These assignments may be published on the School of Exercise Science, Physical & Health Education and/or UVic Cooperative Education and Career Services web sites. (see: http://www.uvic.ca/education/exercise/ and http://www.uvic.ca/coopandcareer).

Regardless of which assignment you complete, students must attend the Poster Presentation seminar!

- **Option #1: Poster**: As per prior work terms, **complete a poster and present** during our Poster Presentations at the beginning of each term

- **Option #2: Article & Photo**: Submit a brief written article & photo for the School of Exercise Science, Physical & Health Education Online Learning Community. Article should be approximately 500 words (2 pages) and include a photo (jpeg) of yourself in the workplace.

- **Option #3: Video**: Submit a brief video for the School of Exercise Science, Physical & Health Education Online Learning Community. Video should be approximately 120-180 seconds in length – similar to a video / movie trailer.

**What to include:**
Your poster, article & photo, or video should include:
1. Describe the agency you worked for; their purpose, goal and objectives
2. Their target population; programs/services offered
3. An overview of what you did / what was your contribution
4. Your learning and how these relates to your studies
5. Unexpected experiences / outcomes
6. How this experience has influenced or shaped your future goals

**Option #1: Poster** – see detailed help at:

Select: 1. Poster presentation
2. Poster Instructions
Option #2: Article and Photograph

Write an article regarding your experiences and share a photo of yourself in the workplace.

1. **Article:** See ‘what to include’ above. Your article should be approximately 500-700 words. Submit to the EPHE Coop office as a **Word** file.

2. **Photograph:** Showcase YOURSELF in the workplace and the work you have done for an agency. Provide references for your graphic(s) and submit these as a separate **JPEG** file.

3. **Complete and sign an EPHE Media Release form.** If other people who can be recognized in your photo, they must also complete a Media Release form. Please contact the EPHE Co-op Program for a copy of this document.

Submit your photo and article one week prior to the poster presentation date so that it can be showcased upon your return to campus.

Option #3: Video

Develop a short video outlining your co-operative education experiences.

1. **Produce a 2-5 minute video** that represents your co-op learning experience. See ‘what to include’ above). Ensure your video has a title and credits.

2. **Provide a short written description** (2 pages) including:
   a. information about the organization;
   b. your role;
   c. why you chose to produce a video;
   d. how developing a video has been helpful.

3. **Complete and sign a Media Release form.** If other people who can be recognized in your photo, they must also complete a Media Release form. Please contact the EPHE Co-op Program for this document.

Submit your video one week prior to the poster presentation date so that it can be showcased upon your return to campus.

**Help is available – Producing a short video:**

- Video tips, UVic Research Reels: [https://www.uvic.ca/info/researchreels/](https://www.uvic.ca/info/researchreels/)
- How to make a short video: [http://www.youtube.com/watch?v=UCBcjZCaeEw](http://www.youtube.com/watch?v=UCBcjZCaeEw)
- Video School: How to make a video: [https://vimeo.com/blog/category/video-school](https://vimeo.com/blog/category/video-school)
- BBC - Make a One Minute Video: [http://www.bbc.co.uk/films/oneminutemovies/howto/](http://www.bbc.co.uk/films/oneminutemovies/howto/)
- WikiHow – How to Make a Short Film: [http://www.wikihow.com/Make-a-Short-Film](http://www.wikihow.com/Make-a-Short-Film)