

May 1, 2015

Hello new interns,

Welcome to Forest Valley! Congratulations for getting this job and getting through all the cover letter writing, resume editing and the interviews. Your time at Forest Valley will be a great experience but the time will fly by quickly! Here are a few tip and tricks from one set of interns to the next ☺.

First, start your projects early! With only two months, your project time will be very valuable. Your project can be on anything that interests you so go big with it and make it a contribution you are proud of.

Also, the specialists at Forest Valley are all very supportive and knowledgeable. Take time to get to know them, ask questions and learn lots. You will be working with all of them at some point and though they all have different teaching styles, they all run an awesome program! It will take time to get used to each of their styles but pay attention to what they do and you will pick it up quickly. We found it helpful to take pictures of the set up and the white boards. That way you can replicate them the next time you do that program.

The Valley' can be a tricky place to get to know but the specialists will help you learn everything quickly. At first it might seem overwhelming but that's okay! There are so many resources for programs and your projects so ask around and use them to your advantage.

The best part of this job is that while it is work, its supposed to be fun! So don't forget to have fun!

We wish you all the best with this co-op term; you are going to rock it ☺

Kyra and Gloire  
Winter 2015 Interns