**Student Name:** Please enter your full name

**Student Number:** e.g. 7-digit number in your student ID card/admission letter

Students who are interested to apply to the Co-op Program are encouraged to meet with a career consultant and an academic advisor to discuss if the program is a good fit for their plans. This is an important step that will help students explore career and academic options to maximize the benefits of being in the Co-op Program.

*Students are encouraged to bring this worksheet to their workshops/appointments so they can effectively complete the sections with adequate support.*

**Career Planning**

|  |  |
| --- | --- |
| ***My Career Ideas (past & present)***Enter text here | ***Occupations/Career Paths I want to explore…***Enter text here |
| ***My Holland Code & Interests****Holland Code:* Enter text here*Interests:* Enter text here | ***My Goals & Next Steps***1. Enter text here
2. Enter text here
3. Enter text here
4. Enter text here
5. Enter text here
 |
| ***Please explain how a co-op placement would make a positive contribution to your career goals.*** Enter text here |
| ***Researching Coop Opportunities****Identify potential Co-op opportunities by doing some research on the Agri-Food industry and sector. You can start by using the Explore Occupations database developed by Career Services.**Link:* [*http://umanitoba.ca/careerservices/career-planning/explore-occupations*](http://umanitoba.ca/careerservices/career-planning/explore-occupations)***Please specify at least 5 employers (i.e. companies/organizations) that you would like to work for.*** *Provide additional details about desired focus areas, projects, and/or location if necessary.* 1. Enter text here
2. Enter text here
3. Enter text here
4. Enter text here
5. Enter text here
 |

**Academic Planning**

***Program Type:***

***Credit hours completed:****Number or year in program* ***Anticipated date of graduation:****e.g. 2021 or Spring 2021*

***Ideal Start of Co-op Term:****When do you want to start working? (e.g. Summer 2021, etc.)*

***Note:*** *Fall Co-op placements are currently not offered.*

***Academic Plan Outline:*** *Use UMAchieve and Aurora OR seek help from an academic advisor and try to create a map/outline of what your academic terms might look like (i.e. what classes do you still need to take, when do you want to take them, how many classes in each term, etc.)*

*Example:*

|  |  |  |
| --- | --- | --- |
| ***Fall 2020****ABIZ 1010**AGRI 1600**12 credit hours**PLNT 1000**BIOL 1020* | ***Winter 2021****ABIZ 1000**PLNT 2500**12 credit hours**ANSC 2500**HNSC 1200* | ***Summer 2021****Coop Work Term 1**AGRI 2002**+ 2 courses (optional)* |
| ***Term: e.g. Fall 20xx***Enter text here | ***Term: e.g. Fall 20xx***Enter text here | ***Term:*** ***e.g. Fall 20xx***Enter text here |
| ***Term: e.g. Fall 20xx***Enter text here | ***Term: e.g. Fall 20xx***Enter text here | ***Term: e.g. Fall 20xx***Enter text here |