



Our graduating cohort at their 405 showcase.

Co-op 405 First Showcase

By: Jane MacDonald

It was an exciting day for 18 StFX senior co-op students as they showcased their experiences to the campus community on Wednesday, September 20, 2017.

This group of students, worked across Canada within various roles from event coordination, accounting, finance, marketing, human resources, communications, community development, health research, information technology, and fundraising campaigns. StFX Co-op students worked for small non-profits, large national organizations, provincial governments, and the Government of Canada. In addition, two students also completed an entrepreneurial co-op work term where they launched and executed a summer business.

Students commented that while completing their co-op work terms, they were treated as regular employees who contributed to the organization. Alesha Baker expressed how co-op was highlight of her StFX experience.



“Co-op has been a huge part of my life for the past two years, where I have grown both personally and professionally. It was amazing watching the expressions of faculty when they asked us what we did on our work terms and they couldn’t believe some of the things we had accomplished. Getting the opportunity to share my experiences to prospective students and faculty was a highlight of the program.” Alesha Baker

Jennie MacDonald, Co-op Coordinator indicated that the program has had a number of senior co-op students who have already informed the office that they have secured employment after graduation. Students are thrilled to start their second semester knowing that they will begin their careers after graduation.

Co-op is now accepting applications for the 2018-2019 academic year. Students who will be in second year come September 2018 enrolled in biology, business, computer science, health, human nutrition, and math are eligible to apply online via the co-op [website](#). The application deadline is October 1, 2018.

StFX Co-op Education

Saying farewell to 18 graduates and welcoming, 31 new students.

IN THIS ISSUE



Co-op Student Starts Business
Page # 2



Co-op Student Making an Impact
Page # 3



“Co-op—The Best Decision I’ve Ever Made in my Life”
Page # 5

Alumni Feature: Gillian Crosby, BBA Co-op '17



This disconnect was one of the main reasons I decided to participate in the Co-op program. I quickly learned that being a Co-op student would allow me to have access to more attractive employers. When competing amongst thousands of students for summer positions, it is important to take advantage of anything that will assist you in standing out.

During my final year, I decided to help StFX students gain more exposure with employers. I had learned that larger universities offered its business students a Corporate Tours event where students are divided based on their majors or interests, and visit various companies for the day. This provided a chance for students to network, explore careers, and local

businesses. I worked diligently to implement this model at StFX in the fall of 2016. The first barrier was paying for a bus to transport students to Halifax. Through the generous support of the Nova Scotia Department of Labour and Advanced Education, a donation was made and the funding secured. Over the course of one day, 45 students took part in the event, with a total of 9 companies offering their time to showcase their companies. Using the connections I had gained from my co-op work-terms, I was able to secure companies such as, Nova Scotia Business Inc. One of the other companies that students visited was Volta Labs, the center of gravity for technology entrepreneurship in Atlantic Canada, where I am currently employed. Just under a year after

graduation, I was leading the second annual Corporate Tours event at StFX from the employer prospective. It was interesting to be on the other side, and share my experiences with students. At the end of the tour, several students mentioned they learned many things about Volta, they did not expect. This news was very fulfilling and was one of the reasons I initiated Corporate Tours at StFX. Students need to know what is out there post-graduation, and what they can strive for. It is important to build connections outside of the small confines of university life.

By Gillian Crosby

During my time at StFX I completed by degree with co-op. While I enjoyed StFX, the co-op program, and the Antigonish community, I felt I was at a disadvantage when it came to securing summer and post-graduate employment. I believed employers at times overlook small towns and focused their recruitment efforts on bigger cities and larger universities. It is only those who have attended a smaller school, such as StFX, that truly realize the benefit, and the high caliber of students.



From left to right: Jacob Buffam (BBA), Cameron Sehl (BA), Chris Allen (BBA Co-op).

Launching a Career While Still in University

By: Chris Allen

We have carved out a niche market in rural areas teeming with small businesses and taken a new spin on an old idea.

Further to basic social media marketing and graphic design

services, our main goal is to provide an online presence through web development to small businesses at a fraction of traditional costs. Traditional costs usually vary widely, but the lower end of a full web design and implementation project is roughly \$7,000, and we thought this was way too high. Furthermore, most web design companies charge large retainer fees for continuous management of the site.

We saw an opportunity to use user-friendly hosting services such as Wix, SquareSpace, and WordPress to create sites at a much quicker and cheaper rate. To help companies to learn how to manage their own site, we offer tutorial services. We offer full design and implementation at the cost of \$1,500 per website, then a number of add-on services as well, so that we can contribute to their branding and hopefully drive more sales to these small businesses without such a capital intensive investment.

If you want to have a look at what we do, visit:

www.achieewithseed.com

Co-op Students Making an Impact on Campus



Schwartz Business Society President and Co-op Student Ryan Finn, hosted a variety of events in the first semester. Events included X-Ring Cocktail for graduating business students, initiating a tutoring program, arranging a mentorship program for first and third/fourth year business students, hosting a resume workshop, and co-hosting a LinkedIn headshot shoot with Schwartz Women in Business. Stay tuned for many more events in the winter term.

On October 27th, Chrystina-Blair Acker (right) and Darshana Sridharan (left), travelled to Halifax on Friday, October 27th for the “Now to Next” Co-op Leadership Conference. This conference was hosted in partnership with StFX, MSVU, SMU, DAL, and Acadia.

The “Now to Next” Conference was extremely motivating as a co-op student; it was the first of its kind, but we were able to see students, faculty, co-op staff, employers, and the government come together to recognize the value in co-op, and work together on improving the co-op experience.” - *Chrystina Acker*



Schwartz Women in Business Society Vice President and Co-op student Alesha Baker, hosted a variety of events this semester. Events included: the annual launch dinner, business card creation workshop, the second annual corporate tours, the global women in leadership panel, and many more! The Schwartz Women in Business Society will be hosting their annual Women in Business Conference during the winter semester. Stay tuned for more details!

There are approximately 10 co-op students participating on the Schwartz JDCC team, ranging from sports, debate and academics. The competition will take place January 5th to 8th, 2018. Students have been preparing and working hard since September! Best of luck as you compete!



Employer Feature: The PwC Co-op Experience

By: Holly Ivanko, Professional Services



PwC benefits from co-op programs in a number of ways. Co-op programs give our business an opportunity to early identify students that we are interested in hiring full-time after graduation and also gives us an opportunity to staff for busy seasons, while giving students an amazing learning opportunity.

What usually impresses us most about our co-op students is their initiative to get involved and ask questions. There can be a very steep learning curve during a student's first co-op and we are also impressed with the students that take time to listen, understand, inquire and have a sense of curiosity. We know that students do not know all the answers, but we look for those who have a willingness to learn, grow and excel in a thriving, market-focused environment.

Co-op students can add value in a number of ways. They come to our firm with a fresh set of eyes and can challenge the way we do business; they provide assistance and help our teams during busy seasons; they create strong networks between their teams and other offices where classmates may be

working; they connect us with other students that may have an interest in professional services; they are strong PwC brand ambassadors.

A co-op program is one of the best ways to gain valuable work experience, make money, build your personal brand and gain skills all employers look for in their campus hires - all while achieving your degree. The benefits of completing a co-op program are numerous here are some of the key ones: They provide meaningful work experience in a competitive campus hiring environment; you can experience an organization's culture and working environment before you commit to them full time; many co-ops lead to full time job offers if you perform well during your program; students who complete co-ops often graduate in a more financially secure position, given they have earned a salary at various points in their degree.

"We look forward to connecting with STFX students in the future!"

EduNova Stay in Nova Scotia Program Helping StFX International Students

By: Darshana Sridharan

EduNova is a provincial education and training co-operative that aims to work with members to raise the profile of Nova Scotia's education and training expertise. The Nova Scotian government is beginning to recognise the importance of international students who choose to study here, as these students help to forge connections between their countries and the province.

EduNova ran a pilot project last year, to support international students to stay, live, and work in Nova Scotia. The 'Study and Stay in Nova Scotia' program selected seven StFX applicants. It catered to an elite group of international students from three international markets (China, Philippines and India) who began their University or College studies in September 2017. I was fortunate to be one of the four students chosen from StFX. The 'Stay in Nova Scotia' program, connects graduating international students directly to the labour market through a managed mentorship component. All participating students received specialized services and supports targeted toward their specific needs, such as assistance in cultural adaptation, English language and workplace communication skills, and making meaningful workplace and social connections.

During the second weekend of October, I attended the EduNova Program Retreat at the Annapolis Basin Conference Centre. The retreat had seminars, presented by experts in their field, geared towards helping students build valuable employment skills, workplace knowledge, and professional connections. As a co-op student, I felt I had a head start in all of these areas. Due to the limited access to dedicated resources to assist international students studying at StFX, I feel that participating in this program was crucial to have a successful career and fulfilling life in Nova Scotia.



FUN FACTS

100%

Of our students looking for a fall 2017 were hired.

18

Of our students completed the program in the fall of 2017.

8

Graduating students have secured full-time jobs.

31

New students joined the program this fall.

FALL WORK TERM INFO

Job Titles

- ◆ Training Coordinator
- ◆ Marketing Intern
- ◆ Junior IT Analyst
- ◆ Marketing & Communications Intern
- ◆ Marketing & Communications Coordinator

Employers

- ◆ Big Leap Leadership
- ◆ Husky Energy
- ◆ Clearwater Foods
- ◆ Sodexo
- ◆ StFX Extension & Innovation Department

“CO-OP — THE BEST DECISION OF MY LIFE”



Mike Keough

It's been a busy, productive 16 months for StFX human nutrition student Mike Keough – completing four back-to-back work placements through StFX's Co-operative Education Program.

“It's been the best decision I've ever made in my life. The personal growth I've experienced has been incredible,” says the Sydney, NS native entering his final year at StFX this September.

Starting in May 2016, he's worked with the CACL in Antigonish as a community employment assistant; with Sodexo at StFX as a marketing supervisor; with Health Canada in Ottawa as a research assistant in the Bureau of Nutritional Sciences; and he is currently the campaign and events assistant with St. Martha's Hospital Foundation in Antigonish.

Mr. Keough says through his work terms, he's gotten a taste of a lot of different aspects of professional life, from working as part of a team to strengthening his communication and interpersonal skills.

His advice to anyone considering the co-op program? “Go in with an open mind, be flexible, and don't be afraid to try something new. Be comfortable with the uncomfortable. It's ultimately how you grow.”

Read the full article: <https://www.stfx.ca/about/news/mike-keough>

Special Thank You to Our Antigonish Employers!



Fisheries and Oceans
Canada

Pêches et Océans
Canada



Innovation and
Enterprise Centre
ext. St. Francis Xavier University
Extension Department

CONFERENCE SERVICES
UNBEATABLE SERVICE. UNPARALLELED FACILITIES. UNFORGETTABLE EXPERIENCE.



St. FRANCIS XAVIER UNIVERSITY



Saint Martha's
REGIONAL HOSPITAL
foundation



StFX Co-op Education

*Exciting things
are happening!*

Co-op Education Office
Schwartz Building, Office 189
St. Francis Xavier University
3090 Martha Drive
Antigonish, NS B2G 2W5

Phone: 902-867-5359
Email: co-op@stfx.ca

Hire a Co-op Student!

StFX co-op students are bright, innovative and eager for professional experience. Year round, our office will work with you to help your organization benefit from a StFX student. Work terms start in May, September, or January of each year.

Have questions?

Contact us today!

A special thank you to all of the students and employers who submitted stories for the newsletter. Please send us your stories for our next issue in May.