YOUR CAREER JOURNEY
YOUR FUTURE, YORK FUTURES  york.ac.uk/york-futures

FIRST YEAR
Get involved. Be open to possibilities and find out what motivates you.

AUTUMN TERM

1. Activate your profile in Handshake for job and event alerts

2. Join clubs and societies from Wk 1

3. Search Handshake for part-time jobs and term-time internships

4. Stay supported - use the University’s Health and wellbeing resources

5. Apply in December to study abroad
6. Look out for volunteering opportunities Wks 1-5 each term

7. Dip into virtual and physical employer events

8. Find your strengths with the York Strengths programme

9. Access careers sessions: Career options and next steps

SPRING TERM

10. Start a CV and LinkedIn profile

11. Get work or volunteering experience this summer

SUMMER TERM

By the end of your first year you’ll

- Have activated your Handshake account to access career events, appointments and job opportunities. **How to do it: york.joinhandshake.co.uk**
- Have started to gain experiences through volunteering, internships, enterprise or student committees. **How to do it: york.ac.uk/careers/work and yusu.org**
- Have accessed virtual sessions to help manage your career development. **How to do it: york.ac.uk/careers/events**
- Have completed York Strengths to build self awareness and plan your next steps. **How to do it: york.ac.uk/york-strengths**
- Have reviewed your CV through CareerSet. **How to do it: york.ac.uk/careers/applications**
SECOND YEAR

Explore different employers and sectors of work.
Use what you know about yourself to gain relevant work experience.

AUTUMN TERM

1. Access careers sessions: Experience for your CV

2. Build work experience through University volunteering and enterprise

3. You may be eligible for a York Futures Scholarship to support your activities

4. Careers Fairs Wk 3 - Internships + Placements

5. Book an appointment with Careers staff to talk through your next steps

6. Virtual Global Opportunities Fair Wk 6

7. Get involved in student life through YUSU

8. Register for the Placement Year by 20 January 2023
SPRING TERM

9. Apply for a volunteering project Wks 1-5 each term

10. Listen to the podcast, *What Do You Actually Do?!*, to find out what different careers are actually like

11. Job Sector Q&A Wk 7

12. Early bird applications for York Award

SUMMER TERM

13. Explore virtual and in-person internships

14. Update your CV to apply for summer work experience

By the end of your second / penultimate year you’ll

- Have completed your Handshake profile to connect with employers. [How to do it: york.joinhandshake.co.uk](http://york.joinhandshake.co.uk)
- Have accessed virtual sessions to help manage your career development. [How to do it: york.ac.uk/careers/events](http://york.ac.uk/careers/events)
- Have sought more work experience through internships, volunteering, enterprise and placement year. [How to do it: york.ac.uk/careers/work and york.ac.uk/placementyear](http://york.ac.uk/careers/work and york.ac.uk/placementyear)
- Have practised your interview technique through Shortlist.Me. [How to do it: york.ac.uk/careers/applications](http://york.ac.uk/careers/applications)
- Have updated and tailored your CV through CareerSet. [How to do it: careerset.io/york](http://careerset.io/york)
FINAL YEAR
Make the most of the support and resources available. Make good quality applications for graduate work or further study.

Placement Year / Year Abroad

AUTUMN TERM

1. Access careers sessions: Finding and applying for jobs

2. Market yourself through your CV, LinkedIn and Handshake

3. Apply for graduate jobs and post-grad study

4. Careers Fairs Wk 3

5. Assessment Centre event Wk 5

SPRING TERM

6. Use the tools and support of Careers and Placements
7. Get a mentor from York Profiles & Mentors

8. Launch your own business?

9. Apply for York Award from Wk 2

SUMMER TERM

10. Book an appointment with Careers staff if you need more help

11. Graduate Job Fair Week 9

By the end of your final year you’ll

- Have applied for the York Award. How to do it: york.ac.uk/york-award
- Have a clear sense of direction for life after graduation. How to do it: york.ac.uk/careers/advice
- Have an understanding of recruitment processes and how to succeed at each stage. How to do it: york.ac.uk/careers/jobtoolkit
- Have utilised your Handshake profile to apply for graduate jobs. How to do it: york.joinhandshake.co.uk
- Feel positive about the future as a York graduate. How to do it: york.ac.uk/careers/profiles

Continued support from Careers and Placements