



CO-OP WORKS



Dear Co-op Employers:

It has been an exciting year for the Mount Co-op Office. After months of anticipation, our team made the move to the McCain Centre. The new office space has inspired a fresh, invigorating energy along with a deeper connectedness to colleagues and students. We look forward to continuing to welcome you to our new home and assisting you in the co-op employment process.

As the snow starts to melt and spring finds its way to us, we always look forward to compiling this report and celebrating our successes. We take pride in acknowledging the accomplishments of Mount co-op students and the opportunities they are able to pursue because of employers like you. We recognize that our program would not be possible without the commitment and dedication of our educational partners. Thank you.

To acknowledge our employers and students, the Mount instituted the annual Co-op Student of the Year and Employer of the Year awards. This year, we are pleased to say we received 27 student and 22 employer nominations. Read more on page two.

A new initiative we delivered this year was the HR Discussion Panel. Employers representing a variety

of sectors and program areas volunteered their time to answer questions about the employment process for new summer students. Attendees commented on the value of hearing tips and tricks first-hand. This event is covered on page two. We thank all who came out to this event!

The spring semester also means graduation time. In mid-May, Mount co-op students will walk across the stage to receive their diploma and start their journey in the “real world”. With their academic and co-op experiences to support them, we know our graduates will go on to do great things! To learn about one public relations student who is making an impact across borders, turn to page four.

Thank you for your ongoing support of the Mount Co-op program and for providing meaningful opportunities for our students. With 154 co-op and internship students seeking work terms this summer, it’s never too late to hire a student.

Scott Daniels
Manager, Co-operative Education



Important Dates

- **May 11**
First posting deadline
- **May 16**
First round of postings
- **June 6**
Ongoing postings begin
- **June 10**
First day of interviews

The Mount Co-op Student of the Year Award (2015)

The Mount Co-op Student of the Year Award was established in 1999 to celebrate students' achievements in the workplace and to mark the 20th anniversary of Co-operative Education at the Mount.

A co-op student from each of the following co-op disciplines may be selected for the award: Business Administration, Public Relations and Tourism & Hospitality Management.

This year, 27 nominations were received from co-op employers. The Mount Co-op Students of the Year (2015) will be joined by their supervisors to be recognized during the Mount Academic Awards Reception on Wednesday April 6, 2016.

We would like to congratulate:

- **Scott Lester, Public Relations**, nominated by Harbinger Communications Inc. in Toronto, ON for his second co-op work term.
- **Jieyu Chen, Business Administration**, nominated by Scotiabank Atlantic Dealer Finance in Halifax, NS for her second co-op work term.
- **Daniel LeBlanc, Tourism & Hospitality**, nominated by Delta Halifax in Halifax, NS for his first co-op work term.

The Mount Co-op Employer of the Year Award (2015)

In 2009, we instituted the Mount Co-op Employer of the Year Award in recognition of the 30th anniversary of the Co-operative Education program at the Mount. This award acknowledges employers who has displayed commitment, excellence and longstanding support of the Mount Co-op program.

Congratulations to the following employers who received the title of Mount Co-op Employer of the Year (2015):

Heather Little, Communications Specialist at Chalice in Bedford, NS - *Nominated by Samantha Byard and Maggie Day, BPR students*

Stephanie Sophocleous, Hotel Manager at Tekarra Lodge in Jasper, AB - *Nominated by Alysa Salsman, BTHM student*

Kristen De Palma, Manager of Marketing & Strategic Initiatives at Credit Union Atlantic in Halifax, NS - *Nominated by Catherine Chase, BBA student (featured below)*



HR Discussion Panel

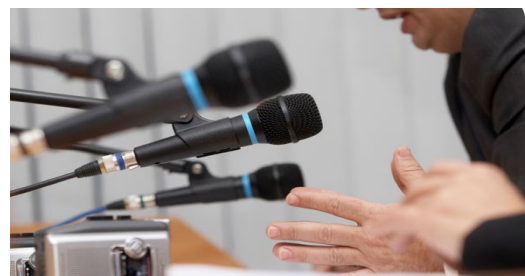
It can be a nerve-racking time for new students preparing for the co-op process. Learning how to write an effective resume and cover letter, along with preparing for interviews can be stressful and at times, scary.

In an effort to ease nerves and help prepare new students for this process, the Mount Co-op Office hosted an HR Discussion Panel on January 22, 2016. Employers from various sectors, including federal government, healthcare, oil and gas, automotive, as well as hospitality joined us to answer questions about what they look for when hiring co-op students.

The session proved to be informative, generating a great discussion among employers and students. Second year public relations student, Morgan Low, commented on how nice it was to have the opportunity to ask questions directly to employers. "It was a great chance for us students to get

advice from employers who are actually hiring co-op students. We got to see what they are looking for and exactly how to prepare for the application process and interviews. The panel made me more prepared to answer the tough questions asked during interviews, which is definitely helpful."

Thank you to everyone who participated in the discussion!



A President Worth Celebrating

A leader in every sense of the word, Mount President and Vice Chancellor Dr. Ramona Lumpkin is truly someone worth celebrating! On February 13, 2015 Dr. Lumpkin was awarded one of our country's highest civilian honours, named as Member of the Order of Canada.

The Order of Canada was established in 1967 and honours outstanding achievement, dedication to the community and service to the nation. Dr. Lumpkin's appointment recognizes her leadership in post-secondary education and her promotion of community-based learning initiatives. Dr. Lumpkin is a well-respected and inspiring leader who has spearheaded many projects within the Mount community and beyond. Among these accomplishments include her commitment to advancing the role of women in higher education, enhancing access for adult and Aboriginal learners and advocating for experiential learning programs.

Before coming to the Mount, Dr. Lumpkin spent nine years as the Principal of Huron University College and four years as Vice President Academic and Provost of Royal Roads University. She has been recognized as one of Atlantic Canada's Top 50 CEOs and been recipient of a Progress Women of Excellence award.

We are lucky to have such a wonderful leader with us! Congratulations Dr. Lumpkin.



Dr. Lumpkin and His Excellency the Right Honourable David Johnston, Governor General of Canada in Rideau Hall in Ottawa.

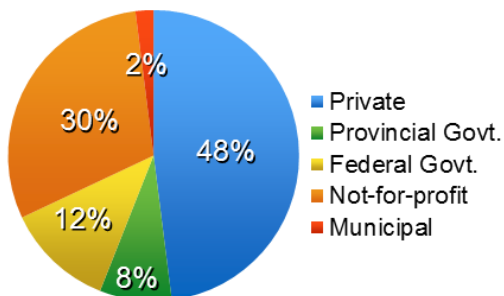
Labour and Advanced Education Funding Program Supports Co-op Students and New Grads

The province has been supporting employers and co-op students for many years through its funding programs, such as the Co-operative Education Incentive which provides wage subsidy to Nova Scotian employers hiring co-op students. Recently, the department made changes to the application process whereby employers are now required to submit applications through its LaMPPS online system. If your organization is not yet registered with the LaMPPS program, visit <http://novascotia.ca/programs/co-op-education-incentive/> to download a form and learn about the submission process.

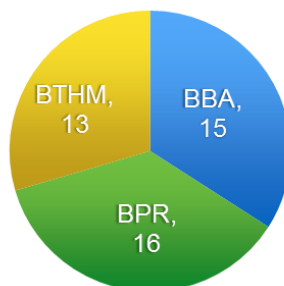
This program demonstrates the government's commitment to expanding and supporting young people finding work.

Mount Co-op Statistics for 2015

Co-op Employers in 2015 by Industry (%)



Average Salaries in 2015 (\$/hr)



The Co-op Team would like to thank Kelly Jacques for her long-term commitment to the Mount. We wish her all the best in her new endeavors.

When Compassion and Empathy Meet Action

ARTICLE WRITTEN BY LISA MACNEIL, CO-OP COORDINATOR

Jessica May, a 22 year old public relations student at the Mount, has recently been named the CEO for the Canadian branch of a not-for-profit organization called Rise Through C.H.A.N.G.E.

Jessica's notebook tells the story of her passion and dedication to the organization. Through the black ink sketches, one can see the evolution of what will soon be the new official logo for Rise Through C.H.A.N.G.E. "The whole idea of the sun is that the sun gives us life, and we only have life because our planet is a certain distance away from the sun. The logo is a rising sun, but also looking like flower petals...and in between each ray is a little green leaf. It's that simple and symbolizes what we are trying to do."

Rise Through C.H.A.N.G.E is a not-for-profit organization whose mission is to challenge healthcare, attain nutrition and to grow education, particularly for children around the world through sustainable solutions. The organization is striving to ensure that every person, regardless of race, religion, gender or socio-economic status has access to education, healthcare and nutrition that will allow them to pursue and fulfill their goals in life.

Jessica's motivation to make a change was ignited in the summer of 2012 after volunteering at an orphanage in Uganda for two weeks. "In high school, I read a book titled *Stolen Angels*, which was set in Uganda. The story stuck with me and a year later, a friend posted through social media a volunteer opportunity to go to Uganda so I went. It completely changed me as a person." She describes the moment she knew she wanted and needed to do more. She was in the back of a truck touring the city of Kampala. "I saw mothers with babies who didn't have anything. No diapers, no food, tin on the rooftops. There were kids with no shoes on, and one kid was crumpling up leaves to try to make a toy. You read about things or people tell you about things, but when you see it first-hand it's completely different."

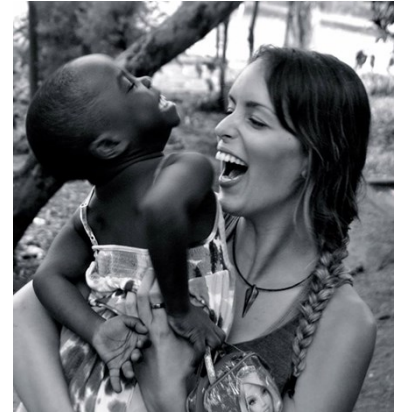
In 2014, Jessica travelled back to Uganda for a month-long trip. This time, she went on her own and backpacked to explore the country and to see the people she had met two year's prior. Upon returning to Canada, she got in touch with two other volunteers who were involved with the same orphanage in Uganda Jessica visited. They too, were keen to do something more official and sustainable to help children and families internationally. Through a group conversation on Facebook and some late night Skype calls, the American branch of Rise Through C.H.A.N.G.E was born. Jessica was named to the board as a Public Relations Secretary in November of 2014. One year later, Rise Through C.H.A.N.G.E became incorporated in Canada and Jessica was named CEO. She is now focused on building the foundation, piece by piece, here in Canada.

When asked what her goals are for the organization, Jessica's enthusiasm is palpable. "I'm in this 100%. I want to encourage people to open up their mind and to step outside of their comfort zone. My purpose is to give people a reason to care and to open up opportunities for them to visit places like Uganda. We are not here to hustle people for donations or resources. We want people to be open to an experience that may change their lives. Plant-based nutrition is our biggest focus. You can't teach a hungry child. If we focus on the soil, things will take care of themselves."

Jessica is keen to motivate others to take action and to follow their dreams. "Once you expose yourself to something you care about, nothing is hard. People ask me how I find the time to do things, but this comes so easy for me. I tell people to be open, have empathy and compassion and to explore what is out there. We are all a part of this planet and we all have something to offer."

Jessica plans to complete her public relations degree at the Mount over the next two years and then hopes to pursue a Master's Degree. One of her long-term goals is to teach a public relations course focused on not-for-profit organizations. She is hopeful by that time, she will have lots of experience to draw upon. When asked for her favourite quote, Jessica delivers a simple, yet impactful line: "Your talent + helping others = your purpose." Jessica May is certainly following this formula. She has found her purpose.

For more information about Rise Through C.H.A.N.G.E, visit www.risethroughchange.org.



Jessica May volunteering at orphanage in Uganda