

Strive to Thrive

Career Tips For Ted Rogers School Students

These reports leverage the expertise of BCH staff to share best practices for students & alumni.

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How to Land an Internship

Wondering how you can secure an internship placement for the Summer? Figuring out which companies hire Summer Interns? Or want to know what roles are available to you? A Summer Internship is a great way for students to gain valuable experience relevant to their field of study.



Internship vs. Co-op



Internship

An Internship is a non-academic role that typically takes place during the summer months. Depending on the company and role, Internships can be paid or unpaid experiences.



Co-op

The Ted Rogers Co-op Program is an academic program, in which students can participate in paid work terms year round. At TRSM, students enrolled in the Ted Rogers Co-op Program have the opportunity to complete four work terms to gain diverse experiences. Students enrolled in the Ted Rogers Co-op Program often extend their undergraduate journey by up to one year. Learn more [here](#) to see if the Ted Rogers Co-op Program is a fit for you!

Internships	Co-op
<ul style="list-style-type: none">• Does not extend your undergraduate journey and does not require the shifting of your semesters• Anyone can apply for an internship• Internships done independently do not count towards your academic program• Internships are typically limited to the Spring/Summer semester only• Can be paid or unpaid experiences	<ul style="list-style-type: none">• Ted Rogers Co-op Program is an academic program (only admitted students can participate)• Ability to work in the Fall, Winter and/or Spring/Summer semesters (subject to program sequencing)• Extends your academic journey by typically one year• You must complete a minimum of three work terms in order to fulfill the Co-op Program requirements• Get one-on-one support from your program designated Co-op Coordinator• Fully paid work terms

Steps to Land an Internship

1 Start with your application

Your resume and cover letter is your invitation to an interview! Having a strong application can showcase your skills and how you meet the qualifications for the role. Tailor your application to let the recruiter know that you are the best fit for the role.



2 Finding variety of roles

Change what you are searching: Are you searching the same internship title over and over again on different job boards? Try broadening and expanding your search by leveraging different search terms.

For example, the nature of a Business Analyst role can be titled different things from company to company. Change up your search terms by looking at a variety of keywords or job titles that align with the nature of the role you are looking for.



Diversify where you're looking: What tools are you using to look for an internship? LinkedIn is a great tool but certainly not the only one out there. Check out our [report](#) that highlights a variety of job boards.



3 Putting yourself out there: Networking

Applying to roles the traditional way through a job board is not the only way to land a job. Attending [networking events](#) or requesting [coffee chat](#) opportunities allow you to get in front of the hiring team or learn tips from professionals to make a positive impression.



4 Conquering the interview and screening process

- i. **Screenings or Assessments:** Before an interview, some employers require an assessment or [asynchronous interview](#) to be completed before you can move on to the interview stage.
- ii. **Interview:** You've made it past the first hurdle! You *told* the Hiring Manager that you were a good fit for the role through your application, Now the interview is your opportunity to *show* the employer why you are the best fit for the role! Prepare using our interview Hub Insight [here](#). Book an appointment with your Career Coordinator for a mock interview!
- iii. Once you've completed the interview stage, make sure to send a [thank you email](#)!



Did You Know?

You can book a mock interview with your Career Coordinator to ensure you are well-prepared! Book an appointment [here](#) and email your Career Coordinator ahead of time with the job description so they can create tailored questions you might expect!

Companies that Hire Summer Interns



Government of Ontario
Summer Employment Opportunities (SEO)
Program - Student Jobs



Workplace Safety and Insurance Board
Summer Student Programs



City of York Region
Summer Student Program



Toronto District School Board (TDSB)
Summer Student - Central Administration



Bank of Montreal (BMO)
Investment and Corporate Banking Internships



Bombardier
Bombardier Internship Program



Nokia
Student & Graduate Opportunities



Enterprise
Internship Jobs



City of Peel Region
Youth and Student Employment

**Note: this is not an exhaustive list*

Student Testimony



Alex Su

Incoming Corporate HR
Services Summer Student
City of Peel Region
Human Resources
Management Student

When searching for internships, I use platforms like LinkedIn and company websites while also attending networking events hosted by the Business Career Hub (BCH). These events provide insight into a company's culture and allow me to connect with recruiters and industry professionals. I refine my search using keywords like "summer" or "student internship" to explore available opportunities.

What helped me the most was staying updated through weekly emails from my career coordinator, Alysha, which highlight job postings, networking events, and career resources. These emails are sent to all TRSM students and have been useful for career and personal development.

My top advice for students is to always be proactive in their search. Taking a proactive approach has been key in my internship search, allowing me to meet new people and opportunities that align with my interests. The BCH has been a huge help, helping me refine my resume and seek career advice.

Visit the Business Career Hub

Employer Events

Interested in expanding your network and meeting industry professionals? BCH organizes and hosts many industry events - refer to your 'Careers Newsletter' or visit [here](#).

Bootcamps

Advance your technical, earn digital badges, and gain an advantage in today's workforce through Bootcamps. [Click here to register for current bootcamps.](#)

Career Help

For career coaching, interview prep and more, [schedule a 1:1 appointment](#) with a Career Consultant or a Co-op Coordinator.



[TedRogersBCH](#)



[TedRogersBCH](#)



[TRSM Business Career Hub](#)



[Business Career Hub Website](#)



Career Consultant Contributor Tania Rasie

Tania is a Career Consultant and a graduate of the Ted Rogers Co-op program. She has experience in campus and early talent recruitment within the IT industry. She aims to assist students in uncovering their career passions while leveraging their unique strengths.



Student Contributor Zita Huang

Zita is a Law and Business Student currently working as a Project Coordinator at the BCH. Zita is passionate about the Law and Business program, and has an interest in Human Resources. She is also the Vice-President of Finance at the Law and Business Student Association.