FIRST YEAR

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

SUMMER TERM

1. Start or update your CV

2. Explore volunteering and work experience opportunities in your local community and online

3. Listen to our podcast, What Do You Actually Do? to find out what different careers are actually like

4. Dip into virtual employer events

5. Stay supported – Use the Big White Wall and University wellbeing resources
6. Attend the virtual work experience events, Week 7

7. Complete York Strengths Online from Week 7

8. Create a LinkedIn profile and start to network online

VACATION

1. Rest! Remember to take some time out to recover from this strange term

2. Explore volunteering and work experience opportunities in your local community and online

3. Research changes to internships, placements and sectors for Autumn 2020

By the end of your first year you’ll

Have met people and gained confidence through involvement with clubs, societies and college activities. How to do it: visit yusu.org and york.ac.uk/colleges

Have started to gain experience through volunteering, internships or enterprise. How to do it: york.ac.uk/careers/work

Have completed the York Strengths Programme and developed a better understanding of your personal strengths and motivations. How to do it: york.ac.uk/york-strengths

Have reviewed your CV through the online CV checker. How to do it: york.ac.uk/careers/applications
SECOND (PENULTIMATE) YEAR

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

SUMMER TERM

1. Virtual summer internships open

2. Start or update your CV

3. Research changes to internships and recruitment

4. Dip into virtual employer events

5. Listen to our podcast, What Do You Actually Do? to find out what different careers are actually like

6. Stay supported – Use the Big White Wall and University wellbeing resources

7. Book a virtual Careers and Placements appointment to talk through your steps

8. Attend the virtual work experience event, Week 7

9. Try York Strengths Online and update your strengths action
plan, from Week 7

10. Create a LinkedIn profile and start to network online

VACATION

1. Rest! Remember to take some time out to recover from this strange term

2. Explore volunteering and work experience opportunities in your local community and online

3. Research changes to online recruitment processes for Autumn 2020 and practise with our resources

By the end of your second year you’ll

Have built more work experience through physical or virtual internships, volunteering, enterprise or study abroad. How to do it: visit york.ac.uk/careers/work and york.ac.uk/globalyou

Have attended Careers events and fairs to understand your options. How to do it: visit york.ac.uk/careers/events and york.ac.uk/careers/options

Have developed a better understanding of your strengths, skills and experience through the York Award. How to do it: visit york.ac.uk/careers/yorkaward

Have updated and tailored your CV. How to do it: visit york.ac.uk/careers/applications
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

SUMMER TERM

1. Research changes to job sectors, roles and recruitment

2. Complete the Next Steps Planner to assess where you might need careers support

3. Stay supported – Use the Big White Wall and University wellbeing resources

4. Dip into virtual employer events

5. Listen to our podcast, What Do You Actually Do? to find out what different careers are actually like

6. Get a mentor from York Profiles and Mentors

7. Try York Strengths Online and update your strengths action plan, from Week 7

8. Attend Summer of 2020 Graduate Options webinar, Week 8
9. Explore launching your own business or freelance

10. Book a virtual careers advice appointment to talk through your next steps

END OF YEAR

1. Rest! Remember to take some time out to recover from this strange term

2. Market yourself! Update your CV and LinkedIn and network online

3. Research changes to online recruitment processes for Autumn 2020 and practise with our resources

Continued support from Careers and Placements

By the end of your final year you’ll

Have gained confidence in what you have to offer an employer or postgraduate course. How to do it: visit york.ac.uk/careers/applications

Have an understanding of recruitment processes and how to succeed in interviews, assessment centres and applications. How to do it: visit york.ac.uk/graduate-jobs

Have a clear sense of direction for life after graduation. How to do it: visit york.ac.uk/ careers/advice and york.ac.uk/finalists

Feel hopeful about the future as a York graduate. How to do it: visit york.ac.uk/ careers/profiles and york.ac.uk/podcast