



Create Positive
Change With

Human Rights & Equity Studies

Career Map

First Year

- ☐ Get to know the Liberal Arts & Professional Studies, Founders College and your academic adviser.
- ☐ Visit the Career Centre for Career Exploration and Job Search workshops.
- ☐ Talk to your professors about experiential education options within your program of study (e.g. courses, co-op, internships).
- ☐ Join a student group, such as the Free The Children York Chapter – we have more than 300 to choose from on campus.

Second Year

- ☐ Visit the Career Centre to explore your future career options.
- ☐ Gain leadership experience through programs like LeaderShape or Club Peer Mentors.
- ☐ Access academic support, such as writing and research workshops, through the Learning Commons.

Third Year

- ☐ Meet employers and alumni to build your professional network by taking part in special events, such as Career Conversation panels led by the Career Centre.
- ☐ Find a summer or part-time job on the Career Centre Job Board with postings from 6,000+ employers.
- ☐ Get involved with professional associations and organizations like Amnesty International.

Fourth Year

- ☐ Speak to your academic adviser to ensure you have met all of your graduation requirements.
- ☐ Prepare for your job hunt with Career Centre workshops like Resume & Cover Letter Writing, Job Search Strategies and You've Got Skills!.
- ☐ Explore graduate studies through the Graduate and Professional Study Expo.

Driven by Passion

York is here to support you find your passion for positive change. Beyond York's leading programs and experiential education opportunities, we strive to enrich your student experience by preparing you for long-term personal and professional success. Join a supportive, inclusive, and diverse community of changemakers that promote personal growth and well-being.

1 Career-Focused Education

Prepare for a meaningful career and gain the professional skills to work toward a better future through experiential education, co-ops, internships, on-campus work/study, workshops, career fairs, networking opportunities and more.

2 Academic Support

Gain critical knowledge and societal values that foster success with academic supports like learning skills, academic accommodations, library services, the Writing Centre and more.

3 Social & Leadership-Development Programs

Take part in a vibrant social scene with more than 300+ clubs and organizations to enhance your student life and help you develop meaningful experiences.