

# THE YORK PROMISE

York is here to support you throughout your unique university journey. Beyond academic achievement, we strive to enrich your student experience through personal and professional development, as well as ensure your physical and mental well-being.

- (1) CAREER-FOCUSED SERVICES

  Career advising, career fairs and networking
- **ACADEMIC SUPPORT**Learning skills workshops, outstanding libraries, academic accommodations and transition programs to help you every step of the way.

opportunities to hone your professional edge.

3 SOCIAL & LEADERSHIP
DEVELOPMENT PROGRAMS
A vibrant social scene with more than 300 clubs

and organizations to enhance your student life, and help you develop soft skills you can bring to the table in your future career.

### 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 Founders College 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 the Canadian Urban Institute.

# 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.

