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OUR MISSION

The mission of the Mount Saint Vincent University Co-operative Education

Office is to be a leader in fostering and advancing work-integrated learning by:

- Developing skilled professionals who will strengthen the workforce in new and innovative ways;
- Leveraging community and alumni relationships to MSVU through strong employer partnerships;
- Providing students with the support and experiences for career exploration; and
- Promoting an environment where diversity is celebrated and valued in the workplace.

GREETINGS FROM THE TEAM

The year 2022 was a restorative one for the MSVU Co-op Office. After three years of uncertainty from for our students, employers and funding partners, we finally found ourselves settling into a new post-pandemic normal. Students came back to campus, classes resumed in-person, and the number of fully-remote co-op jobs reduced substantially.

Not unlike the dynamic employment landscape we're currently seeing throughout Canada, Nova Scotia saw a surge in job opportunities in 2022. And who better to fill gaps in the workforce than qualified and eager co-op students? As employers across the public relations, business, and tourism & hospitality industries beckoned, our students answered the call. Co-op opportunities surged, average salaries increased, and both students and employers continued to reap the benefits of flexible work arrangements.

The Mount Co-op team is eager to see where 2023 takes us. We have always believed in the value of our students in the workforce, and we know our employers are understanding the impact now more than ever. Our hope is that as you read about the triumphs and successes of 2022 in this annual report, you will see that value too.



Scott Daniels, Manager

Scott Daniels is the manager of the Co-op Office. As manager, Scott is responsible for the overall management of the Co-op Office and all work-integrated learning (WIL) programs within the department. He should be a familiar face, as he's been working to promote MSVU co-op to employers, students and the community for nearly 20 years.

What excites you about Work Integrated Learning (WIL)?

"I'm excited to see how WIL has evolved at MSVU over my last 20 or so years here. It's exciting to see academic programs across campus offering WIL experiences for students - this could be co-op, work experiences, internships or practicums. We're now at the point where every undergraduate program at MSVU has a WIL option for students. It's wonderful to see students from professional studies, arts, science and education all have opportunities to get practical work experience prior to graduation."



Courtney Green, Coordinator

As co-op coordinator, Courtney prepares and advises students for work terms by hosting professional development workshops, resume and cover letter reviews, and interview preparation meetings. Once students are on work terms, Courtney monitors their progress and provides assistance as necessary. Courtney is also a familiar face to many who have worked with the MSVU Co-op Office – throughout her 10 years working here, she's been known to be friendly, knowledgeable and organized.

What excites you about Work Integrated Learning (WIL)?

"As a former co-op student, I understand and appreciate the benefits of WIL. Working as a Co-op Coordinator now is a true full circle moment. Guiding students through the application process all the way to navigating their workplaces brings me joy. It is amazing to watch how they have grown, both professionally and personally while in the workplace. There is nothing better than watching a student get that 'spark' when they find their dream role before graduation. It reaffirms my belief in WIL and the importance that every program should have this option for students."



Raina DeBrouwer, Coordinator

Raina is a fellow co-op coordinator who also works to prepare and advise students for work terms through professional development workshops, resume and cover letter reviews, and interview preparation. Like Courtney, Raina works with students and employers during work terms to ensure things are going smoothly. Raina was a MSVU co-op student herself and is excited to see the progress the field has undergone already since her own incredible experience.

What excites you about Work Integrated Learning (WIL)?

"We've entered an exciting era of WIL. Gone are the days where interns are thought of as coffee-fetchers and copy-makers. The tangible value that students breathe into workplaces is being recognized to the point where students now get to be selective in where they work. It's true that as young professionals, they have lots to learn. But it's refreshing to see that their existing talents and unlimited potential are being understood and appreciated."



Shari Arsenault, Employer Liaison

Shari works to provide helpful, cheery administrative and organizational support to MSVU co-op employers. Whether you're interested in hiring a student down the road, or trying to figure out how to hire them in our online job portal immediately, Shari is your go-to contact. While Shari is new to working at the Co-op Office, she is a former MSVU student. And if you've witnessed the plethora of wildlife hanging out on the MSVU campus, you'll understand why it was only a matter of time that Shari made her way back.

What excites you about Work Integrated Learning (WIL)?

"It's hard to know exactly what you want to do with your career once you finish university. I think WIL is an amazing chance to try out multiple roles before committing to one. You also have the chance to form a great network of local contacts before you even graduate."



Vacant Position, Student Liaison

While the Co-op Student Liaison position is currently vacant, this person is someone our students will become very familiar with. They will be the primary point of contact for all students completing co-ops, internships and work experiences through the MSVU Co-op Office.

Stay tuned for an update on this role.



The MSVU co-op experience prepared me well to face the challenges of professional life. It provided me the opportunity to hone a number of key skills and enabled me to enhance my interpersonal competencies. I am more equipped and better able to approach new projects and assignments in the fast-paced service industry because of co-op.

Dennis Michael Figuerola,
Bachelor of Tourism & Hospitality Management, 2017



MSVU INSTITUTIONAL STATISTICS

5,421

STUDENTS IN 2022

(undergraduate and graduate, full-time and part-time)

PROGRAMS OFFERED:

- 23 undergraduate bachelor degrees offered
 Within these degrees, 65 programs are offered
- 13 graduate degrees offered
 Within these degrees, 24 programs are offered

FOUNDED in 1873

CELEBRATING 150TH
ANNIVERSARY IN 2023

MORE THAN

34,000 ALUMNI

AROUND THE WORLD

350

FULL-TIME AND PART-TIME FACULTY

260

STAFF

1:20

FACULTY-TO-STUDENT RATIO

STUDENTS FROM 64 COUNTRIES

8 CERTIFICATE AND DIPLOMA PROGRAMS



EACH YEAR, HUNDREDS
OF STUDENTS BENEFIT
FROM MORE THAN
\$3 MILLION IN MSVU
SCHOLARSHIPS AND
BURSARIES

AVERAGE CLASS SIZE
OF 23 - NATIONALLY
RECOGNIZED AS BEING
AMONGST THE LOWEST IN
CANADA

1ST UNIVERSITY IN THE MARITIMES TO OFFER A NATIONALLY ACCREDITED CO-OPERATIVE EDUCATION PROGRAM

1ST ENGLISH SPEAKING BACHELOR OF PUBLIC RELATIONS DEGREE IN CANADA OVER \$2.08 MILLION
EARNED BY STUDENTS
IN RESEARCH POSITIONS
OVER THE PAST THREE
YEARS



MSVU CO-OP IN ACTION

Co-op Process Loop

Work Integrated Learning (WIL) is a partnership between the employer, the student, and the university. This partnership has benefits for everyone: the employer receives the latest theories and fresh ideas from the university, who in turn gets practical input from the workplace, and the student has the opportunity to experience the two as an integrated whole.

Curious to know what that looks like in action? This is how MSVU's WIL programs typically work:



Students Start WIL Component of their Programs

Students begin the process of securing a work term. For public relations and tourism & hospitality management students, co-op is mandatory. For business administration students, co-op is optional. Students in arts and science programs have the option to do one paid internship.



Employers Post WIL Opportunities

Employers contact the MSVU Co-op Office to post work term positions. The MSVU co-op program has students working year-round, so employers can post jobs for January – April, May – August and September – December. Jobs must be related to MSVU fields of study, full-time, paid and a minimum of 13 consecutive weeks.



Students Apply to Jobs in an Open Competition

All the WIL jobs we receive are posted in our online job portal, Career Connects. Summer job postings start in January, fall job postings start in May and winter job postings start in September. Students apply to jobs that interest them with a cover letter, resume and reference list.



Employers Interview Students

Employers select the students they want to interview and conduct interviews on campus, virtually or at the employer's location. Employers then rank students that they would like to hire. Employers are not required to rank students who wouldn't be a fit for their organization.



Work Term Concludes and Return to Study

The work term ends with the student returning to full-time studies to apply their practical learning to their studies. For internship students, this marks the end of their WIL experience. Co-op students will embark on the WIL process until they complete all three co-op work terms.



Evaluations

Halfway through the work term, a Co-op Coordinator meets with the student and employer to assess the progress of the student. At the end of the work term, the employer receives an online final evaluation to complete. While these are formal touchpoints with the Co-op Office, we are regularly in contact with employers and students and always available to meet throughout the term.



Work Term Commences

The student begins their four-month work term with the employer. Over the course of the work term, students benefit from learning in a constructive, practical mentorship environment. Employers benefit from getting a fresh perspective and the opportunity to mentor an emerging professional.



Students Receive Offers

Students receive offers from the organizations that ranked them and can accept or decline offers. Once a student accepts a position, a work term hiring confirmation is sent to the employer and student, and the employer completes all standard paperwork they would complete for routine hiring.

OUR PROGRAM IN 2022

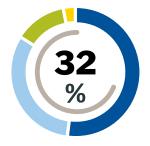
178 STUDENTS COMPLETED WORK TERMS IN 2022



Arts & Science (3% of WIL at MSVU)



Business Administration (13% of WIL at MSVU)



Public Relations (32% of WIL at MSVU)



Tourism & Hospitality Management (52% of WIL at MSVU)

Where they worked:

Where they worked:









Oceans 1 (17%)





Where they worked:

















Technology

3 (13%)







Where they worked:







































SALARIES AND GEOGRAPHY

Average salaries for Public Relations, Business Administration, and Tourism & Hospitality Management programs (for work terms completed in 2022)

Business Administration

Co-op Work Term 1 Average hourly: \$16.33

Co-op Work Term 2 Average hourly: \$18.12

Co-op Work Term 3 Average hourly: \$18.80

Public Relations

Co-op Work Term 1 Average hourly: \$17.33

Co-op Work Term 2 Average hourly: \$18.68

Co-op Work Term 3 Average hourly: \$19.50

Tourism & Hospitality Management

Co-op Work Term 1 Average hourly: \$15.10

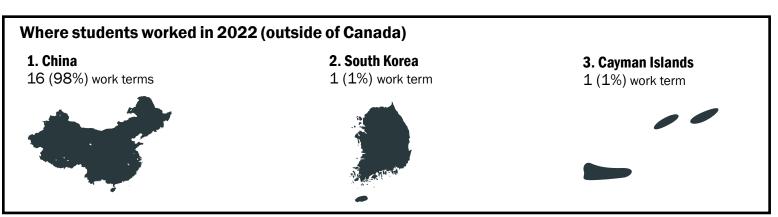
Co-op Work Term 2 Average hourly: \$15.50

Co-op Work Term 3 Average hourly: \$15.60

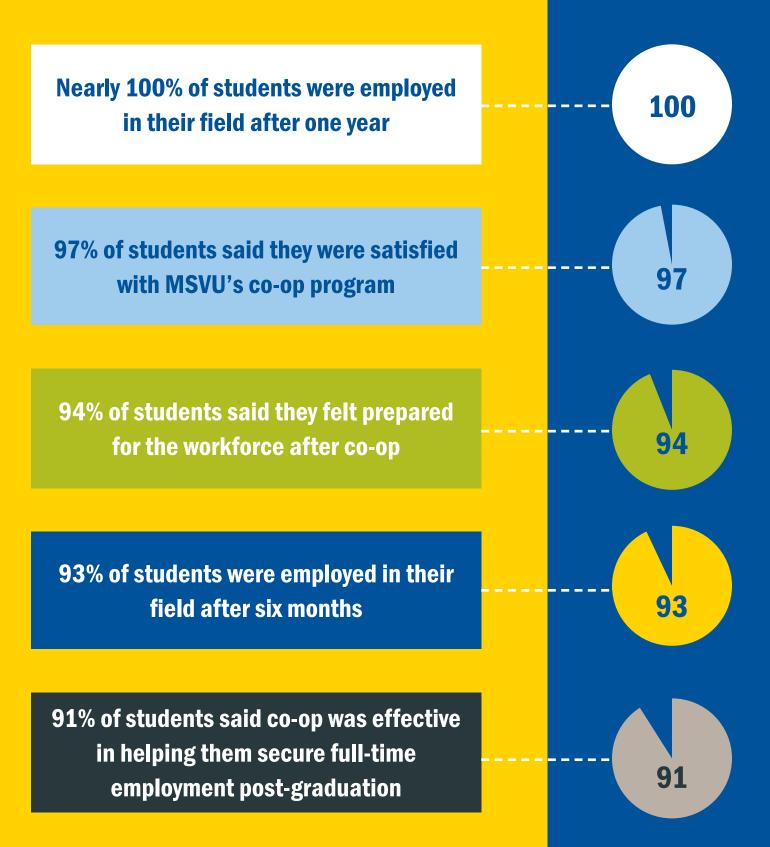
\$1,68 million

earned by co-op, work experience and internship students in 2022 (based on 16 week work terms; 35 hours per week)

Where students worked in 2022 145 (81%) work terms in Nova Scotia 15 (9%) work terms in Canada (outside of Nova Scotia) 18 (10%) work terms internationally



CO-OP GRADUATE STATISTICS







CO-OP STUDENTS OF THE YEAR

The MSVU Co-op Student of the Year Award was instituted in 1999 to celebrate the 20th anniversary of MSVU's Co-op Program. The selection criteria includes academic achievement, community involvement, contribution to the employer, and the impact co-operative education has had on personal and professional development.

Business Administration



Julia Strickey

Nominated by Mackenzie Moyer, Fund Development Manager, Hospice Halifax for her second work term and Nola Lamoureaux Spierenburg, Partner, HBA Chartered Professional Accountants for her third work term

"Julia quickly and efficiently learned our gift processing and receipted procedure. It didn't take long for her to identify areas we could improve the process for a quicker turnaround, a benefit for both our team and our donors!" – Hospice Halifax

"Julia was a delight to work with. Much of her job was to process personal tax returns. She was quickly able to progress beyond simple returns to doing more complex returns, and was able to apply what she learned in school and do further research. She progressed through reception, administrative tasks, personal tax returns, and compilations – gradually getting more complicated work and doing a great job of all of it." – HBA Chartered Professional Accountants

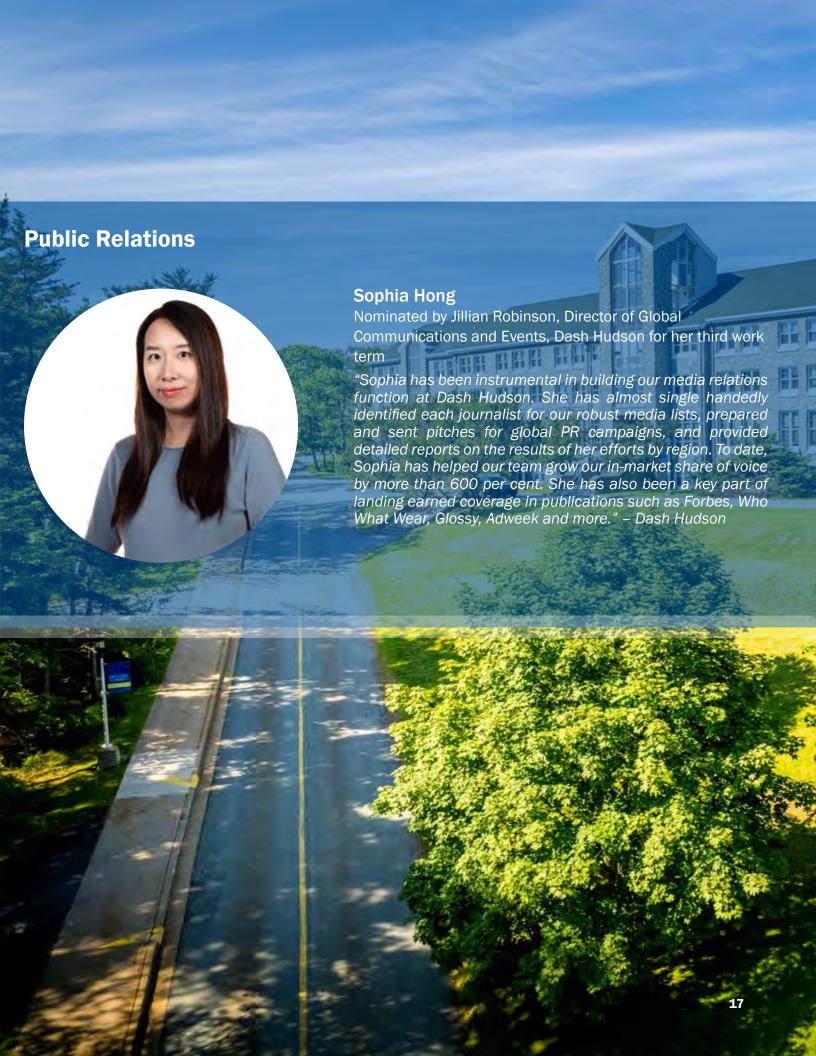
Tourism & Hospitality Management



Fei Xie

Nominated by Marie Aucoin, Housekeeping Manager, Future Inns Halifax Hotel and Conference Centre for his first work term

"Fei began working at the hotel and the housekeeping team quickly became aware that he was someone we needed to keep. Fei is a very fast learner and quickly mastered cleaning the guest rooms. Fei was then trained as a supervisor, learning how to open and close the department. He has handled every job that I have asked him to do, regularly stepping up to help others complete their tasks." - Future Inns Halifax Hotel and Conference Centre



CO-OP EMPLOYERS OF THE YEAR

The MSVU Co-op Employer of the Year Award was instituted in 2009 to celebrate the 30th anniversary of MSVU's Co-op Program. As part of our 40th anniversary celebrations in 2019, the award was expanded to include two categories: New Co-op Employer of the Year and Longstanding Co-op Employer of the Year.

This award acknowledges employers who have displayed commitment, excellence and dedicated support to MSVU's Co-op program.



New Public Relations Employer of the Year

Daphne Sleigh, VP of Product Development and Planning Mars VR Lab

Nominated by: Emily Brown

"When I started the co-op, Daphne met with me every morning to give me a chance to ask questions and chat with her. I could tell she really cared about my development within the company. Daphne also set up meetings with me and people within the PR industry to support my learning and connected me with people on LinkedIn to help me build connections for when I graduate. MARS VR Lab really cares about its co-op students."



New Tourism Employer of the Year

Marie Aucoin, Housekeeping Manager Future Inns Halifax Hotel & Conference Centre Nominated by: Fei Xie

"Marie was very warm and patient with her students. She always asked every new employee how they were feeling, and really cared about their responses. Marie provided students with a lot of learning opportunities and shared her work experiences so students could learn from them. During my work term I learned not just about work, but also about the Canadian country and culture. Marie successfully created a good working atmosphere for personal development."



Longstanding Business Administration Employer of the Year

Carolyn McCormack, Vice President, Communications, Brand & Responsibility Nova Scotia Liquor Corporation

Nominated by: Alexander McDonald

"Carolyn demonstrated to me what it means to lead a team in this day and age. She maintained open communication and supported my professional ambition of working in HR by putting me in touch with the HR department at the Head Office. She reached out to the managers of EDIA, Learning & Development, and Recruitment to ensure that I gained a generalist view as a new HR professional joining the working world. She also ensured that her team got me involved in different elements of training and inclusion. I attended accessibility webinars, took SEO certification courses and aided with the entire IWK and Pride promotional campaigns."



Longstanding Public Relations Employer of the Year

Moira Nordqvist, Senior Manager, Marketing and Operations Master Promotions Ltd.

Nominated by: Morgan Fury

"My supervisor Moira always ensured my work felt meaningful. Whenever my work was published, she would send me the final copy right away so I could see my work in action. Moira also sent me to work at the events that Master Promotions produced, which allowed me to create connections within the events industry and beyond. Getting to attend six events, sometimes even as the only person from the marketing team, gave me the confidence in myself and my work to continue my journey in the events management industry. This co-op could not have aligned more perfectly with my post-graduation goals."

HOTEL HALIFAX

Longstanding Tourism & Hospitality Management Employer of the Year

Mishayla Gray, Housekeeping Manager Hotel Halifax

Nominated by: Trang Nguyen

"Mishayla always encouraged me to take risks and continue learning. When I first started working as a room attendant, I often got behind schedule. I felt stressed and disappointed, and wondered if I had chosen a wrong position. However, Mishayla often checked in on me and would send another room attendant to help me complete my work. Gradually, I cleaned rooms faster and submitted task sheets on time. Mishayla continually checked in and gave me positive feedback on my improvement."

The following nominations were also received:

Erin Turcotte, Health Canada, Halifax, NS Nominated by: Chelsea Foote, BPR Co-op Student

Helena Sergakis, Public Services and Procurement Canada, Halifax, NS Nominated by: Shalini Deshwal, BPR Co-op Student

Judy Stone, The Prince George Hotel, Halifax, NS Nominated by: Kexin Dong, BTHM Co-op Student

Krista Juurlink, Halifax Partnership, Halifax, NS Nominated by: Tien Pham, BPR Co-op Student

Margaret Conway, Canadian Forces Base Halifax, Halifax, NS Nominated by: Rayan Sheikhoni, BPR Co-op Student

Sarah Kucharski, Municipality of the District of Lunenburg, Bridgewater, NS Nominated by: Ariane Huot, BPR Co-op Student

Sarah Logan, Horizon Health Network, Fredericton, NB Nominated by: Emma McCluskey, BPR Co-op Student

Susan Marsh, Association of Psychologists Nova Scotia, Halifax, NS Nominated by: Najah Dhuny, BPR Co-op Student

Congratulations to the recipients and nominees!

CO-OP SPOTLIGHT

Go for the Gusto: A Tourism Alum Reflects on the Journey Back to MSVU

By: Raina DeBrouwer



Matt Brown graduated from Mount Saint Vincent University's (MSVU) Tourism and Hospitality Management program in 2016. First establishing himself within the accommodations sector, then eventually taking the role of General Manager of a busy Halifax waterfront restaurant, Pickford & Black – Matt has established himself as an ambitious professional with a passion for the industry.

Now, with over twelve years of tourism experience, Matt has decided to try his hand at something new: teaching. He's made his way back to MSVU to teach a Restaurant Operations Management course to Tourism & Hospitality Management students on a part-time basis. Reflecting on this full-circle moment, we sat down with Matt to talk about his career so far and learn what he has his sights set on for the future.

Were you always drawn to the tourism and hospitality industry?

I actually came into the industry by accident. I got a summer job offer at the Fairmont Algonquin back in 2010. I was just looking to make money, but I really, really enjoyed it. I lived in this residence-style dorm with people I worked with. It was just a fun experience for someone in their early 20s.

I liked it so much, I ended up working a winter at the Fairmont Lake Louise property. That's what sealed the deal for me. I was Lead Banquet Server for massive events in their ballroom. We did the owner of the Calgary Flames' wedding. Very big events. After that, I moved home to Halifax and applied to the tourism and hospitality program.

Why did you choose to pursue an education in tourism instead of jumping right into work?

I know lots of successful people in the industry without formal education, although that was more common 10-15 years ago. I knew that I wanted to pursue this with the educational background to go with the hands-on experience. I wanted to have as many doors open for me as possible.

What made you choose to come to MSVU specifically?

I liked the idea of having a bachelor degree rather than a diploma. What also intrigued me about the program at MSVU was that you really do come out with a business degree as well as a tourism one. I took accounting, finance, economics and business policy courses. I got my business knowledge but within the frame of tourism and hospitality

Co-op was a definitely factor for coming to MSVU. My first permanent position after graduating from MSVU was Sales and Catering Manager at The Holiday Inn in Dartmouth. I graduated with a management title and an office. Having that work experience during my degree 100% benefitted me. Maybe I would have gotten there anyways, but not as quickly.

As a Hiring Manager now, people with co-op experience are on the top of my pile. We don't have time to train someone from the ground up. Hiring someone with co-op experience is an easy choice.

Would you say your education at MSVU positioned you well for your current work?

Absolutely. As much as I struggled with courses like finance and economics, I am now the general manager of a four million dollar per year establishment. I have to look at a lot of numbers. I wrote a business plan from scratch. I'm looking at spreadsheets all day. All the business courses are so relevant now, and I know that the higher I get in my career, the more financially in tune I'll have to be.

And now you're back at MSVU teaching part-time! Tell me about that.

Yes – I teach Restaurant Operations Management, which quite literally mirrors my day-to-day job. What I really enjoy about teaching this course is how realistic it is, it's not just theory. It covers the things I do at my job when I leave the classroom. And I'm able to bring those examples in to share with students.

I've always had my eye on teaching, and I've always kept MSVU close to my heart. I really loved my time here. I was on the MSVU Board of Alumni for two terms, which I enjoyed. I kept in contact with a few of my professors and put my name in the hat for teaching opportunities. I've certainly always had my eye on teaching and am excited to see where this leads me. I definitely enjoy it.

Going back to your co-op, your first two terms were at RCR Hospitality Group. What were your experiences like in those positions?

They were great. I was specifically at The Lord Nelson Hotel for my first two co-op terms, and it was a fantastic experience. My first term, I was a Banquet Server. I set up for events and tore things down afterwards. I ended up staying on part-time after my first work term and coming back for my second co-op. They offered me a Banquet Captain/Supervisor role so that was my first experience being in charge and having more responsibility.

For your third and third and final co-op, you made your way back to what was formerly the Fairmont Algonquin (now The Algonquin Resort) in New Brunswick. What was that like?

I absolutely loved it. Marriott bought it and put \$45 million into the resort since I had last been there. They offered me a position in the fine dining restaurant, which was a new experience for me. I learned all about wine pairings and highend dishes. It was a completely distinct food and beverage experience for me. I ended up there for one more short stint while job hunting post-graduation. It was perfect.

Then you found your way back to Halifax.

I was born and raised in Halifax. I know the industry, I know the area. There was a time when I wasn't sure I would be able to find a job and make enough money in Halifax. I thought maybe the opportunities were in Western Canada. But at the end of the day, I did make my way back.

Halifax has a defined culture: east coast hospitality, friendly, seafood...there is a real cultural identity. I'm optimistic about future of tourism in Halifax. There's been so much growth even just in the last year. Tourists are back. Everyone is busy. There are lineups at every restaurant downtown. It's great to see.

How has your career evolved since you graduated in 2016? Has it taken you where you thought it would?

Every successful career has its ups and downs. I was laid off for almost a full year during the COVID-19 pandemic. I wasn't sure about the future of the industry, and my future in it. I certainly didn't expect to become a general manager for a very busy restaurant in downtown Halifax.

At one point earlier in my career, I was poached to open up a food and beverage department at a hotel in Fredericton. Unfortunately, the hotel wasn't performing well and I lost my job as a result. It was hard – definitely a blow to the ego. But in hindsight, it was a great short-term experience. I was able to name a restaurant, design a menu, pick out cutlery, choose glassware. While it was a tough time in my career and had me questioning things, now I look back and am grateful that I had that experience.

How did you end up in your current role?

Two years ago, Pickford & Black was looking for an Assistant General Manager, so I applied. It was at a time during the pandemic where things were just starting to open again with restrictions. People were eager to get out, so it was a busy summer. I went in and worked hard. Within six months, I was the General Manager. And I credit this to a lot of those hard experiences I had earlier on.

What is your hope for your future of tourism and hospitality in Halifax?

I would love to see more of a focus on getting bigger cruise ships at our port. We're already seeing some of that. Five years ago, we weren't getting the massive influx of cruise ships that we see now. There are days in the summer when there are thirty thousand tourists coming into the city in one day. That's amazing for all local businesses, not just restaurants. I would love to see the city continue to focus on the international market, and the port is an asset there.

How do you hope to see your career continue to evolve?

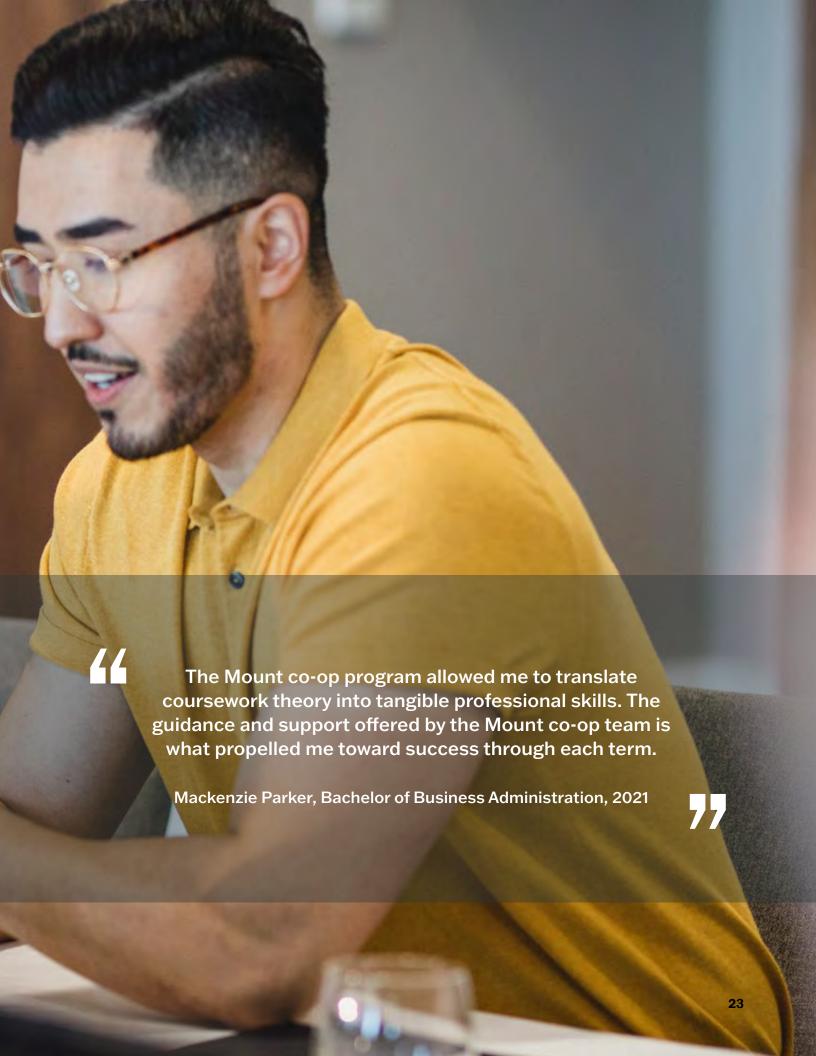
I definitely have goals set for the next two to five years. I would love to eventually oversee a multitude of restaurants. I can see myself being on the executive board of a large tourism operation. I will also never close the door on teaching. Really, the sky is the limit. There are so many opportunities for growth at Murphy Hospitality Group. I'm happy to be with a company that has room for new expansion and growth.

What would you say to those considering a career in tourism and hospitality?

Go for the gusto. One of my managers back at The Algonquin would always say that: "go for the gusto". Don't hold back. If you have a passion for something, go for it. Don't be afraid to take risks. You learn from failures. Feeling uncomfortable means you're growing. One of my professors at MSVU always said that it's important to have a student mentality at all times. That stuck with me.

Now is a great time to be entering the tourism and hospitality workforce. Employers need talent, and they realize they have to pay good money to get it. Do your research when looking for work. If you're managing people, you should have RRSPs, two weeks paid vacation and benefits. Maybe you don't get the salary you want, but there are things you can negotiate into your contract. It's a good time to be coming onto the scene because your value is being understood. Go for the gusto.







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