



Experiential & Work-Integrated
Learning Ontario

Student Essay Requirements

Nominated students are required to prepare and submit an essay on the benefits of Co-op - (two (2) pages maximum, 1-inch margins, 10-point font). Please ensure the letter is also signed and dated.

The essay should focus where possible on the experience the student is being nominated for and could include topics such as:

- **Involvement in Co-op** – including your reasons for participating in Co-op and a reflection of why you are happy you did so;
- **Career Development** – How this Co-op experience has enhanced or impacted your overall career development (e.g. exposure to professional networks, influence on career direction, etc.);
- **Academic Development** – Including how this Co-op experience has enhanced or impacted your current academics (e.g. strengthened understanding of key concepts/theories, being able to provide relevant examples within the classroom, changing focus on academic pathways, etc.); and
- **Personal Development** – How Co-op has enhanced your personal development (providing specific examples).