

# Co-op Wisdom: Profiles & Tips

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## Recent Profiles & Tips

**Student Spotlight: Cassie Pilon**  
Cassie explains that one of the most fulfilling experiences has been the Co-operative Education program. "Co-op helps you recognize your professional skills, career choices and often you realize 'Oh this is why we talked about this in class.' You also come back to school with a greater understanding on your program."

**Strong Women Work Here: National PR Firm Values Creativity**  
There is no dream too big and no goal is unattainable. The office is trendy and the walls have the words "Strong women work here". There is something empowering about walking into an organization who has a strong focus on women. In fact, women occupy many of the senior level positions.

**Making Childhood Dreams a Reality**  
It was my experience at Ocean Tracking Network (OTN) that opened my eyes to the possibilities of specialization as a PR practitioner. I delved deeper into marine research and conservation media. For my third co-op, I knew I wanted to gain new experiences in the oceans sector and it looked like my best odds for doing so were abroad.

**The Power of Perseverance**  
In the summer of 2015, business student Connor Hirtle was involved in an accident that left him paralyzed from the chest down. This meant he was no longer able to do many things we take for granted. What Connor didn't lose was his determination and willpower to live his best life, despite his physical limitations.

**12 Countries & 16 Cities - A Winter Exchange**  
Moving over 6000 kilometers from home, Courtney learned that it is hard to say goodbye and that your home