

UBCO Interdisciplinary Co-op

Arts, Fine Arts, Health & Exercise Science,
Management, Media Studies, Sciences &
Sustainability

For Applied Science (Engineering) Co-op, go to:
<https://coop.apsc.ubc.ca/>



A photograph of several large, light-colored wooden poles leaning against each other. The poles are decorated with intricate carvings of Indigenous figures and symbols. The background is filled with lush green foliage, and a brick building is partially visible on the left. A semi-transparent white box is overlaid on the left side of the image, containing text.

Land Acknowledgement

UBC Okanagan is located on the traditional, ancestral and unceded territory of the Syilx Okanagan Nation and their peoples.



Agenda

Program Overview:

- Eligibility Criteria
- Why Interdisciplinary Co-op?
- Co-op Career Readiness Curriculum
- Job Search Supports
- Co-op Work Experiences & Supports
- Application Overview
- Program Fees
- Sequencing Co-op Work Terms
- Q&A



Co-op Program Overview

- Work Intergrated Learning
 - An experiential learning opportunity to see how classroom interests translate into possible career paths
- Full time, competitive, paid work experiences



Co-op Program Overview

- Collaborative & competitive job search
 - Continuous support
- Co-op credits are additive – they **DO NOT** replace required or elective course work
- Flexible sequencing of work terms (MUST complete your degree on an academic term)
- Designation (3 Work Terms)



Eligibility Criteria

- ✓ Undergraduate studies: Arts, Fine Arts, Health & Exercise Science, Management, Media Studies, Sciences, Sustainability
- ✓ Domestic and international students
- ✓ 3rd Year Standing
- ✓ Cumulative Average of 70% or higher*
- ✓ Previous work / volunteerism / projects

*Applicants with GPAs below 70% are still encouraged to apply; applications are assessed on multiple factors including communications, teamwork, maturity and demonstrated career motivation.

- Competitive program



Why **Interdisciplinary Co-op**?

- “What do I want to do after I graduate?”
- Work for different organizations, industries, or positions
- Opportunity to learn what you like vs. don't like
- Building transferrable skills
- Gain industry contacts and experience
- Enhance classroom learning (value of course work, new areas of interest, minors/ majors/ honors projects etc.)
- Tailored supports



Co-op Career Readiness Curriculum (CRC)

- Self-paced on Canvas with in-person sessions each term
- Mandatory
 - Must be completed prior to first work experience. (Takes place alongside your 3rd year academics)
- Benefits:
 - Critical career development skills



Co-op Job Search Student Supports



- Co-op positions are competitive and not guaranteed
- Exclusive access to the Co-op Job Board
- Guidance for students sourcing positions through other avenues
- Applications (Cover Letter, Resume)
- 1:1 Interview practice with Advisors



Co-op Work Experiences: **Where?**

- Across Canada & internationally
- Small, medium sized & Multi-National organizations
- Start-ups
- Non-profit
- Government (Local, Provincial, Federal)
- UBC & other educational institutions



Co-op Work Experiences: What Happens?



Gain full-time work experience

- Important and impactful projects
- Transferrable skills
- Professional connections

Continued Co-op supports

- Individualized coaching
- Navigating professional workplace

Reflective assignments



Application Overview

Apply online coop.ok.ubc.ca

Self-enroll Canvas course available September 1

Three Sections:

1. Personal Information & Academic History
2. Experience & Short Answer Questions
3. One-way video interview

Applications due September 30



Co-op Program Fees

There are 2 fees associated with the Co-op Program*

- Refer to [Academic Calendar](#) for up-to-date fees

****All fees are the same for international and domestic students***

1) Co-op administration and workshop fee

- One-time fee, non-refundable
- Due upon acceptance into the program
- Waived for Indigenous Students



Co-op Program Fees

2) Co-op is a recognized course – each 4-month Co-op work term you secure must be verified and registered under a Co-op course code (i.e. COOP 401, 402, 403)

- Subject to undergraduate course tuition fees – same for all students (Domestic & International)
- Only registered in this course when you secure a position (self-sourced or from UBCO Co-op Job Board)
- Fee is due at the start of each 4-month term
- Regular student service fees are charged in addition



Co-op Work Experiences: Sequencing

- Designation
 - 3x 4-month terms (12 months total)
- Students do not take Co-op work experiences + academic courses at the same time
- Co-op credits are additive – they do NOT replace required or elective course work
- Flexible options
 - Additive programs i.e. Go Global
- **MUST** graduate on an academic term



Sample Schedules



Sample Schedule 1

	FALL TERM	WINTER TERM	SUMMER TERM
Undergraduate Year	Sept Oct Nov Dec	Jan Feb Mar Apr	May Jun Jul Aug
Year 1	Academic Term	Academic Term	Summer
Year 2	Academic Term	Academic Term	Summer
Year 3	Academic Term + CRC	Academic Term + CRC	Work Term 1
Year 4	Academic Term	Work Term 2	Work Term 3
Year 5	Academic Term	Graduate	

Sample Schedules



Sample Schedule 2

	FALL TERM	WINTER TERM	SUMMER TERM
Undergraduate Year	Sept Oct Nov Dec	Jan Feb Mar Apr	May Jun Jul Aug
Year 1	Academic Term	Academic Term	Summer
Year 2	Academic Term	Academic Term	Summer
Year 3	Academic Term + CRC	Academic Term + CRC	Work Term 1
Year 4	Work Term 2	Academic Term	Work Term 3
Year 5	Academic Term	Graduate	

Sample Schedules



Sample Schedule 3

	FALL TERM	WINTER TERM	SUMMER TERM
Undergraduate Year	Sept Oct Nov Dec	Jan Feb Mar Apr	May Jun Jul Aug
Year 1	Academic Term	Academic Term	Summer
Year 2	Academic Term	Academic Term	Summer
Year 3	Academic Term + CRC	Academic Term + CRC	Work Term 1
Year 4	Work Term 2	Work Term 3	Work Term 4 (optional)
Year 5	Academic Term	Academic Term	Graduate

Sample Schedules



Sample Schedule 4

	FALL TERM	WINTER TERM	SUMMER TERM
Undergraduate Year	Sept Oct Nov Dec	Jan Feb Mar Apr	May Jun Jul Aug
Year 1	Academic Term	Academic Term	Summer
Year 2	Academic Term	Academic Term	Summer
Year 3	Academic Term + CRC	Academic Term + CRC	Work Term 1
Year 4	Work Term 2	Academic Term	Work Term 3
Year 5	Work Term 4 (optional)	Academic Term	Graduate

Student Experience Q&A

Gul-E-Aamna Shahid (she/her)
Bachelor of Arts, Psychology (Honours)

Osenotse Raboijane (she/her)
Bachelor of Arts, Economics (Graduate)



Q1. Why did you decide to apply to the Co-op Program?





Q2. Describe your most significant learning through Co-op.



Q3. Participating in the Co-op Program extends graduation by a year. Is it worth the investment?





Q4. What has been a highlight of being part of the Co-op Program?



Q5. What is your #1 (number one) tip for students entering the Co-op Program?



Contact Us

Have questions or want to learn more?

Email us at: coop.ok@ubc.ca

**Note: Resource sheet (with helpful links) and copy of presentation slides attached below video*

