

# INSIGHTS

## A LETTER OF GRATITUDE

By Emily Chu (Oakville, Ontario)

### DEAR MENTOR, TEACHER, AND COORDINATOR,

Please accept this letter as a thank you for enrolling and supporting me for my placement in the On-Line Research Summer Co-Op at the Foundation for Student Science and Technology. It has been an incredible month and I want to express my gratitude to you and the foundation for allowing me to pursue such an opportunity.

I have learned many skills while on the job during my placement. First and foremost, I have become an exponentially better researcher and analyzer. It was through all of the readings and research I had to conduct that I became much better at reading articles, pulling important ideas and concepts from them, and relating them to real life. I was also able to improve my independent work skills as I was tasked with managing myself and my responsibilities alone, and that pressure forced me to work and manage my time effectively. There were also many things I enjoyed while working at this placement. My favourite thing was formulating my own research proposal; the entire process really helped me find out what I was passionate about. It was through all these lengthy readings that I could pick and choose what topics I wanted to research further, and NGOs and women's rights were my top two choices. I have always been someone that had been good at everything but never amazing at one thing, so to be able to find out a few things that really interested me and things I wanted to keep talking about was really an awesome growing experience for me as a person.

It is hard to believe that my experience at this placement will not be continuing for another month. This experience has made this summer my most valuable yet, and I wish to express how grateful I am for being presented with this opportunity. Not only did this placement allow me to hone skills that will be extremely valuable in my final year of high school and university, but it also allowed me a chance to reflect and figure out what I want to do with my life. As with every teenager, career choices at this age change every day, but this placement has made them much clearer and put them into perspective for me. Once again I

would like to thank everyone involved for creating a great environment to work in. Thank you to my mentor who provided me with some great material and topic choices that fit well with me, and thank you to the co-op coordinator and my co-op teacher for being so helpful and responsive with any of my questions. It has been a summer I will never forget.

Thank you so much,

Emily Chu

## RESEARCH CO-OP PROGRAM STUDENT TESTIMONIALS

By Fatma Sheikh and  
Melanie Manning (Oakville, Ontario)

The Online Research Co-op Program has been an amazing opportunity allowing me to develop a number of skills that will help me in my future studies. I initially enrolled in the program in order to fulfill the requirements of my SHSM, however the experiences and skills I have learned are far more than I imagined. I spent the month researching Biomechanics & Physiology, Spine & Spinal Musculature, and Injury & Rehabilitation under the guidance of Dr. Stephen Brown.

Through reading a variety of papers and studies, I was able to develop skills to further my understanding of inquiry-based research. In addition, I was able to develop skills like statistical and data analysis and professional communication. Each week was an amazing journey, in this research co-op there is so much to be learned. If I am being honest, every skill I learned could be used in my future endeavours. I want to be at the forefront of medical research and this co-op was just a stepping-stone into what I want to do for the rest of my life. This co-op allowed me to experience the field and more importantly understand more about the field.

I would recommend this program to high schools students who are motivated, academically driven and are eager to learn. If you are in class learning about a topic, and you think "I really want to learn more about that," then I would 100% recommend this program. You get to work one on one with a