

Your Career Journey 2022/23

Your Future, York Futures

First year

Autumn term

1. Activate your profile in Handshake for job and event alerts
2. Join clubs and societies from week 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

Spring term

6. Look out for volunteering opportunities weeks 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

Summer term

10. Start a CV and LinkedIn profile
11. Get work or volunteering experience this summer

By the end of your first year you’ll

- Have activated your Handshake account to access careers events, appointments and job opportunities. How to do it: [Handshake](#)
- Have started to gain experiences through volunteering, internships, enterprise or student committees. How to do it: [Finding jobs and volunteering](#)
- Have accessed virtual sessions to help manage your career development. How to do it: [What’s on](#)
- Have completed York Strengths to build self awareness and plan your next steps. How to do it: [York Strengths](#)
- Have reviewed your CV through CareerSet. How to do it: [CVs](#)

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 week 3 – internships and placements
5. Book an appointment with Careers staff to talk through your next steps
6. Global Opportunities Fair week 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 weeks 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 week 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 penultimate year you'll

- Have completed your Handshake profile to connect with employers. How to do it: [Handshake](#)
- Have accessed virtual sessions to help manage your career development. How to do it: [What's on](#)
- Have sought more work experience through internships, volunteering, enterprise and placement year. How to do it: [Finding jobs and volunteering](#)
- Have practised your interview technique through Shortlist.Me. How to do it: [interviews](#)
- Have updated and tailored your CV through CareerSet. How to do it: [CVs](#)

Final year

Make the most of the support and resources available. Make good quality applications for graduate work or further study.

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 postgrad study
4. Careers Fairs week 3
5. Assessment centre event week 5

Spring term

6. Use the tools and support of Careers and Placements
7. Get a mentor from York Profiles and Mentors
8. Launch your own business?
9. Apply for York Award from week 2

Summer term

10. Book an appointment with Careers staff if you need more help
11. Graduate Job Fair week 9

Continued support from Careers and Placements

By the end of your final year you'll

- Have applied for the York Award. How to do it: [York Award](#)
- Have a clear understanding of direction for life after graduation. How to do it: [Talk to us](#)
- Have a clear understanding of recruitment processes and how to succeed at each stage. How to do it: [Job hunting toolkit](#)
- Have utilised your Handshake profile to apply for graduate jobs. How to do it: [Handshake](#)

- Feel positive about the future as a York graduate. How to do it: [York profiles and mentors](#)