

**We asked students about their
co-op work terms and these
were their answers**

Georgia Hanley

Diploma - Criminal Justice

About

Camosun College Criminal Justice student, Georgia Hanley, applied their academic knowledge at Department of National Defence



Work Term

1. What was your biggest take-away from your work term?
Being able to see another way of life and other people's experience. Working with the Canadian Armed Forces, more specifically the Navy, gave me a different lens to look through and I found myself adapting to the company culture.

2. What was your favourite part of your position, did you work on any interesting projects?
I loved working in an office, I loved the view of where I was working and the projects I was working on! I was tasked with working on the Navy's sexual misconduct prevention courses which was a very interesting experience.

3. How did co-op benefit you personally and professionally?
It was a very different type of environment. I come from a long background of customer service jobs so working in an office was a really nice change. I benefited both professionally and personally by being able to learn how to adapt to different environments.

4. Why did you decide to do a co-op?
I wasn't going to do one initially. I got denied from the two summer jobs that I was really hoping to get so I was going to give up and just stick to my customer service job. Then I saw the job opening for this co-op. I decided 'why not?', applied, and got the position.

5. Do you have any advice for students looking for one?
Advice I would have for students looking for a co-op would be to reach out to potential employers, even if they don't have a co-op opportunity posted. You never know, they may make one for you!

Co-op Position:
Curriculum Development Assistant

Company:
Department of National Defence

Relevant Skills:

- Office administration
- Communication
- Versatility

Mia Bergen

Associate of Arts Degree in Economics

About

Camosun College Economics student, Mia Bergen, applied her academic knowledge at BCI

Work Term

1. What was your biggest take-away from your work term?

My biggest take away from my work term so far is how eye-opening it is. I feel like I am constantly rediscovering how excited I am for this work term. Even though it was initially intimidating, after I pushed past the nervousness and self-doubt, I am astounded by how much I have learned and how many opportunities have been presented.

2. What was your favourite part of your position?

My favourite part of my position is the people, in and out of my department, and learning everything I can about finance, economics, business, and professionalism.

3. How did co-op benefit you personally and professionally?

Personally, it has helped advance my academic journey by giving me context and expectations for what classroom learning translates into. Professionally, I have grown my network connections as well as tangibly learning hard skills and gaining experience.

4. Do you have a specific story or experience you would like to share?

An initiative I'm going to start is "Cookies and Compliance". The goal is to make the Compliance department approachable! We will provide freshly baked cookies and invite people from other departments to come visit us and see what we're all about.

5. Do you have any advice for students looking for one?

Please try to do a work-term! You could find something you love, or don't, both of which are incredibly valuable things to know, while learning new skills and meeting new people.



Co-op Position:
Corporate Compliance
Co-op

Company:
BCI

Relevant Skills:

- Outlook
- Communication
- Critical Thinking

Molly Mifsud

Diploma - Arts and Science Studies in Psychology

About

Camosun College Psychology student, Molly Mifsud, applied their academic knowledge at Tall Tree Integrated Health Centre

Work Term

1. What was your favourite part of your position?

The thing I enjoyed the most was how they were a learning team and walking libraries. During slow days they were so willing to share their knowledge. It was really valuable to me.

2. Did you work on any interesting projects?

My favourite project was when I designed the cognitive behavioural therapy program. My supervisor wanted to start over so I spent 3 months designing a new program and I got to see it at the end. It was really nice to have autonomy to do this project.

3. Did your co-op help you figure out what you want to do in the future? Or what you don't want to do?

I know psychology students don't often do co-ops because they have so much school ahead of them. But for me, I'm glad I chose to do it because it made me understand that there are so many positions and options out there for people studying Psychology.

4. Why did you decide to do a co-op?

Co-op offers an incredible opportunity to dip your toes deeper into your interests. It is rare that outside of a co-op you will be provided with the level of mentorship and growth-based support at this level of education. I couldn't suggest more it to any undergrad student, regardless of your field.

5. Do you have any advice for students looking for a co-op?

My advice to students would be to find something that you truly identify with and go beyond just the company's website. Go to look at the space, and ask questions they would normally not get. "Can I meet the team?" and immerse yourself in the environment. Take the time needed to align with a company that will serve you and your future. Don't rush and have fun!



Co-op Position:
Administrative
Assistant

Company:
Tall Tree Integrated
Health Centre

Relevant Skills:

- Organizational
- Interpersonal
- Adaptability

Viola Watts

Associate of Science Degree in Biology

About

Camosun College Biology student, Viola Watts, applied their academic knowledge at Huntsman Marine Science Centre

Work Term

1. What was your biggest take-away from your work term?

Putting myself outside of my comfort zone by deciding to move across the country and leave my city and friends behind. Doing so allowed me to grow in confidence and to feel like I could do similar things in the future. I also learned a lot about what it's like to work in the biology field and gained valuable insights from my boss and coworkers.

2. What was your favourite part of your position?

I got to be involved with sponge spicule photography and even got to use a scanning electron microscope to take pictures - that was probably one of my favorite projects from the co-op.

3. How did co-op benefit you personally and professionally?

I benefited from the co-op in that I learned a lot about working in a research center, and I also learned more about myself and what I want from a career. Working at this co-op has helped me to realize I want to pursue higher education and have a career in marine science. This co-op also paved the way for me to land my second co-op working as a taxonomy lab technician back in Victoria.

4. Why did you decide to do a co-op?

I decided to do a co-op because I knew that it would provide me with valuable and relevant experience for my degree. Having work experience gives you an upper hand by making you stand out from other job applicants. In science, especially, it is almost necessary to have some experience in your field before graduating, as a lot of entry-level jobs require a certain amount of experience.

5. Do you have any advice for students looking for one?

I almost didn't apply to this position because of how far away it was, but I am glad I did. My advice to students would be to apply to any job that interests you, even if it sounds a little scary or far away. Don't limit yourself to certain job sites - look everywhere!



Co-op Position:
Taxonomy co-op student

Company:
Huntsman Marine Science Centre

Relevant Skills:

- Microscope photography
- Particle sorting
- Ability to work independently