

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

Maria Clara Cordeiro

Diploma - Hospitality Management

About

Camosun College Hospitality Management Student, Maria Clara Cordeiro, applied their academic knowledge at The Oswego Hotel

Work Term

1. What was the biggest challenge you overcame?

I learned that I am more capable than I imagined. In the beginning, I wanted to give up my co-op because I had trouble understanding the guests, English is not my first language. However, I started to study and train phrases at home, writing down all the information that my colleagues gave me, and I had in my mind that I was there to learn, and day by day, I developed.

2. What was your favourite part of your job?

My favourite part was when the guests supported me, knowing I was new. And also, the most rewarding thing is when a guest recognizes your effort.

3. Are you currently a student or have you graduated? How do you think your co-op benefitted you when returning to school and/or after graduation?

I am back in school this semester, but the co-op helped me practice what I studied in school and some details make more sense since I saw them in action. Also, I feel more confident with myself now that I took a co-op.

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

To introduce myself to the job market and seize the opportunity to learn.

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

Don't be afraid of co-ops. It is your time to challenge yourself, to make mistakes, and to learn. Don't be afraid to choose something that you think is hard. Take advantage of the opportunity. Also, look for a co-op sooner rather than later!



Co-op Position:
Guest Services Agent

Company:
The Oswego Hotel

Relevant Skills:

- Multitasking
- Interpersonal communication
- Confidence

Monika Bhardwaj

Post Degree Diploma - Business Administration in HR Management and Leadership



About

Camosun College PDD in HR Student, Monika Bhardwaj, applied their academic knowledge at Catalyst Paper

Work Term

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

Treat everyone with kindness and give your best at what you do because nothing goes unnoticed!

2. What was your favourite part of your position?

To observe how HR people interact with almost everyone in the company on every day basis. As HR professional, no two days are same as there are so many aspects which were dealt on each day.

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

It has helped me identify some aspects of my personality which I didn't know before! I learnt that HR is much more than what is taught. It is responsible for maintaining equilibrium across the company. It provides the much-needed balance. Professionally, I have learnt so many valuable lessons not just related to HR but also to business and legal world. I got to meet many highly experienced people and I will say by just watching them I have learnt a lot.

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

I decided to do a co-op to get a glimpse of the Canadian HR world. Also, I was keen to be well prepared and be equipped with necessary skills before my first full time HR job!

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

My advice would be to start as early as possible and to apply to as many positions as you desire. Most importantly, know what you are looking for in a CO-OP. Make sure you know what kind of experience you want from the work term and then go from there.

6. As an international student, do you have an advice for others?

As an International Student I would say don't limit yourself, don't restrict yourself, try to figure out what do you want out of your academic journey and then research well. Trust me when I say, there is always something out there which would help you to fulfil your vision! Cheers! Good Luck

Co-op Position:
HR Generalist

Company:
Catalyst Paper

Relevant Skills:

- Communication
- Organizational
- Multitasking