

# JUMP START

# .....A CAREER



## CO-OP NEWS

Fall 2010

### Imagine the possibilities...

By Gale Harild, Administrator: Community-Based Education

Imagine a secondary school where students take bundled courses that align with their respective interests, strengths and abilities...where the curriculum makes sense because it is taught through authentic applications and inquiry-based learning approaches...where students have multiple opportunities to test their knowledge and skills as measured in workplace realities...where the bar is raised high and students know the targets they need to hit in order to be successful...where networking and additional certifications open doors for future employment opportunities...where students intentionally work to develop their work habits and learning skills in relation to school and the workplace...where teachers work as a team, bringing their subject expertise to the planning table for differentiated instruction...where student learning is honoured regardless of the post-secondary destination of choice...**imagine a place for all.**

This is all possible within the new Specialist High Skills Major (SHSM) programs now running in secondary schools across the province. SHSM provides the framework for engaging relevant programming, designed to address the wide variety of individual learning needs and to prepare students for the post-secondary pathway of their choice. This innovative program includes Cooperative Education and Dual Credit programming as part of the structure.

As with anything new, the Specialist High Skills Major programming challenges our institutions of education to re-think how we engage our students in 21st century learning through our current practices of instructional approaches, courses offerings, use of innovative technologies, scheduling, equity, access, and institutional structures. It reminds us of the power of "we" and "us" as we reap the benefits of strengthened community partners and the power of collaborative staff approaches. Early indicators show that SHSM is good for students...and that is good for us all.

For additional information on SHSM:

- see your local school Guidance Department
- <http://www.edu.gov.on.ca/studentsuccess/index.html>

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# 2009/2010 Outstanding Co-op Students



**Alexander Mackenzie HS**

Leila Fatemi  
Laura Wong

**Aurora HS**

Trevor Cull  
Victoria Minchopoulos

**Bayview SS**

Toby Chow  
Delaram Eshaghi

**Bill Crothers SS**

Tyler Howe  
James Jackson

**Bur Oak SS**

Jocelyn Au  
Kevin Huynh

**Dr. G. W. Williams SS**

Krista Lindner  
Trevor Smith

**Dr. John M. Denison SS**

Tyler Fenwick  
Ashley Purdham

**Emily Carr SS**

Teresa Malfara  
Claudia Notte

**Huron Heights SS**

Daniel Seemann  
Britney Stern

**Keswick HS**

Apryl Cerra  
Sara Robertshaw

**King City SS**

Dana Diplock  
Jennisa Navaseelan

**Langstaff SS**

Liliya Kalandryrets  
Mustafa Nalwala

**Maple HS**

Katie Huynh  
Colleen McCleave

**Markham District HS**

David Dao  
Kyle McKibbon

**Markville SS**

Anderson Lai  
Kaitlyn WorthyLake

**Middlefield CI**

Zuheb Khetani  
Theepana Sothilingam

**Milliken Mills HS**

Benjamin Wong  
Xia Yi Zhou

**Newmarket HS**

Brittany Bishop  
Jay Lee

**Pierre Elliott Trudeau HS**

Iris Chow  
Claudia Ho

**Richmond Green SS**

Achchana Nadarajah  
Sindusa Wignarajan

**Richmond Hill HS**

Audris Lau  
Uri Novikov

**Sir William Mulock SS**

Constantina Hatzioannidis  
Mitchell Pfenning

**Stephen Lewis SS**

Jovana Borojevic

**Stouffville District SS**

Andrew Adams  
Harneet Kukreja

**Sutton District HS**

Mellissa Hall  
Jessica Rees

**Thornhill SS**

Jessica Magerman  
Deborah Pearl

**Thornlea SS**

Flora Brukner  
Christopher Price

**Unionville HS**

Ka Hang Fan  
Janice Lee

**Vaughan SS**

Ofra Lauferman  
Nicky Spivak

**Westmount CI**

Leah Abraham  
Kira Feldman

**Woodbridge College**

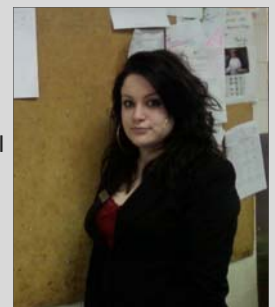
Victoria Catenacci  
Sumiyya Malik

Flora Brukner, Co-op Student, Thornlea Secondary School writes...

## Co-op is a place to realize all of your learning skills and abilities!

Four years of high-school is finally over, and I can honestly say that the most memorable aspect I got out of school would be having Co-op for two consecutive years. Working at **Magen Boys** and at the **Sheraton Parkway Hotel** really opened my eyes and made me realize that on top of all the work that goes into the course, you can have fun and enjoy life. Co-op teaches you responsibility and integrity. It even looks great on your resumé. It gave me opportunities to gain relevant employment skills and realistic expectations of the work force before graduation. I gained maturity and self-esteem as a productive member of the work force, as well as confidence and skills developed through working with others. Co-op made it easier for me to choose my studies and decide upon a career to pursue in the future.

I would like to thank Mr. Kazakis (CBE Department Head) for believing in me and encouraging me to do my best, and I would especially like to thank Mr. Babalis for being my teacher and supporting me for both semesters.



## STUDENT VOICES



### Sustainability Education

By Jovana Borojevic, Co-op Student,  
Stephen Lewis Secondary School

I completed my Cooperative Education placement at a phenomenal not-for-profit organization called **Learning for a Sustainable Future**. They are an organization that deals with implementing education about the environment into primary and secondary curriculum.

A few of my duties included writing reports, helping organize and clean materials, putting together materials for action projects (going into schools and doing activities designed to educate about environmental sustainability), making phone calls, editing their website and collecting feedback to post on their site. I even had the opportunity to emcee a GTA school-wide event, the EcoLeague Youth Forum. My favourite experience was accompanying my supervisors to schools helping with the action projects and being able to interact with some of the most amazing people I have ever met.

During my placement, I gained knowledge and fundamental skills that will help me succeed as I pursue my career in business. I learned how to work with people from all different backgrounds and how to reach your target by marketing through the internet and in person. Working at this amazing organization has also helped me emphasize and expand many character traits such as the patience and perseverance needed in the marketing field and in life. I have gained so much from this experience, but the one thing that I will never forget is the lifelong friends and connections that I have made. For future students, I would advise them to be fearless, to be assertive and enjoy every day at their placement.



### Golf Management

By Mitch Pfenning,  
Co-op Student,  
Sir William Mulock SS

My Co-op placement was at the **Carrying Place Golf and Country Club**. Over the course of the semester I studied and learned all about golf management. During the first month of my Co-op I worked in the back shop and outside services department helping members and golfers enjoy their round at the club. My daily duties would be to set members up with a cart, clean their clubs and inform them about any delays, course problems or other information they might need to know. After the golf course closed for the season, I started to work in the maintenance department and helped the greens crew do course repairs. One of the really neat opportunities that I had in maintenance was to assist with the installation of the new drainage pipes under the sand traps. It was a big project for the course and I really enjoyed learning and being able to help out with this task. The last part of my placement was in the office during the winter, where I got to learn about membership benefits, revenue and expenses of a golf course and the behind the scenes business that a golf course must do in order to be successful.

Overall, my placement was a big success. I enjoyed going there all the time and knew that each day I would experience something new. I think that three important skills for this particular placement are communication, initiative and time management. I hope to pursue work in the golf industry and Co-op has been a great experience to help me to reaffirm my passion for this field of work.



### Healthcare Hospital

By Jessica Magerman,  
Co-op Student,  
Thornhill SS

My Co-op placement was at **St. Michael's Hospital** in the Cardio Vascular Inpatient Unit, where patients have undergone open heart surgery. I completed various tasks at the hospital to help make the jobs of the nurses and doctors easier and the patients stay as comfortable as possible. I helped the staff by organizing the nursing board, which keeps the entire nursing unit on track during the day. I also helped the patients by answering their call bells, as well as personally visiting them on a daily basis.

Throughout my placement I developed many new skills. I learned a lot about the different functions and components of the human heart, the possible problems and solutions, and the post surgical healing process. I also learned about the various job positions such as doctors, nurses, clinical assistants, technicians, clericals etc. Above all, working with patients every day has really helped improve my bedside manner and ability to build relationships with people. I find myself more outgoing and confident when meeting new people. My favourite experience was observing an open heart surgery. Being able to see how a valve replacement is done was so interesting. I was amazed at the advances in technology in the medical world, as well as the precision and control that the surgeon has during surgery.

My only advice to Co-op students who want to work in this placement is to never be afraid of asking questions. Working in a hospital can be scary and confusing; a sure way to better understand is to ask.





# STUDENT VOICES

**Name:** Theepana Sothilingam, Co-op Student  
**School:** Middlefield Collegiate Institute  
**Placement:** Ostaco Windows - Accounting

**Brief company description:**

Ostaco Windows is a company that manufactures vinyl windows and doors. The company consists of great staff who are all enthusiastic about what they do.

**Description of my responsibilities:**

My responsibilities consisted of matching invoices, filing, bank reconciliations, creating spreadsheets for various tasks, entering accounts payable invoices into the computer, mailing cheques, creating time cards, and more!

**What I have learned:**

During this semester I have learned that communication and organization are a key part of working in any office. At an office, it's like a chain reaction - if one end doesn't have their work done, the other end cannot continue. Therefore, learning to communicate with my fellow co-workers helped a lot with keeping the chain going. In addition, it is also important to keep yourself organized before you are overflowed with tons of paperwork.

**My favourite experiences at work:**

My favourite experience at work was definitely working with an amazing supervisor who made my experience one to remember.

**How Co-op has helped me:**

Co-op has helped me increase my interaction with a variety of people and break out of my shell of being shy. At Ostaco, I was not afraid to ask questions or get help whenever I needed it. Co-op has also made me realize that Accounting is the path that I want to pursue during my secondary education. Lastly, Co-op has taught me that without self-motivation you are pretty much helpless. Within an office there is no teacher to motivate you to complete all your work; it's all about you and doing the job right.

**Advice to future Co-op students:**



My advice to future Co-op students is to ask all the questions you have to the people you work with, and make the experience worthwhile. Ask for new opportunities and be good at the tasks you're given to do. Lastly, get to know everyone really well because they can turn out to be great references, and great people to turn to when you ever need help in and outside of the workplace.

**Name:** Harneet Kukreja, Co-op Student  
**School:** Stouffville District Secondary School  
**Placement:** Oscar Peterson Public School

**Brief company description:**

Oscar Peterson Public School was officially opened in September, 2008 in the south-western part of Stouffville and offers classes from kindergarten to grade eight.

**Description of my responsibilities:**

My responsibilities include planning and implementing instruction, classroom organization, assessment of student progress, creating lesson plans, and of course all the photocopying, printing, marking, recording etc. My biggest responsibility is to be proactive by taking the initiative in becoming involved in the classroom and always asking for opportunities to assist.

**What I have learned:**

I've learned that a good student makes a good teacher. I've mastered the skill of patience through this experience. I am now able to understand my students well, and provide a welcoming environment that nurtures each of the students I work with. I constantly strive to 'reach and teach' every student.

**My favourite experiences at work:**

My most memorable experience was on April fool's day. My teacher and I showed a very realistic video that was broadcasted on BBC about flying penguins. We made a fake lesson on those rare penguins and even had an assignment. The kids were fascinated and when they submitted their assignments, we screamed, "April fools".



**How Co-op has helped me:**

Co-op has provided me the opportunity to gain knowledge and work experiences in the career of my choice. It has helped me develop a positive attitude towards myself, my education and my career. Co-op improved my work ethics and provided valuable lessons such as pride in a job well done, punctuality, dependability and honesty.

**Advice to future Co-op students:**

- Be there bright and early - never be late
- Listen and ask lots of questions
- Whatever your course outline says, know it
- Whatever assignments you may have to complete during your time there, let the teacher know - she/he wants to help
- If you are struggling with something, don't be too hard on yourself - talk openly with the teacher about what you learned from the experience
- Be reflective
- Dress professionally
- Speak professionally
- Never miss a deadline
- Sometimes go to the staff room for lunch and recess with your teacher - to build relationships with all school staff



# Placement Supervisor Recommendations



**Toby Chow, Co-op Student,  
Bayview Secondary School**

It has been our pleasure to participate in your Cooperative Education Program. Toby Chow has been with us in the Infection Prevention and Control (IPAC) department of York Central

Hospital (YCH) and has experienced the practical aspects of being an employee at YCH, the demands of employment, and the expectations of employers in a changing work environment.

His duties included but were not limited to auditing the staff's performances in reference to hand hygiene and use of personal protective equipment. He accumulated data from these diverse audits, and assessed the data to determine areas and types of audits required to ensure there was sufficient data to report statistically significant results.

Toby was flexible and dependable; he did not miss scheduled days at work nor did he ever arrive late. Toby was always pleasant and positive with every task performed. We found Toby's contributions to our program an asset and fully believe that he will be a benefit to other employers as well.

**Catherine Harlton-Strezov** CIC, BSc., RN  
York Central Hospital, Infection Prevention and Control



**Victoria Catenacci, Co-op Student,  
Woodbridge College**

I have known Victoria Catenacci (Woodbridge College) since she was a student in my Grade 6 class at Woodbridge Public School.

Recently she has contributed considerable hours helping to plan and facilitate mathematics lessons for students in Grades 4, 5, and 6 who attend the Student Support Center. Victoria's ability to think critically when sorting through the multitude of materials was evident in her ability to arrange materials in a logical way.

Victoria is able to relate well with students, as well as teachers. When in a classroom, she is able to demonstrate effective class management skills. She presents herself as someone who is approachable and caring. All students reacted positively to her attendance in class every day. Victoria is a dependable, positive thinker who consistently takes the initiative in seeking opportunities where she could be of assistance. She is a delight to work with. I do not hesitate to recommend her for any position that you would find suitable.

**Gina DeCavallas**  
Intermediate SERT, Woodbridge Public School

By Julia Jones  
CBE Department Head  
Newmarket H.S.

## TEACHER REFLECTIONS

By Teresa Godin  
CBE Department Head  
Langstaff S.S.

In grade 11, **Paola Villena (Newmarket High School)** came to see the Co-op teacher about checking out a career as an **Early Childhood Educator**. At the time, she was informed about the **Accelerated Ontario Youth Apprenticeship Program (OYAP)**. The plan was to take half day Co-op in semester 1 and if she liked it, she could apply in the fall for the semester 2 full day Accelerated Program. She loved it, and **Bev Bernier Child Care Centre** loved her.

Currently she is at her Co-op in the mornings, working with the preschoolers, and every Thursday she goes to Seneca King Campus to take her Level 1 ECE qualifications. She will be earning dual credits towards her graduation. She applied for the supply list at Bev Bernier and was successful with getting on the list.



Her planning ahead has certainly paid off. She is well on her way to pursuing her career. The challenging part is to secure a paid apprenticeship position; however, having her Level 1 with her Co-op experience should give her some advantage. To watch Paola with the children is great, as she seems to be a natural and they love her. As Paola states, "watching the faces of the children in the morning all happy to see you, brightens up my day."

**Mustafa Nalwala** from **Langstaff Secondary School** completed his Co-op placement with the Biomedical Engineering Department at **York Central Hospital**. This department is in charge of maintenance of all equipment used throughout the hospital.

Here is an overview of Mustafa's **key tasks**:

- Interacted with faculty including doctors, nurses, and technicians
- Tested EKG Monitors, Vital Signs Monitors, Baxa Infusion Pumps, Oximeters, Oral Probe Thermometers, and more
- Picked up and returned equipment around the entire hospital
- Ensured that all items needed for testing were available

This experience gave Mustafa an opportunity to further develop his **employability skills**, such as:

- **Adaptability:** working with all wards throughout the hospital
- **Dedication and Work Ethic:** accurately testing the equipment
- **Dependability:** working effectively to meet needs and deadlines
- **Professionalism:** communicating effectively with the hospital staff

This Co-op experience was very enriching for Mustafa. His positive attitude and initiative was much appreciated. He looks forward to returning to York Central Hospital to volunteer in Day Surgery.





## Dual Credit Accelerated Ontario Youth Apprenticeship Program (OYAP)

Accelerated OYAP Programs combine the Co-op experience with instruction at the college/training institute.

It is offered in semester two and is open to students in their graduating year.

[www.yrdsb.edu.on.ca/oyap](http://www.yrdsb.edu.on.ca/oyap) <http://www.oyap.com>

**Christopher Price, OYAP Student,  
Thornlea S.S. writes...**

Co-op has taught me many lessons that I could not have learned anywhere else. It solidified my choice to be an **Automotive Service Technician**. The program also helped me find a job at an outstanding auto shop. Through the Co-op experience I've learned the meaning of responsibility, hard work and dedication.

After completing two Co-op semesters with Thornlea SS, I enrolled in the **Accelerated OYAP Automotive Program** at



Centennial College. This allowed me to simultaneously complete my high school credit obligations while getting the College Level 1 Apprenticeship Automotive Service Technician credits. Overall, Co-op has allowed me, through experiential learning, to identify my passion and pursue my chosen career path.

**Pamela Lyon, OYAP Student,  
Dr. John M. Denison S.S. writes...**

I worked at **Cachet Restaurant** as a **Cook Apprentice**. Most of my tasks consisted of completing "prep" work and helping to fill customer orders. I would also work "closing" so at the end of the night I would help in the regular clean up routine, wiping down stations and cleaning the floor. Working in a kitchen environment provided me with the experience necessary for when I am working full-time as a Chef.



My best learning experience would have to be working with the sous-chef to create desserts such as banana cream pie. Taking Co-op this semester has helped in my career choice because I was able to take the **Accelerated OYAP Cook Program** and jump start my career as a Chef. I plan to continue with the Apprenticeship Program until it is complete. I then plan to attend George Brown College to finish my education in the Culinary Arts.

### I'm Going To Be A Chef!

**Mary Lui, OYAP Student,  
Milliken Mills High School**

Taking part in Co-op has honestly been one of the best courses I've ever taken. What I loved most about Co-op is the amount of flexibility it offers. The Co-op student is able to choose any placement she wishes which is, in a sense, constructing his/her own curriculum. With this, the Co-op student is able to better enjoy their experience because they've chosen a placement in a field they are passionate about pursuing. After my amazing experience at the

**Sheraton Parkway Hotel**, I know that I want to be a Chef! I plan on taking the **Accelerated OYAP Cook Program** next year to get a head start on my career goal. Co-op students are given the opportunity to transform their workplace into their very own classroom, where they are taught valuable skills needed to be successful.



**Marc**, OYAP Student, writes to YRDSB...

*I would like to take this opportunity to thank you for your generosity in funding the YRDSB Ontario Youth Apprenticeship Program (OYAP) Scholarship. I am very honoured to be the recipient of this award.*

*I am currently planning on returning to Dr. G.W. Williams SS for another year. I will be participating in the Cooperative Education Program during first semester and the **Accelerated OYAP Carpentry Program** in second semester which will allow me to get a jump start into my apprenticeship.*

*It is my goal to be a licensed carpenter in another four years. Thanks to your generous donation I will be able to buy the tools I need and get the schooling required to reach my goal. Once again, thank you very much for your generosity.*



# International Co-op Education Programs

## Summer International Co-op to Costa Rica

In 2010, the YRDSB kicked off the **Costa Rica Summer International Co-op** program with a group of 17 students who spent one week in Canada, in July, followed by three weeks in Costa Rica during August. Students earned two Co-op credits while experiencing Costa Rican culture first hand, as they lived with host families and volunteered on community development and sea turtle conservation work projects.

**Remneek Kisana**, a grade 12 student from **Vaughan S.S.**, participated in the program where she learned the national expression "**Pura Vida**" which is translated simply as "Pure Life"; not so simply it is translated as a philosophy of strong community, perseverance, enjoying life slowly, 'good spirits', and celebrating 'good life'. To further complicate the term, or perhaps simplify the term depending on your perspective, it is also used for greetings and farewells.

Upon returning to Canada, Remneek shared the following poem to express the program learning she values the most.

**Remneek Kisana, ICE Costa Rica Co-op Student writes:**

### Pura Vida

Simplicity in life  
I've travelled miles to understand simplicity  
Simply,

to appreciate a meal together  
to laugh with your neighbour  
to share a difference in opinion  
to welcome a stranger  
to love another like my own  
to learn about another's life  
to live with open arms  
to immerse myself into the unknown

I haven't learned anything complex  
I have simply learned the beauty about a simple life

Complex lies in sheltering oneself  
from sharing, living for oneself, only wanting to better oneself  
A world which I long to leave behind  
A world which I have left behind

I haven't learned anything complex  
I have simply learned the beauty about a simple life.



Maintaining an ecotourism trail  
(Remneek - front left)



Group excursion celebrating 'good life'

Why not add "**Pura Vida**" to your summer 2011  
[www.yrdsb.edu.on.ca/ice](http://www.yrdsb.edu.on.ca/ice) - *Costa Rica*

## International Co-op to Ecuador (ICE)

As an ICE 2010 student, **Michelle Ford** of **Aurora High School** capped her high school career by earning 6 credits while spending 3 months in the mountainous beauty of Ecuador, living with a host family and volunteering as a teaching assistant with kindergarten classes.

Regarding her experience Michelle concludes, "*The learning that I value the most, is realizing that little individual actions make a big difference - this makes me realize that I am powerful, and that I can create change in the world."*

To empower your future, visit [www.yrdsb.edu.on.ca/ice](http://www.yrdsb.edu.on.ca/ice) - *Ecuador*



Michelle teaching English through Art





## Militia Co-op

For more information contact the school's:

Community-Based Education  
(Co-op)  
Department Head



Blair Cuthbert (right)



**Blair Cuthbert,  
Militia Co-op Student,  
Aurora HS, writes...**

*"I learned so much about the military and gained more self-confidence and discipline. It was fun being at the regiment and the team building is amazing."*

### The Community-Based Education Team:

**Gale Harild**

*Administrator: Community-Based Education*

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*Curriculum Consultant - Guidance*

**David Peacock**

*International Cooperative Education Teacher*

**Brenda Pembleton**

*Administrative Assistant*

**Fiona Willison**

*Administrative Assistant*

**Shawna Blencowe**

*Administrative Assistant*

## WEBSITES:

**Community-Based Education (WWW)**

[www.yrdsb.edu.on.ca/community.based.education](http://www.yrdsb.edu.on.ca/community.based.education)

**Community-Based Education (BWW)**

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

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