**YOUR CAREER JOURNEY**

**YOUR FUTURE, YORK FUTURES**

**FIRST YEAR**

Be open to possibilities and find out what motivates you

- **AUTUMN TERM**
  - Activate your profile in Handshake for job and event alerts
  - Search Handshake for part-time jobs and term-time internships
  - Join clubs and societies from Week 1
  - Stay supported - use Togetherall and University wellbeing resources

- **SPRING TERM**
  - Apply in December to study abroad

- **SUMMER TERM**
  - Fully accessible version available online at york.ac.uk/york-futures
  - Dip into virtual and physical employer events
  - Look out for volunteering opportunities each term
  - Find your strengths with the York Strengths programme

- **SECOND YEAR**
  - Virtual session: Career options and next steps
  - Get work or volunteering experience this summer
  - Start a CV and LinkedIn profile

By the end of your first year you’ll

- Have activated your Handshake account to access career events, appointments and job opportunities.
- Have started to gain experiences through volunteering, internships, enterprise or student committees.
- Have accessed virtual sessions to help manage your career development.
- Have completed York Strengths to build self-awareness and plan your next steps.
- Have reviewed your CV through CareerSet.

How to do it

- york.joinhandshake.co.uk
- york.ac.uk/careers/work
- yusu.org
- york.ac.uk/careers/events
- york.ac.uk/york-strengths
- york.ac.uk/careers/applications