I felt I was treated like a colleague, not a student, during my co-op at the city's fire department. The knowledge I gained was unlike anything I have learned from a textbook.



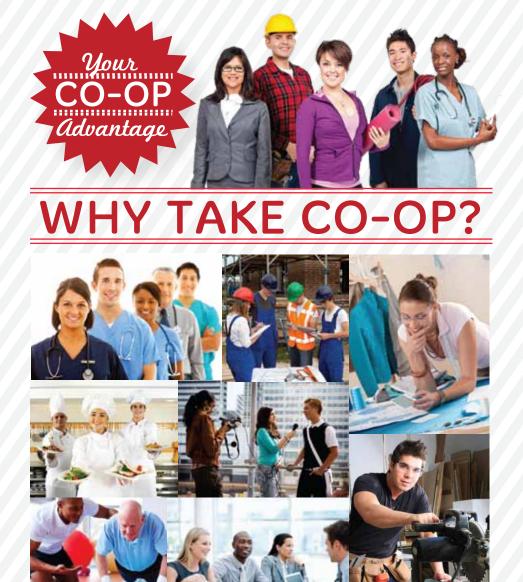
- BUILD YOUR SKILLS
- GET HANDS-ON WORK EXPERIENCE
- EARN CREDITS TOWARDS YOUR DIPLOMA
- CONFIRM YOUR POST SECONDARY CAREER CHOICE BEFORE YOU START UNIVERISTY OR COLLEGE
- START YOUR APPRENTICESHIP WHILE STILL IN HIGH SCHOOL



My placement in the hotel's conference planning department gave me so many opportunities to experience what the hospitality industry is all about. I am more confident about the career choice I have made and the college program I enrolled in next year. -Miranda S.

# **NEED MORE INFORMATION?**

Contact the Guidance Department or the Cooperative Education Office in your school OR the Toronto Catholic District School Board Guidance and Cooperative Education Department (Tel.: 416.222.8282 Ext. 2519)



TAKE YOUR FUTURE CAREER FOR A TEST DRIVE

Experience the job and determine if your career choice is right for you!



## CUSTOMIZE YOUR EDUCATION!

#### DID YOU KNOW YOU CAN COUNT UP TO TWO COOPERATIVE EDUCATION CREDITS TOWARDS THE 18 COMPULSORY CREDITS NEEDED FOR A HIGH SCHOOL DIPLOMA?

• Co-op education plays an important role in Ontario Youth Apprenticeship Programs, Specialist High Skills Majors (SHSM), Fast Forward Programs, and in your post secondary planning

# DID YOU KNOW YOU CAN TAKE ONE TO FOUR CREDITS THROUGH CO-OP IN ANY GIVEN SEMESTER?

• See your co-op teacher, guidance counsellor, or student success teacher to talk about how co-op can help you meet your goals and save time and money!



### WHY TAKE CO-OP?

#### **TEST-DRIVE A CAREER**

Do the job and get a chance to see if your career choice is really what you want before choosing your post secondary destination.

#### **BUILD YOUR SKILLS**

Work one-on-one with a placement supervisor in a program designed to meet your interests, needs and strengths.

#### GET HANDS-ON WORK EXPERIENCE

Overcome the problem of "no job without experience and no experience without a job". Put real work experience on your resume.

# PLAN FOR COOPERATIVE EDUCATION

- Register for Cooperative Education programs in grade 11 and/or 12 or when you have reached age 16
- Have co-op on your schedule for two, three or four periods per day
- Combine co-op with a dual credit course to test drive a career and earn college credits at the same time
- Combine co-op with an Accelerated OYAP program and work towards receiving your level one apprenticeship certification
- Take co-op as part of a packaged program that builds your employability skills
- Consider taking co-op through Continuing Education in night school or summer school



# CENTRAL COOPERATIVE EDUCATION PLACEMENTS

Learn how you can apply and interview for placements with the following partners:

- Hospitals
- Police Services
- Toronto Fire Services
- Army Reserve
- Rogers TV
- 12 Accelerated Ontario Youth Apprenticeship Programs

(\*Note the process for these placements is competitive and involves students from coterminous school boards)