

# 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.

January 2025

## About the TRSM International Exchange Program

The TRSM exchange program is your ticket to study abroad, earn full credit, and dive into new cultures for a semester or a full year! It's all about building skills like adaptability and independence while boosting your resume with global experience and a worldwide network.

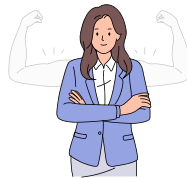
### Why Go Abroad?



Cultural Awareness



Professional Skill Development



Independence and Self-Confidence



Language Skills



Networking

## Our Partnered Universities Across the Globe



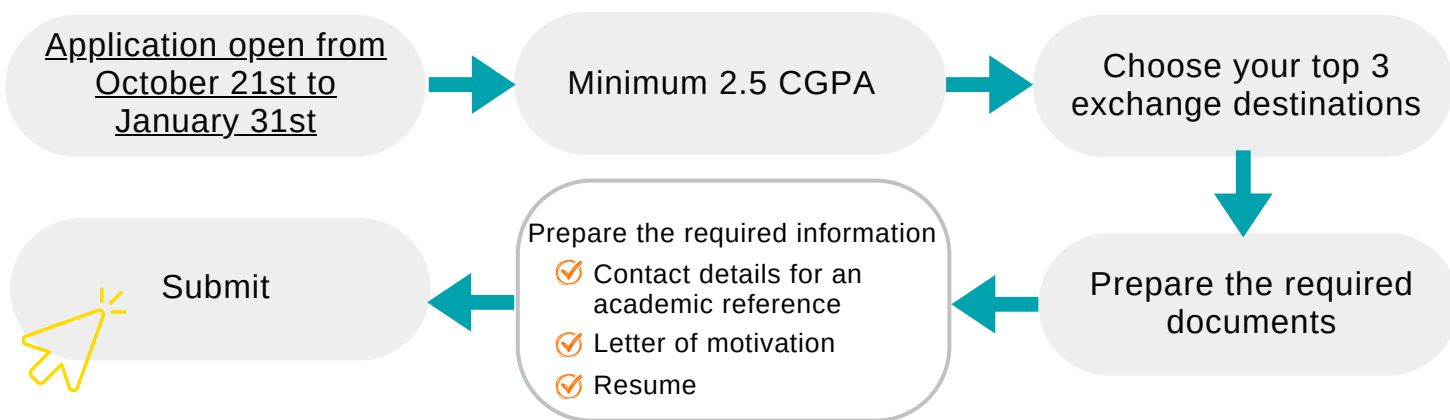
### • TRSM is partnered with leading universities across the globe!

- University of Leeds, England
- Zurich University of Applied Science, Switzerland
- Copenhagen Business School, Denmark
- University of Technology, Sydney, Australia
- Nanyang Technological University, Singapore
- Chung-Ang University, Seoul, South Korea

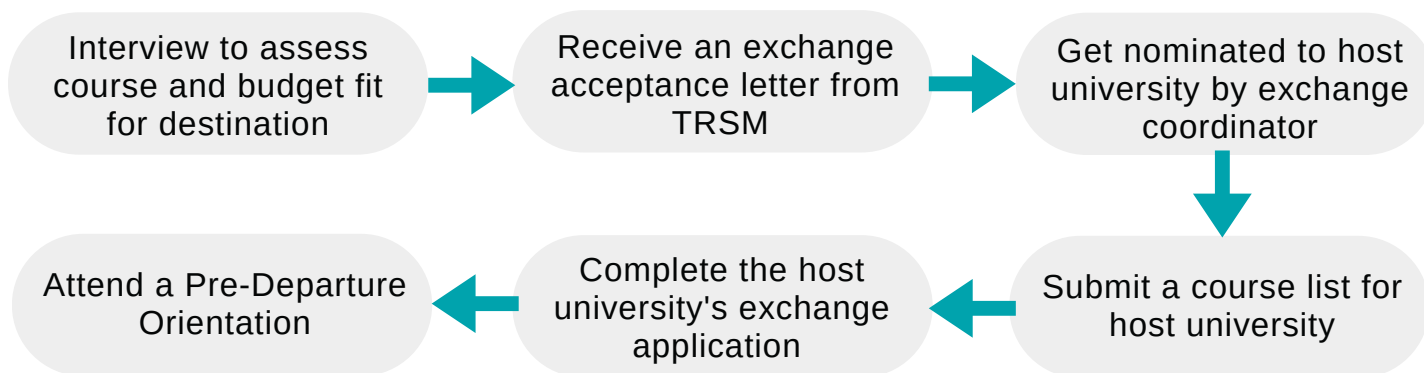
### • Explore the full list here

28 countries with  
50+ partnered  
universities

## Application Process



## Approval Process



## Turning Challenges into Opportunities



### Financial Costs

Apply for scholarships, go for one semester instead of a full year, choose more economical locations, and create a budget to manage expenses. Use tools like [budgeting apps](#) and spreadsheets to track expenses and identify areas to save.

### New Academic Structure

Research your host university's academic culture beforehand and seek support if needed. Adjust to your new schedule gradually. Talk to your host university's advisors and professors so they can best support you.



### Homesickness

Use the time to explore new environments and meet people. Talk to local students and other exchange students, become friends, and explore the new environment together.

### Balancing Fun with Academics

Plan your schedule, stay accountable with a study buddy, and travel while managing academic responsibilities.



# Post Exchange: Utilizing the Transferable Skills from Exchange

## In Your Job Application

- ✓ Tailor your application with the STAR method
- ✓ Emphasize the key words
- ✓ Demonstrate your skills
- ✓ Show the results

## Transferable Professional Skills Sought by Employers

Communication	Problem Solving	Time Management
Analytical	Organization	Adaptability
Responsibility	Collaboration	Understanding

## Example: In Your Cover Letter

**Time Management and Adaptability:** During my time as the VP of Corporate Relations for [Student Group Name], I was on an exchange program in London, UK. Despite being in a different time zone and managing academic responsibilities abroad, I successfully exceeded my targets by securing sponsorships for three major events. My role was to identify potential sponsors, communicate our goals, and secure funding within tight deadlines. I leveraged virtual communication tools to connect with companies across different time zones, tailored sponsorship proposals to align with their values, and maintained consistent follow-ups despite time constraints. As a result, I secured sponsorships exceeding the initial target, contributing to the success of the events.



## Meet an Exchange Student



**MARIA FINKELSON**

5th Year

Major: REM Minor: FIN



I spent my winter semester studying abroad at L'Université Paris Dauphine, in Paris, France. The experience was exhilarating, and was a starting point for me in the growth of my personal **independence**. Moving abroad taught me; how to start from scratch in a new environment, make fresh connections with nothing existing to rely on, and let go of the fears that hold you back from doing something big! The experience helped me grow personally and professionally – instilling a newfound sense of **confidence** in me. Not only does it make for an amazing conversation starter, but it signals to potential employers that you are **driven, self-sufficient, adaptable**, and interesting! Doing something evolutionary for your personal growth helps to shape your overall person, leaving you better equipped to handle large changes, new positions, and anything else life may throw your way.

## Meet an Exchange Student



**CHAADANA BRABAHARAN**

5th Year  
Major: LAW



I had the unique opportunity to immerse myself in a new culture while studying at SKEMA Business School in the South of France, during my exchange in Winter 2024. Navigating academic challenges in a foreign language sharpened my **problem-solving** abilities while giving me the chance to put my French speaking skills to the test. The exposure to international perspectives and working in diverse teams also improved my **cross-cultural communication**, which has been invaluable in interviews and networking. Since returning, I've noticed a significant boost in my **confidence** and **leadership skills**, especially in my current role as a policy intern, where I am able to apply a global perspective. The exchange program not only deepened my academic knowledge but also prepared me to excel in a dynamic professional world.



### Did you know?

- You will not be paying international tuition fees; you only need to pay TMU tuition fees.
- Ontario students can receive OSAP while on exchange for financial costs such as tuition fees, books and basic living expenses.
- Participating in an exchange will not impact your CGPA; your grades will be recorded as either pass or fail.
- With effective academic planning, partaking in the exchange program will not delay your graduation.
- All courses abroad are taught in English, even in a non-English speaking country.
- You can go on academic exchange more than once.



Want learn more about international exchange?



**Book a 1-on-1 appointment with the exchange coordinator**



**International Exchange Partner Universities**



**TRSM International Exchange Program**



**Financial Planning for Exchange**



**OSAP While Going on Exchange**



**Award Spring**



**Safety Abroad**

## Learn More for Free



### Hub Insight Reports

Check out our Hub Insight Reports for preparing [Resumes](#), [Cover Letters](#), and even [Interview Prep](#). Or check out how AI can help you with your [Resume](#) bullet points.



### Getting Hired Abroad

Are you considering working abroad in the future? Participating in an exchange program is an excellent way to experience a new country. However, if your goal is to secure a job overseas, be sure to explore our Hub Insight on [Getting Hired Abroad](#) for valuable tips.

## 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/Prep Programs

Microsoft Excel - Financial Modeling - VBA - Tableau - PowerBI - Ace This Case  
Capital Markets - R - Python  
[Click here to register for current bootcamps.](#)

### Career Coaching

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](#)



### Co-op Coordinator 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 Shirley Yee Fong

Shirley is a current 4th year Co-op student majoring in Global Business Management and minoring in Finance. She went on a semester exchange to Shanghai, China for personal and professional development. She is now working at the Business Career Hub as a Co-op Program Assistant in her Co-op term.