

**FRESHMAN YEAR-**  
**Explore**

- Access Cardinal Careers account
- Attend a CC Orientation
- Join a student club
- Volunteer to acquire work experience / get a summer job at end of 1st year
- Conduct a Focus2Careers self-assessment

**SOPHOMORE YEAR-**  
**Connect**

- Meet with a career counselor to create a 4-year plan
- Conduct informational interviews to learn about a career field
- Select a major & find a mentor
- Research companies to learn more about your career choice
- Attend Cardinal Career workshops & apply to internships

**JUNIOR YEAR-**  
**Experience**

- Participate in a leadership program to apply classroom knowledge and gain skills
- Compare your resume to a job description to assess your marketability
- Engage in mock interviews
- Apply for federal career programs (apprenticeships, internships, etc., for juniors only)- applications & security checks take months to complete

**SENIOR YEAR-**  
**Implement**

- Develop a job search campaign
- Attend job fairs and network with professionals
- Stay in communication with Career Services
- Refine your resume and cover letter to prepare for interviews
- Fall senior year: Apply for graduate and professional school exams
- Plug into York's Alumni Association to network for professional opportunities