

All About Co-op

For Ted Rogers School Students

This report profiles Ted Rogers Co-op students who secured their Co-op positions by establishing relationships with potential employers via networking.

Published February 2024

Networking Success Stories

Meet Pallak Ghumman, BTM Co-op Student

[Pallak](#) is working towards her Bachelor of Commerce in the Business Technology Management Co-op program at Ted Rogers School of Management.

Pallak secured her Co-op position as a **Workplace Transformation Intern at Scotiabank** for Winter and Summer 2023 by attending a Ted Rogers networking event.

[Scotiabank](#) is a Canadian-headquartered bank focusing on high-quality growth markets in the Americas. They are one of the top five banks in Canada.



[Pallak Ghumman](#)

Scotiabank

Q: What made you decide to attend the Scotiabank Networking event?

A: I booked an appointment with a Career Consultant at the Business Career Hub (BCH). She recommended I attend Scotiabank's networking event, and I decided to sign up!

Q: How did you get this Co-op position?

A: By attending the Scotiabank networking event, I met and connected with one of their recruiters, whom I contacted to set up a coffee chat. Three other people attended the coffee chat, and after getting to me and learning more about my strengths and weaknesses, the recruiter recommended me for an interview.

Q: What advice would you give to a student who plans to join a networking event?

A: The Scotiabank networking event I attended was my 5th one, so it takes time to get your feet in the game. When attending a networking event, try connecting with just one or two recruiters. You might wish to learn about the recruiters beforehand, and find the ones that most align with your career goals.

Be open-minded, determined, and joyful when you attend a networking event. Don't be scared - you got this!

[Note: I found it challenging to connect with the team after the event, however. You might wish to gather their emails before or during the event.]

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Resume & Cover Letter Builder

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[TRSM Business Career Hub](#)



www.torontomu.ca/trsm-careers/



Staff Contributor Charmaine Kwong

Charmaine is a Co-op Coordinator who is a big believer in growth mindset. Her background in teaching and employment counseling allows her to build meaningful relationships with students and guide them as they #staygritty and #staycurious while navigating through their Co-op journeys.



Student Contributor Ajenth Suthanathan

Ajenth is a 4th Year Human Resources Management student working part-time at the BCH. He is an aspiring HR professional looking to join the Talent Acquisition field.