

JUMP START

.....A CAREER



Co-op / Pathways News

Spring 2020

Infection Control ... SHSM Supporting Student Learning on an Important Topic

By Kristy (Mary) MacDonald

SHSM Regional Teacher, Curriculum & Instructional Services



In Fall 2019, the Specialist High Skills Major (SHSM) Regional Team, through the planning and leadership of Casey Daleman (Curriculum Consultant of Science K-12), offered an Infectious Disease Workshop for secondary science teachers as a teacher training session for the SHSM Health and Wellness sector compulsory certification of Infection Control. The purpose of the training session, held at Huron Heights Secondary School and presented by Boreal Science, was to be able to have the trained teachers offer this certification in their schools to SHSM Health and Wellness students. The teachers were given digital resources and a kit of personal protective equipment (PPE) materials made available from Boreal Science to assist them in this delivery.

Adriana Dipietro along with Karen Almeida, both science teachers at Dr. G. W. Williams Secondary School, have been able to provide this training to their SHSM Health and Wellness students through their HOSA Canada club (Health Occupations Students of America). The club hosted two lunchtime sessions in the month of February, where Dipietro combined ideas from the online modules (previously used by students) and the presentation from the training session, along with the supplies to deliver the certification. She said, "The PPE came in handy for demonstrations". There are other teachers in schools around the region transferring their knowledge of Infection Control to SHSM students through their classrooms or in after-school learning sessions including Unionville H.S., Stouffville D.S.S., Pierre Elliott Trudeau H.S., Mulock S.S. and others.

This particular teacher training was a new venture for YRDSB SHSM programming and the Regional Team looks forward to providing more opportunities for this type of learning in the future.



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YSpace Markham ... Exciting New Placement Opportunities!

By Alisha Badiani
Co-op Student, Bill Hogarth Secondary School

Cooperative Education has been an amazing experience where I had the opportunity to meet new people and explore what it is like to work in the business field. My placement was at **YSpace Markham** and I worked for the company **Growth Group**, which is a Social Media Agency. Working at YSpace was very motivating since I interacted with different companies every day. I enjoyed talking to new people, learning more about the field and I was able to do so on a daily basis.

At the beginning of Co-op, I didn't really know what part of Business I wanted to go into. My company was very supportive and encouraged me to try new things. For example, I tried accounting work for them and through this experience I realized that I didn't enjoy this aspect of business too much. As a result of trying various areas of the daily business, I understood more of what my interests and talents became. This helped me tremendously with figuring out my post secondary path and following my passion.

Working at a Social Media Agency gave me the opportunity to work on my marketing skills by making Instagram posts for a variety of different companies. I was assigned to six different accounts where I was told to advertise for them in the most effective way possible. By the end of my Co-op semester, I enhanced many skills such as communication, responsibility, organization and leadership. I was hired to work full time in the summer and took on more of a managerial role during this time. I had many more responsibilities that involved receiving a work email and directly interacting with clients. Now that I am in Grade 12, I have continued working part time with the additional responsibilities of training new hires and managing some of the current Co-op students. This has been an experience I will appreciate and cherish forever, and I am so glad I had the opportunity to take Co-op.



Armin, Placement Supervisor
 Tiffany, Placement Supervisor (L) &
 Alisha, Co-op Student (R)

"YSpace has been a tremendous opportunity for our students to work with talented entrepreneurs collaborating together from several high growth companies. Our Co-op students learn leading edge marketing and technical skills while making valuable networking connections in industry and building their professional résumés."

Mr. Creasor, Co-op Teacher,
 Bill Hogarth Secondary School

Placement Supervisor Reflections...

"Working with Alisha has been a fantastic experience for our company. We really look forward to future Co-op opportunities with the school board."

Armin, Growth Group

"Co-op is an amazing way for students to gain actual experience in the real world. As employers, we get access to young talents and get to obtain young and fresh new perspectives."

Tiffany, Growth Group

Dual Credits in YRDSB!

By Reshma Badiani

Curriculum Consultant/Teacher, CBE/Pathways/SCWI/Skills

Dual Credits are a great way to explore college opportunities and earn high school credits at the same time! Eligible Grade 11 and 12 students can take a variety of college credit courses that count towards their Ontario Secondary School Diploma at no cost. In YRDSB, there are over 70 different course options offered through our college partners including: Centennial, Fleming, Georgian, George Brown, Humber and Seneca. Most of the Dual Credit courses take place once a week for fourteen weeks in a semester. There are some spring courses offered through April-June in a condensed format for seven weeks. Dual Credits are funded through the School College Work Initiative (SCWI) to assist students in completing their OSSD requirements, and make a successful transition to college and/or apprenticeship programs.

During second semester orientation, we interviewed some of the students who were beginning their Dual Credits:

Shyanne Torres, Co-op Student, Tommy Douglas Secondary School

- Semester 1: Foundations of Psychology - Seneca Markham
- Semester 2: Forensic Science - Seneca King

Shyanne had a great Dual Credit experience in semester one, so decided to enroll in another course this semester. She says, "It is a great opportunity to help you see what you want to get into." She is excited to take the Forensic Science course this semester as it will give her a head start to her future career aspirations. Shyanne plans to continue her post secondary path at Seneca College in the fall and has already been accepted into the program! *Good luck Shyanne!*

Emily Fung, Co-op Student, Richmond Hill High School

- Semester 1: Criminal Justice - Centennial College
- Semester 2: Animal Behaviour - Seneca King

Emily started her Dual Credit experience at Centennial College last semester. For her, it was a great transition for someone who needed a change of scenery and didn't like to be in the same building all day. Her college experience was memorable as she was treated as a young adult which helped her decide on her career path. She is looking forward to her Dual Credit this semester as she is planning to go into a career in Zoology in the fall.

Her advice to students considering a Dual Credit, "Just do it!" *Good luck Emily!*

Mohammed Fadul, Co-op Student, Bur Oak Secondary School

- Semester 1: Criminal Justice - Centennial College
- Semester 2: Police Foundations - Centennial College

Mohammed is looking forward to this semester's Dual Credit course and plans to continue his studies in Police Foundations in September. His advice to future students, "Work hard, make sure that you complete your assignments on time and attending regularly is crucial." This has given him a glimpse of what college is like and reinforced his future career aspirations. *Good luck Mohammed!*



For more information about Dual Credit opportunities, visit www.yrdsb.ca/dualcredits and the school guidance department.

CO-OP STUDENT VOICES

experience...learn...reflect

By Samantha Shendelman

**Co-op Student, Westmount Collegiate Institute
Placement: Wilshire Elementary School**

Growing up, I thought about becoming a teacher, so when I had the opportunity to participate in the Co-op program offered at my high school, I jumped at the chance. I would never have thought that my experience would be as rewarding and impactful as it was. The placement I had was in the elementary school that I attended, **Wilshire Elementary School**. I am so happy that I was able to create a different kind of bond with my elementary school teachers, meet new people who I will remember forever, and build amazing relationships with the students I was working with.



In my Co-op placement, I decided to keep an open mind about the age range to work with. There was a need for help in a class that was split with Grade 5 and 6 students. I worked closely with students who had various requirements, including a child who was blind, another who was an English Language Learner, some students with special needs, and many other great children. Each and every one of them impacted my learning as much as I impacted theirs. I experienced many elements of the teaching world as my supervisor gave me countless opportunities to evolve my learning. I was able to grade assignments, prepare work and teach, as well as help students to succeed and reach their full potential. I enjoyed working with older students and now recognize that going out of your comfort zone can have a huge impact on your life. If I did not have the hands-on experience and guidance from the teacher I was working with, I would never have known that I have the interest and ability to work with many age groups in such a meaningful way.

I am truly passionate about how impactful Co-op can be and would encourage anyone to take part in it, regardless of what they want to do in the future. The learning that takes place inside the high school program as well as at the placement is valuable regardless of the profession. It helps you learn more about real work environments and also about yourself, in a different way than a classroom setting. The learning, connections and memories will last a lifetime.



By Vanessa Stancevski

**Co-op Student, Huron Heights Secondary School
Placement: Meadowbrook Public School, Kindergarten**

This past semester, working in Mrs. Umansky's kindergarten class at **Meadowbrook Public School** has been such a positive experience for me. I have been given so many amazing opportunities working with these wonderful children. I received first-hand experience dealing with many different behaviors and learned different ways and strategies to deal with certain problems and behaviors. Being able to help and educate these young students brightened my day. Being able to teach them how to sound out different letters and words and then soon after watching them read a short story to me and seeing their progress is such a great feeling. I would love to be able to work with young children in my future career and Co-op has helped me see that more clearly. Cooperative Education is such a great

course and I think Grade 11 and 12 students should definitely take this amazing opportunity to be able to clearly see what they want in their future career and to get the hands-on real life experience. I appreciated my teachers and my supervisor so much throughout this experience for helping me and always presenting me with new opportunities, new concepts and new ways to approach situations. After this semester at Meadowbrook PS, I have become more creative and I have enhanced my communication skills with young children, and learned how to better prioritize tasks. This course has been nothing but positive for me. I am beyond thankful to have been presented with this opportunity and to have had such a great supervisor and a wonderful class to be with.



Community Connected Experiential Learning Project

Farm to Fork - Food Choices, Sustainability and Improved Well-being

Sutton District High School

By Lucy Valleau, MHSc, RD
Registered Dietitian, York Region Public Health



I was involved in the Farm to Fork - Food Choices, Sustainability and Improved Well-being project coordinated by Sutton District High School. The process we undertook to develop the project allowed for input from teachers, community partners and students. I think having the various perspectives from different partners allowed for students to participate in an innovative community-connected experiential learning experience. We were able to share the program planning process that public health nutrition goes through when planning a program for a target population. This takes into consideration not only the target group's level of food literacy but also the social determinants of health. By providing a real life practical example to students, it gave them a new found knowledge of the considerations that need to be taken into account when working with diverse population groups.

Students researched different nutritional needs of various populations of interest and applied their knowledge by preparing a recipe that would not only meet their target group's nutritional needs but was delicious as well. This learning was enhanced by having the students showcase their tasty creations during a lunch health fair, where younger students could learn from the older students about the nutritional needs of various population groups in our community.



I thoroughly enjoyed participating in this project. Not only did I find the process to be beneficial for the students, but working directly with the high school students and their teachers gave me a better understanding and insight into the needs of school staff and students. This will allow me to take what I have learned and enhance our public health programming for this target group.

Student Reflections...

"Overall, I walked away from this experience with a lot more confidence to prepare and cook food."



"I learned about how food can impact my physical and mental health and how to make healthy and delicious recipes that I can make at home."



Specialist High Skills Major Program (SHSM)

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

Diagnosing my Career Options ... through Co-op and SHSM

By Sahar Khan

Co-op / SHSM-Health & Wellness Student, King City Secondary School

When I signed up for Co-op, I knew that I wanted a career related to the medical field, but I was not sure which one to pursue as there are many options. For my Co-op, I decided on the diagnostic field and secured a placement at the **Oak Ridges Medical Diagnostic Imaging Centre (ORMDI)**. My Co-op teacher informed me that I had to work extra hard as an ambassador of Co-op to overcome the “less than ideal” reputation left at that placement by previous Co-op students, but I was up for the challenge. At ORMDI, I was fortunate to rotate every two weeks through different departments of Mammography, Nuclear Medicine, Reception, Ultrasound and X-Ray. In each department, I learned about the procedures and tasks that each technician had to fulfill. Through this exposure, I was able to ask questions directly of staff and understand the different career pathways involved.

As a result of my department rotations, I found out that I liked the X-Ray department best. In X-Ray, every day and every patient is different, so not knowing what to expect keeps the job interesting. One surprising case that I witnessed was of a patient sent with a requisition indicating that the patient had “swallowed a foreign body”. When we took the X-Ray, we found out that the patient had a CO₂ canister embedded in the stomach. I was shocked because this is something that I would not have expected to see, but I remained professional and my supervisor and I successfully completed the diagnostic X-Ray.

If you are planning to take Co-op, then you really must consider signing up for a Specialist High School Major (SHSM) program. My participation in the **SHSM - Health and Wellness** sector program provided me with essential training and experiences that I can use for my career aspirations and in my life in general. Through SHSM, I went on a one-day field trip to McMaster University where I toured the university, participated in the electrophoresis activity and listened to a professor making connections from SHSM to post-secondary opportunities. During another excursion, I was trained in “Stop the Bleed” at Sunnybrook Hospital, an advanced first aid certification, and also enjoyed a tour and discussion with an emergency room doctor. On another field trip at Southlake Hospital, with the Preventing Alcohol and Risk-Related Trauma in Youth (PARTY) tour, we dialogued with a police officer, paramedic, occupational therapist and speech pathologist, and paraplegic patients, tried various movements without using our legs and core, and gained insights into different health care related careers. Further through SHSM, I earned certifications in First Aid & CPR, Infection Control, and WHMIS. The total cost to me for all my SHSM certifications and field trips was \$0.00, but the value extracted has been considerable.



I personally know that deciding on a future career can seem daunting, but by electing to take Co-op and participating in SHSM, I have been successfully guided towards a career choice that works well for me. I now know I want to be an X-Ray technician!

SHSM works!



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 website: www.yrdsb.ca/oyap

Ministry OYAP website: www.oyap.com

Automotive Service Technician Dual Credit Accelerated OYAP Program

By Ro-J Harrilal

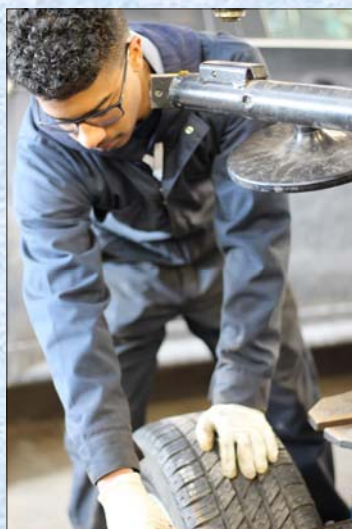
Co-op / OYAP Student, Markham District High School

I've always been interested in cars, from watching movies to researching modifications, or going on SHSM field trips to Centennial College or Formula Honda. I've taken auto classes all through high school. I like how the classes are run, where you're given the important instructions then jump into the hands-on work. I love the hands-on work, especially when we're working on teacher's cars.

I took Co-op last year, with **George's Auto in Markham**. They were great there. Even though I had taken the classes, I knew I would have much more to learn. I just listened, watched, then my supervisors would watch me. Over time, I built trust with them and I was able to fill entire jobs myself, which was very fulfilling. Co-op helped me learn how to work independently, rather than asking for help all the time. By learning how to problem solve on my own, I developed a lot more confidence.

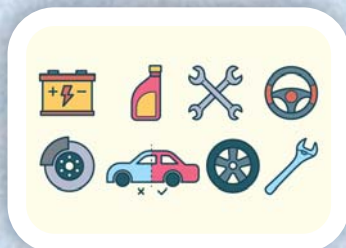
This year I'm back in Co-op, this time at **Don Valley North Toyota**. I am looking forward to a dealership placement, so that I have the opportunity to work on newer cars with more electronic components to learn about. There are also Master Technicians there, who will be helping me learn.

I am also taking the Dual Credit Accelerated OYAP for Automotive Service Technician at Centennial College. This program will get me a really good step ahead, so I'm really looking forward to it. I've been accepted to Centennial for a couple of their transportation programs, such as Powertrain Technician, but I'm hoping to take this Co-op experience and the Dual Credit Accelerated OYAP and be hired out of high school.



As long as I am working somewhere in the automotive industry, making a steady income, I will be happy!

Auto Industry Careers



Where Are They Now?

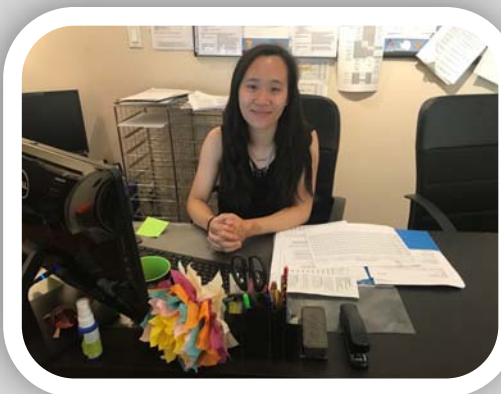
By Vivian Yang

**Former Co-op / OYAP Student, Middlefield C.I.
Now - Assistant Supervisor at a Child Care Centre**

Growing up, I always knew I wanted a career working with children. While in high school, I was lucky enough to have the experience as a Co-op student twice, once in a kindergarten classroom at **Ellen Fairclough P.S.** and once in a childcare centre at **Macklin House Daycare**. My biggest dilemma was trying to decide whether I wanted to become a teacher or a registered early childhood educator. After having the experience working in both fields, I decided early childhood education was the path for me.

When the time came to decide on post-secondary, I struggled with deciding whether I wanted to be in the full time program or part of the Accelerated Ontario Youth Apprenticeship Program (OYAP). After discussing it with my Cooperative Education teacher at the time, I made the decision to take the OYAP program. I was hesitant at first because I knew it would take me longer than if I were to be in the full-time program. However, after finally finishing three years later, I look back and I would not change a single thing about my experience. The main reason I do not regret taking the Apprenticeship program is because I got to work hands-on full time in the field while studying. I worked eight hours a day while going to school two to three times a week in the evening after work. It was very tiring, but the three years flew by and it feels like just yesterday I was walking into my first class.

I graduated from Seneca and I am now covering maternity leave as an assistant supervisor at Macklin House Daycare. I am so happy to be where I am now - I have learned so much in the past three years and it was all thanks to Co-op!



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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)

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

BWW: [Cooperative Education \(Co-op\)](http://www.yrdsb.ca/services/cis/coop/Pages/default.aspx)

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