Work-integrated learning (WIL) options planner

Compare the WIL options in your program, from co-op and internships to placements and project courses, and plan which terms, credits and applications they need.

NAME

DATE

PROGRAM AND SCHOOL

WIL OR CO-OP OFFICE CONTACT

YEAR I COULD START

MY GOAL (EXPERIENCE, FIELD, CREDIT)

MY OPTIONS

WIL type	Offered in my program?	Paid or for credit?	Which term(s)	Apply by	Notes
Co-op work terms					
Internship					
Practicum or clinical placement					
Field placement					
Applied research project					
Community service learning					

QUESTIONS TO ASK

What does each option add to my program length or fees?

Which option fits my study permit or work rules? (check IRCC's own pages)

Who do I ask, and by when?

Which WIL types a program offers, and its rules, come from the school. Work rules for international students are on IRCC's pages; this sheet gives no immigration advice.

SOURCES (CHECKED 2026-11-27)

CEWIL Canada runs a training program for Canadian post-secondary staff and faculty who work in work-integrated learning (WIL). https://cewilcanada.ca/ (checked 2026-11-27)
The federal Post-Secondary Co-op/Internship Program is for students registered in a co-op or internship program on the government's list of validated institutions and programs. https://www.canada.ca/en/public-service-commission/jobs/services/recruitment/students/coop-internship.html (checked 2026-11-27)
Check current IRCC rules on working while you study on the official page.
https://www.canada.ca/en/immigration-refugees-citizenship/services/study-canada/work/work-off-campus.html (checked 2026-11-26)