



Sara Hodson School of Kinesiology Co-op Student of the Year Award

A \$1,000 award is offered by alumna, Sara Hodson, Founder & President of Live Well Exercise Clinic and a leader in advocating for physician prescribed exercise by designing supervised clinical exercise programs that specialize in prevention, obesity, diabetes, and heart disease, for a student in the School of Kinesiology's Co-op Program. This award recognizes outstanding achievement in all aspects of the co-op student's performance, including academics, the workplace, and professional/community involvement. The award will be given by the UBC School of Kinesiology Co-op Coordinator through adjunction with the Sara Hodson Kinesiology Co-op Student Award Advisory Committee, composed of employers, faculty, KIN co-op alumni and Co-op staff representation. This award is for work terms completed during Winter 2016 (W16), Summer 2016 (S16), or Fall 2016 (F16). In addition, the Sara Hodson Kinesiology Co-op Student of the Year Award recipient will be nominated for the CAFCE (Canadian Association for Cooperative Education) and ACE (Association of Cooperative Education, BC & Yukon) Student of the Year Awards which are national and provincial competitions.

Selection Criteria

The Sara Hodson Kinesiology Co-op Student of the Year Award Committee uses the criteria below to evaluate candidates. Nominees are scored on a scale of 100 points; the value of each criterion is indicated in brackets. The committee is seeking well-rounded candidates with accomplishments in:

Academic Achievement (15 points):

- Cumulative grade point average; student maintains or exceeds the minimum 70% GPA
- Recipient of scholarships, awards, or bursaries related to current degree program (please indicate any achievements on your resume)

Job Achievement / Employer evaluation (30 points):

- Student nominees should select one co-op employer representative to complete the Kinesiology Co-op Student of the Year Award Employer Nomination form. Alternately, the employer may choose to nominate their co-op student for the award. In either case, the representative should be an employer the student worked for during Winter 2016 (W16), Summer 2016 (S16), or Fall 2016 (F16).
- The employer representative is to complete the [Sara Hodson Kinesiology Co-op Student of the Year Award Employer Nomination Form](#).
- In addition, the employer completes a recommendation letter. Questions to be answered in the recommendation letter are noted in detail on the Employer Nomination form.
- The letter should be signed, on company letterhead, 2-page max., 1 inch margins, 10 point font
- Employer submits the signed Employer Nomination form and recommendation letter to the student, and the student submits these documents as part of their application package.



Student's Personal Statement (15 points):

- One personal statement in the form of a short essay (2 pages max/single-sided, 1 inch margins, 10 pt. font min., standard business letter format) describing how co-operative education has enhanced your career and personal development, and academic experience.
- Please use specific examples where possible.
- Comments need to be limited to experience from the specific work terms for this award – W16/S16/F16.

Contribution to Co-op Education (15 points):

On your resume, please indicate your contributions to the Kinesiology Co-op Program and/or co-operative education generally. Examples could include:

- Active in Kinesiology Co-op Student Advisory Council (K-CSAC)
- Acted as an ambassador by engaging in public presentations for the Program during student recruitment information sessions or other co-op office organized events
- Activities within the academic year of the nomination will be the focus during evaluation
- Where possible, awards, certificates of achievement, or letters of recognition should be included in the portfolio

Contribution to extra-curricular activities at school and/or community (10 points):

On your resume, please indicate your extra-curricular activities at UBC or in the community:

- Activities within the academic year of the nomination will be the focus during evaluation

Resume (10 points):

- Up-to-date with co-op work terms indicated
- Includes other employment, education/academic achievements, extra-curricular activities, contribution to co-op education activities

Evaluator Assessment (5 points):

- Evaluator's assessment and recognition of intangible qualities of nominee

Nomination Process

Either the co-op student him/herself or the student's employer may initiate this process. In either case, the student is responsible for gathering and submitting the documents required for this nomination.

Evaluation Process

The Sara Hodson Kinesiology Co-op Student of the Year Award Advisory Committee will meet in December to review all nomination submissions and decide on the year's recipient.



The adjudication committee will be composed of employer, faculty, and co-op staff representatives. The award recipient will be announced in January, and will be featured in the Kinesiology Co-op Newsletter, and other School of Kinesiology or UBC related communication materials. The award winner will automatically be nominated for the CAFCE & ACE Co-op of the Year Awards in late January.

Nomination Package

Nomination packages **must include the following items, sent in electronic format (1 PDF or ZIP file)** in the following order:

1. Student's personal statement with signature
2. Completed Sara Hodson Kinesiology Co-op Student of the Year Award Employer Nomination form
3. Employer recommendation letter written on the organization's letterhead, signed by the Co-op employer
4. Student's current academic transcript (unofficial copy from SSC is suitable)
5. Student's updated resume (2-pages max.)
6. Relevant work/volunteer/extra-curricular/academic samples during W16/S16/F16, along with a table of contents for the samples indicating the title of the piece, context, and why you've included it. Please limit to 4-6 pieces max. You may include any items you feel will give the selection committee a better idea of who you are as a person or highlight skills you've developed. Examples may include photocopies of work created during your co-op work term(s), newspaper and magazine articles, previous letters of recommendation, or academic/published work. Awards and citations are to be listed in your resume.

Note: Only complete packages that meet the guidelines will be forwarded to the selection committee.

Application Deadline

The application deadline for the 2016 nomination year is **Friday November 25, 2016 at 4:00PM**, submitted to **kin.coop@ubc.ca**