

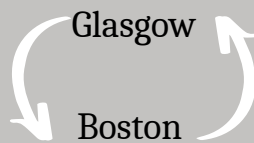
How I Transitioned my Global Experience to a Remote Co-op

My journey as a Global Co-op Ambassador started in July 2019 when I left Glasgow, Scotland, where I study Business & Management and moved to Boston for a year.

Even though I have never done anything like this before the transition happened very smoothly. I was very lucky to find a co-op position at a university as I had access to all university facilities, activities, and guidance, which added towards my overall experience. Additionally, as I was surrounded by people of my age from all over the globe, it was very easy for me to fit in and make friends.

Exposing yourself to any industry for the first time can seem intimidating but its very rewarding. Its amazing how big of a difference there is between the concepts learned in a lecture hall and studied for exams and getting to put it all into practice at a workplace.

Moreover, I was able to learn a lot about how employees deal with their everyday tasks and challenges. During my co-op, I also have had to work during one of the most challenging times for a workplace, COVID-19, which has surely been a unique learning experience. During this uncertain period, the biggest challenge that I had to face was at the start of the pandemic, when I had to move back to Glasgow. This change led to a transition towards doing a remote co-op, which involved some new challenges and adventures.



Fortunately, working remotely has not been as tough as I thought it would be. Luckily, every aspect of my job can be done remotely so I'm very glad that I am able to continue with this experience. Of course, there are things that I'm missing from working in person like holding my classes and meeting new students every week. But I'm really happy to say that I've just started my classes virtually through zoom and you can find out all about them on the Nucareers calendar. They are called Global Careers and they are available every Thursday from 1:00-2:00pm. My office has been working really hard to find new and innovative ways to keep our services up to date. We just held the first virtual career fair which was a huge success and I'm also designing a presentation for the online co-op fair for the fall. It is very interesting seeing how creative I can be by working on finding new ways to connect with students and my colleagues virtually. There are a lot of things I had to get used to during the transition to working remotely. My office was next to my supervisor's and the rest of my colleagues were in the same building, so it was much easier to connect and check in with them. Now I have virtual check-ins with my supervisor through Microsoft teams to discuss new tasks and approve the rest of my work. All the meetings with colleagues - that would have been done in person - are now done through Microsoft teams and zoom when needed.



After some time working remotely, what is helping me the most to maintain a healthy remote work life, is planning my day and doing everything in the same manner as if I was there. I always start my day by choosing my clothes accordingly to the meetings I will be having on that day. To have a good working environment, I have set up my working area on my desk. This leaves the rest of the house as a work-free space, so I can disconnect from my tasks and responsibilities when I'm away from it. As I currently live in the UK I need to coordinate my working hours accordingly with my work schedule in Boston. I work from 1:30 pm to 9:30pm UK time, so I ensure that every morning I wake up around 9:00 am to have some time to enjoy the day light while taking care of other daily activities. Finally, after some time working from home, I think it is very important to keep in touch with your colleagues. Because of this, currently I have a short call once per week for a brief catch up on life outside of work with them. However, each of you may have a different method to have a good working experience on site or remotely, just go with whatever works best for you. I hope that hearing about my experience provides some inspiration and motivation to anyone starting their new journey.

*Do you want to hear more about my experience? Feel free to contact me
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