Careers help and advice for graduates

We have a lifelong commitment to our graduates, which means you can still use Careers even after you've graduated from the University of York, whether you stay in York or move elsewhere.

Information and resources
As a graduate, you can use most of our online resources at www.york.ac.uk/careers, including information on career planning and self-assessment; CV/application forms, interview techniques and aptitude tests; job sector information and postgraduate study and training. If you are in York, you can use the reference books and takeaway materials in Careers, and talk to our information staff for advice on where to start or what to do next. We can help whether you know what you want to do and just need some help to get there, or need to explore what careers are open to you.

Careers advice / support with CVs, application forms and interviews
Access to support from the Careers team is open to any University of York graduate (for life) and to graduates of other universities (for up to three years after graduation). Graduates of York St. John should use their careers service, unless they are also University of York graduates. (But please note that the level of service we are able to provide is dependent on demand from current students, who have priority.)

You can access the email advice and information service, vacancy database and appointment booking system on Careers Gateway, www.york.ac.uk/careers/gateway. If you graduated before September 2011, you will need to register as a graduate on Careers Gateway; more recent graduates should automatically be able to use this system after graduation. For more information about appointments and how to book, please see the web page, www.york.ac.uk/careers/advice.

Graduate Vacancies and Internships
Vacancies advertised on Careers Gateway can be searched by job sector and location. www.york.ac.uk/careers/gateway. For more job search websites use the information sheet, Finding graduate job vacancies, which can be accessed from www.york.ac.uk/careers/infosheets
Some graduate internships are advertised on Careers Gateway. Step advertises graduate placements and internships, www.step.org.uk. Graduate Talent Pool matches graduates to internship opportunities with a wider range of employers – and allows for a regional search of internship opportunities. Find out more at http://graduatetalentpool.direct.gov.uk.
Note: some internships offered may be unpaid. Before starting an internship you should be clear about the length of the internship, pay and conditions, what you will be expected to do, and what you will gain from the experience.

Other sources of help

Advice and Guidance

1. From Higher education institutions University of York graduates may be able to receive limited careers support at higher education institutions in other parts of the country. Graduates of other universities can generally use the Careers Service at their own institution for up to at least three years after graduation.
2. National Careers Service (https://nationalcareersservice.direct.gov.uk/) is the national information and advice service which can direct graduates to possible sources of help and information, Tel 0800 100 900
3. The Graduate Prospects website (www.prospects.ac.uk) holds a huge range of careers information including occupational profiles; CV writing, applications and interviews; job vacancies, etc.
4. Professional support contacts are available via www.lifecoach-directory.org.uk/
5. If you are a York graduate visit www.yorkspace.net to access the alumni network.
International information
Individual countries may provide careers support for students who return home. If you previously studied an undergraduate degree in your home country you may be able to access your home university careers service. You can find more information at www.york.ac.uk/careers/international, in the Returning home section.

Money matters
When you have completed or are leaving a course, if you have not found work you can register with Universal Jobmatch on the Government website, to look for full or part-time jobs in the UK and abroad. To find out about how to register visit www.gov.uk and click on the Working, jobs and pensions link.

You may claim Jobseeker’s Allowance (JSA) while you look for work. For information on JSA, eligibility and how to claim, see www.gov.uk/jobseekers-allowance/overview. While you are receiving benefit, you will usually get National Insurance credits automatically; these help you qualify for certain contributory benefits, such as basic state pension. If you are unemployed and not receiving benefits, you may choose to pay voluntary National Insurance contributions, currently £14.10 a week (Class 3 contributions, 2015) https://www.gov.uk/voluntary-national-insurance-contributions/why-pay-voluntary-contributions.

Keep up to date with relevant activities, news and support via our Alumni web page, www.york.ac.uk/careers/alumni and www.yorkspace.net.

Please note: The websites listed here are not intended to represent a comprehensive list. Careers cannot be held responsible for the content of external websites.