The CO-OP experience that I’ve been involved with this semester is working with at the company North Eastern Services (NES). At NES, employees help children and adults with disabilities. I did this experience because I desired to form relationships with individuals and make a meaningful impact on their lives. I got exactly what I wanted out of the experience and more. In the process of working at NES I have built incredible relationships and have become more patient and compassionate. Instead of dreading work, I look forward to spending time with my clients. They show excitement each time I arrive at work. A lot of satisfaction comes by helping them with their physical and emotional needs.

Why do this type of Experience?
It’s a great job for college students as it is flexible and can be done in the evenings to accommodate for classes during the day. Employees have a lot of opportunity for positive change in the clients lives which makes work a satisfactory experience.

Daily Tasks
What is done each day can vary, but this is some of the daily tasks at NES.

1. Cook and prepare meals, do laundry and help clients put their clothes away, administer/document medications at specific scheduled times,
2. Encourage clients to fulfill personal hygiene and help as needed.
3. Help clients to reach their goals. Provide them with physical and emotional support.
4. Lastly, be fun and creative- help clients engage in meaningful activities throughout the day.

Meaningful Activities
Supervision is implemented at this job, but trust is placed upon employees to take care of clients and make their lives meaningful.

Spending time outdoors
At the beginning of the COVID-19 pandemic, just like the rest of the world, clients had to stay in quarantine. It was detrimental to the emotional health of the clients I work with. After some restrictions were lifted, it was made a priority to spend time outdoors with clients. Several shifts are spent with clients going up Logan Canyon and exploring nature. Photos in (Figure 1 + 2), show some highlights of these moments.

Figure 1

Logan Canyon, Right+Left (Clients), Center (Me, Student)

Figure 2

Logan Canyon, client smiling and enjoying the fall leaves.

Logan Canyon, client smiling and enjoying the fall leaves.

Accomplishment: I feel a sense of accomplishment when I’m making an impact in someone’s life each time I work.

Joy: This job has given me more joy than any job that I’ve had. It doesn’t feel like work to me, it feels like a chance to spend time with my clients who I have a personal relationship with.