-profit organization. The Mississauga Sports Council, I found out during my four-month placement with them, is responsible for the recognition, development and promotion of sports in Mississauga. With this in mind, I was responsible for taking photographs of events/exhibits, in addition to writing short articles about them. Before I knew it, my placement with the Sports Council was up – it had been an exhilarating ride. I was given the chance to meet many people and make connections I wouldn't have otherwise.



It was not long before I was contacted by the Sports Council again. Just before I left my placement, I was told there was an opportunity for me to come back as a paid member of staff on a part-time basis. About two weeks after I left, I had a second interview and was hired on the spot. My title: *Research and Communications Assistant*, and with this title, I set about doing my duty to the Sports Council. I covered a trip to the Canadian Canoe Museum in Peterborough, in addition to numerous sporting-related events in Mississauga. It was in this capacity I discovered I had been published. For the Sports Club and Registration Show this past March, one of the pieces I had written about Chuck Ealey, a Sports Hall of Famer, appeared in the promotional newspaper. This is one of my crowning achievements and one of which I am proud.



## 2013/14 ONTARIO SECONDARY STUDENT Video Contest

***It's Your Job: Prevention Starts Here***  
 > Teachers > Students > School Administrators

MINISTRY OF LABOUR

WIN cash prizes and provincial and national recognition. Use your creativity to develop an original video, up to 2 minutes long, to stress the importance of working safely on the job.

Entries accepted November 1, 2013, until March 28, 2014, at 11:59pm EST



### SECONDARY SCHOOL PRIZES

- 1st Place: \$1000 for the entrant(s), \$1000 for their school
- 2nd Place: \$750 for the entrant(s), \$750 for their school
- 3rd Place: \$500 for the entrant(s), \$500 for their school

Winning Ontario videos will be automatically entered in the national "It's Your Job"... contest to compete against secondary school winners from across the country and be viewed by Canadians coast-to-coast during Fan Favourite voting in May 2014. National winners will receive additional cash prizes.

Full Contest details, rules and entry form can be found at: [Ontario.ca/videocontest](http://Ontario.ca/videocontest)

## Successful Special Education Co-op

By: Bill McCron, St. Thomas Aquinas High School

My name is Bill McCron and I was a senior student at St. Thomas Aquinas High School. When I was in grade 11 I started my first work experience. My teacher arranged for an EA to come to placement with me and my principal helped arrange for transportation to and from placements. In Lindsay I worked at many different places.

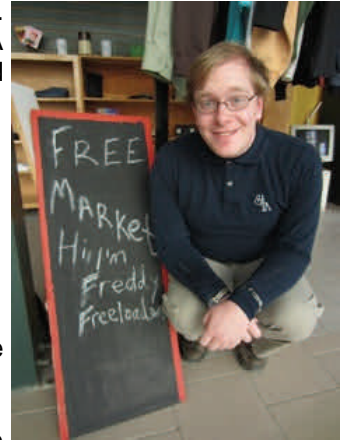
My first placement was at Pope John Paul II Elementary School. I helped organize their storage closet and put stickers on kids work.

My next placement was at Zellers and at this placement I learned how to stock and front face shelves, and put returns back where they go.

Another one of my placements was at Victoria Manor where I helped staff with some of the seniors' events and crafts and I visited with the seniors too.



My favorite placement has been at the Fleming College Free Market. I have enjoyed working at the Fleming Free Market because I get to work with other students my own age. This placement felt like I owned my own store because I was able to decide what we would keep and what we would get rid of. I also got to decide which shelf I wanted to put them on.



Thinking back to grade 11 when I was told I was going to be starting a work experience, I remember being very nervous. I liked that an EA came with me to placements, it helped make me not so nervous knowing there was someone I knew when I got there. After a while I didn't need as much help from the EA. Like other students in high school I have always looked forward to graduation day but now I wish I could have stayed a little longer. But I think I am ready and now prepared for volunteer work or a part-time job. I am very thankful that both my teachers and principal worked hard to get me all of these work experiences.

## Concours de vidéos de 2013-2014 pour les élèves de niveau secondaire de l'Ontario

**C'est votre travail : La prévention commence ici !**  
> **Personnel enseignant** > **Élèves** > **Administrateurs scolaires**

MINISTÈRE DU TRAVAIL

Courez la chance de gagner des prix en argent et de voir votre talent reconnu à l'échelle provinciale et nationale. Faites preuve de créativité en tournant une vidéo originale d'au plus deux minutes portant sur l'importance de la sécurité au travail. Les vidéos seront acceptées du 1er novembre 2013 au 28 mars 2014 à 23 h 59 HNE.



### PRIX À GAGNER DANS LES ÉCOLES SECONDAIRES

- 1er prix : 1 000 \$ pour le ou les participants et 1 000 \$ pour leur école
- 2e prix : 750 \$ pour le ou les participants et 750 \$ pour leur école
- 3e prix : 500 \$ pour le ou les participants et 500 \$ pour leur école

Les vidéos gagnantes en Ontario seront automatiquement inscrites au concours national « C'est votre travail » et se mesureront à celles primées dans les écoles secondaires du Canada tout entier. Elles seront aussi visionnées par des membres du public partout au pays dans le cadre du vote pour les vidéos favorites du public, qui aura lieu en mai 2014.

Les gagnants du concours national recevront des prix supplémentaires en argent. Vous trouverez tous les détails du concours, les règles et le formulaire d'inscription à : [Ontario.ca/concoursvideo](http://Ontario.ca/concoursvideo)

## SHSM at Roseneath Theatre

*By: Andrew Chiasson, Thistleton Collegiate Institute*

Hi, my name is Andrew Chiasson and I am a SHSM (Specialist High Skills Major) student currently enrolled at Thistleton Collegiate Institute. It's no secret to my friends and family that my current Co-op placement has had a strong positive impact on my life.



My current placement is at Roseneath Theatre, a wonderful place that specializes in theatre for young audiences. It's definitely rare to work a job and have fun too. Every day I spend at Roseneath changes me. Working with the amazing staff and interacting with so many people, I'm finally starting to be myself. Before my placement, I used to let personal struggles and insecurities rule my mind. I would walk around each day, practically living inside my own head. I've changed so much in such a short time. I never knew I could talk as much as I do now. Roseneath welcomed me with open arms.



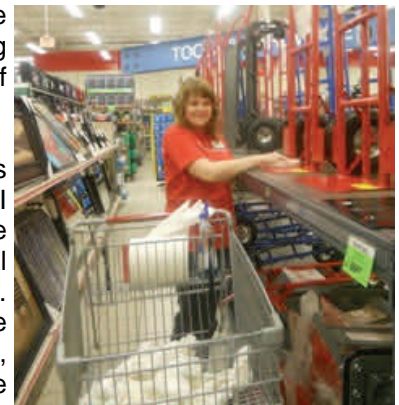
Even through personal struggles, I have been treated as an equal. I've learned skills that I didn't think were necessary working in theatre. I've had the chance to watch plays before they're even ready for the public! I can't begin to explain how incredible it is to talk with real actors, help them set up the actual stage set, read scripts and meet the people who actually created the plays. As a student majoring in the arts, I can't help but feel like a little kid in a toy store when it comes to this topic. Needless to say, I absolutely love my placement. The opportunities I have been given still amaze me. I have grown fairly close to Roseneath, and hope to work/volunteer with the amazing staff again in the future.

## Our Work Place Experience at Canadian Tire - 1

*By: Hailey Hosick, Ascension of Our Lord Secondary School*

My name is Hailey Hosick and I am a grade 12 student at Ascension of Our Lord in the Communication Program. This semester me and four other students have been going to Canadian Tire for work placement in Brampton, as part of my "Exploring the World of Work" class.

Working at Canadian Tire helps to give me job experience. We took work place classes to learn work place etiquette, our talents, teamwork, our skills, and time management. I go to Canadian Tire four days a week, Monday to Thursday. The times we work there are from 9:30am to 12:55pm. In the beginning we went to work with two Educational Resource Workers (ERW) who help us take transit, and with our duties in the store. Then it went down to one ERW, and now we go on our own. The duties that I have include: cleaning items like BBQs, TV stands and sometimes the TVs, mirrors, dollies, and windows for the entrances and the exits, making sure that the products are properly placed on the shelves, repair packages, maintain neatness and front facing the products on the shelves. Sometimes I have to tell customers where products are located in the store.



We get a half hour break to eat lunch and to relax. We wear watches to know what time to catch our buses, and to know what time our breaks are. We take two different city buses, one from Mississauga and one from Brampton to get to Canadian Tire. We need to bring two different tickets for the two buses we take. From this experience I learn how responsible I am with the time, taking transit and how independent I can be with work. I work in the house wares department because this is what I like. When I work there I make the decision to work where it needs to be cleaned or where my manager asks me to work. I like the routines at work.

## Our Work Place Experience at Canadian Tire - 2

*By: Ryan Thompson, Ascension of Our Lord Secondary School*

My name is Ryan Thompson and I am a student at Ascension of Our Lord Secondary School in Mississauga. I am a student in the Communication Program. I am taking "Exploring the World of Work" course as a part of alternative curriculum which is similar to Co-op.

I started working at Canadian Tire in Brampton on February 26, 2013. I work with four of my classmates: Alex, Sam, Hailey and Tan. I am gaining work experience in Canadian Tire. My teacher teaches work etiquette. We had two Educational Resource Workers (ERW) to help us get to work and back to school for two months but now we go on our own. My teacher's name is Mrs. Banjavcic and my two ERWs are Mrs. Roy and Mrs. Roberts.

Before we started working, we prepared for work all semester. We started the semester talking about topics like problem solving, time management, self-advocating, taking initiative, how to deal with conflicts at work placement, etc. Before I started working, I was nervous and over excited because I did not know what to expect of work placement. I was also looking forward to working at Canadian Tire.

Before I started, we all visited the store together - my teacher, the ERWs and students. I got to pick which department I wanted to be in and I picked sporting goods. In the beginning, our two ERWs helped us in the store every day until we learned what to do on our own. Every day we come to the Canadian Tire store by taking two buses. First we take Mississauga Transit bus from our school and then Brampton Transit. When we get to the store, we leave our things in the locker room and start working. The duties I usually have in the store are: putting items on the shelves, organizing products, cleaning isles, unpacking boxes, making sure that isles are neat and organized, etc. I like working in Canadian Tire because people are nice to me and my managers there teach me what to do and how to get some experience for a possible summer job.



## Our Work Place Experience at Canadian Tire - 3

*By: Tan Lam, Ascension of Our Lord Secondary School*

My name is Tan Lam and I am a Grade 12 communication student at Ascension of Our Lord Secondary School in Mississauga. This year I worked at Canadian Tire in Brampton. The reason why I work there is because it is part of my course "Exploring the World of Work", and I need to get work experience. Last semester, we learned how to be on time, listen to supervisor's instructions, how sexual harassment is strictly prohibited, creating a resume, our work skills, teamwork, and about etiquette at work. I work at Canadian Tire four days a week Monday to Thursday, and my work hours are three to four hours every day.

At the beginning of the workplace, two ERWs assisted us to take the transit to the workplace. Approximately ten weeks later, we went on our own. When we arrive at the store, we go in the change room to hang our coats. My duties are cleaning the shelves on each aisle, front face items so the customer can see the labels or product names. Sometimes my managers (Marco, Nick, or Debbie) ask me or my peers to do something new, such as cleaning the windows on the entrance or exit doors including the auto entrance. Also, I learned how to use a scan gun to make price labels.

My favorite department at Canadian Tire is the Automotive Department because I like to fix cars. I like my workplace because it is good to learn work skills and I like to be in the Automotive Department to learn about different car parts. I would like to go back and get a summer job.



## Co-op Linked to Dual-Credit: Interview

*Interviewer is fellow student Elizabeth Neilson, Merivale High School*

*Dual-Credit Student: Asma Mohrram, Merivale High School, under the instruction of Kyle MacNeil (Algonquin College)*

*Elizabeth Neilson: What was your favourite assignment?*

*Asma Mohrram: My favourite assignment would have to be...when we made spinach lasagna. It was the first time I got the chance to make fresh pasta; we got to use the machine and everything. We made everything basically from scratch.*

**How was your Co-op linked to your Dual-Credit?**

I did my Co-op at Kelsey's (restaurant). They were both in the kitchen. For my Co-op I would go every morning and prep food. For my Dual-Credit I would make food, after doing all my prep.

**Do you think your experience with Co-op helped you with your Dual-Credit?**

Yes, because I had done my Co-op first semester and I learned skills in the kitchen. When I started doing my Dual-Credit I already knew how to use some of the equipment. It was beneficial completing the Co-op first.

**Do you think you are going to go to Algonquin?**

Yes, I would like to go to Algonquin, but for a different program. I'm going to go into social service.. Algonquin is a good school. I really like how they're hands on and everyone's really welcoming.

**Do you recommend taking a Dual-Credit?**

Yes I would. It's free, so if you get the opportunity to do it, why not? You get to learn new things and make new friends. You get to work with a team more than you do in a regular class as it teaches you how to solve problems together.

**What can someone expect from Dual-Credit?**

Expect to be treated more like an adult. They treat you as if you are a real college student. They have higher expectations for you. You should definitely be ready for that.



**CAPTURING THE STUDENT VOICE: Do you have a student who would like to share their success at a placement? / LA VOIX DES ÉLÈVES: Avez-vous un ou une élève qui veut partager son histoire de réussite?**

**We are looking for one story in the following areas:**



- ⇒ Dual-Credit and Co-op
- ⇒ Successful OYAP/Co-op
- ⇒ Successful SHSM/Co-op
- ⇒ Successful Special Ed. Co-op (non-earning credits)
- ⇒ Successful Co-op

**Criteria:**

1. Submit student(s) story(ies) by May 31st (annually) via email to [OCEA@rogers.com](mailto:OCEA@rogers.com) by using this [template](#);
2. Ensure the article is no more than 350 words in length;
3. Teachers' are asked to edit students' article(s) for grammar, spelling, sentence structure, etc.
4. Submit one picture of the student at their placement (high-resolution (300 dpi) jpg format)
5. Complete and submit the Photo and Model Release Agreement Form provided.

**Nous sommes à la recherche d'articles dans les domaines suivants:**



- ⇒ Double reconnaissance de crédit et éducation coopérative
- ⇒ Stage d'éducation coopérative/PAJO réussi
- ⇒ MHS/COOP réussi
- ⇒ Expérience de travail (EED) réussie
- ⇒ Stage d'éducation coopérative réussi

**Critères :**

1. Soumettre annuellement l'article ou les articles de l'élève ou des élèves par courriel à [OCEA@rogers.com](mailto:OCEA@rogers.com) en utilisant ce [gabarit](#) et par au plus tard le 31 mai;
2. S'assurer que l'article ait une longueur maximale de 350 mots;
3. Les enseignants.es sont priés.ées d'apporter des corrections de grammaire, d'orthographe et de structure de phrase aux articles des élèves;
4. Soumettre une image de l'élève ou des élèves au stage (en haute résolution (300 dpi) format .jpg);
5. Remplir et soumettre le formulaire d'autorisation de publier des photographies et le formulaire de renonciation au droit à l'image.

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**CAPTURING THE STUDENT  
VOICE®**

A newsletter published for the  
members of the Ontario  
Cooperative Education Association

**LA VOIX DES ÉLÈVES®**

Un bulletin d'information pour les  
membres de l'Association de  
l'éducation coopérative de l'Ontario

**OCEA MISSION STATEMENT**

*“Facilitating and supporting the exchange of ideas among  
Experiential Learning Professionals”*

The Ontario Cooperative Education Association (OCEA) is a not-for-profit professional organization of Ontario Cooperative Education and Experiential Learning Professionals. It strives to provide the leadership and vision needed for optimal professional development of its members. The Association also develops and facilitates access to information, resources and other supports relevant to OCEA members and other Experiential Learning Professionals in the province of Ontario, while supporting excellence in the education of all students in Ontario.

**ÉNONCÉ DE MISSION DE L'AÉCO**

*« Aider et encourager l'échange d'idées entre les  
professionnels de l'apprentissage par l'expérience »*

L'Association de l'éducation coopérative de l'Ontario (AÉCO) est une association professionnelle, sans but lucratif, qui regroupe des professionnels de l'éducation coopérative et autres formes d'apprentissage par l'expérience. Elle s'efforce de fournir un leadership et une vision nécessaires au développement professionnel optimal de ses membres. De plus, l'association contribue au développement de ressources, en facilite l'accès, et fournit des renseignements actuels et pratiques à ses membres et aux autres professionnels de l'apprentissage par l'expérience en Ontario, tout en soutenant l'excellence en éducation de tous les élèves de la province.

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