



I'm done with my undergrad..now what?



Students who are not graduating this coming June are likely to be looking at those in their graduation caps and gowns with envy. However, it may not be all rainbows and butterflies for our grads. Whether you are still studying at York or can now proudly call yourself alumni, finishing university is about more than just writing that last final examination. The end of your university career can be a stressful time, and you are likely to be faced with a number of decisions along with a lot of stress, confusion, and not to mention...student loans. Considering all of your options and planning ahead are two major keys to success. The following list includes some possibilities you may want to consider once you finally have that degree on your bedroom wall:

More education: Whether you are preparing for grad school, deciding on a certificate, diploma or writing a test for a designation, make sure you do your research, start early and be prepared. Note that grad school applications have a lengthy process and colleges require you to apply months in advance. Do not wait until the last minute to make your decision. Have a back-up plan in case you are placed on a wait-list for grad school or your plans do not go as expected.

Travel: If your finances are sufficient, take some time away and travel abroad; it could be a graduation present to yourself. Whatever you do or wherever you choose to go, make sure you have a plan for when you get back.

Work abroad: For those who may want to make more of a long-term travel plan, working out of the country, for example, teaching English abroad may be the way to go if you are interested in meeting new people, seeing new places, making memories, and some cash on the side.

Apply for jobs: Everyone knows that it is tough to find work. However, keep your options open and do not give up. Ideally, start applying for jobs you are interested in at the beginning of winter semester before graduation. This gives you enough time to (hopefully!) get through the interview process for jobs and maybe even land a job by the time you graduate. This can also help avoid your resume getting lost with all other new grads' resumes during summer months. It may be helpful to spend some time on your resume by getting friends, family or professionals to take a look at it and at your cover letter before

applying for jobs.

Look around you: Sometimes the best opportunities are overlooked. If your family owns a small business, consider investing your time into helping it grow and thrive. If you are working part time somewhere, perhaps you could look for growth opportunities within that organization now that you may be more qualified.

Whatever you choose to do, it is essential you start planning early. Do not wait until after convocation or until the next school year starts to realize you do not know what to do with your life. Congratulations for completing another school year and good luck to all!

Naba Chaudhry (3rd year, BAS-HR)

The Benefits of Volunteering

Imagine a world without volunteers – it would be an empty place.



Volunteering is beneficial both to the receiver and to the giver. They provide a social benefit to communities. Volunteers are people who care and there is no right way to volunteer which makes the experience unique. I can say that volunteering has affected my life in a positive way. For instance, when you focus on someone else, your community or the cause you care about benefits from your hard work! You are promoting change while you are volunteering and supporting what you believe is important. It helps reduce stress and improves your emotions. It also helps you become stronger, optimistic and a well-rounded individual. It gives you experience which enables you to explore different areas where you might want to help within the community. Furthermore, it will help you discover your talents which will aid in the development of your career goals. Lastly, employers notice volunteerism!

One of the most difficult aspects of volunteering is making time. But once you find a cause you care about and what interests you, you will be able to make the time. Your work does not go unnoticed and even if it is for an hour, your initiative in volunteering will always have a positive impact on someone no matter what it is.

If you want to get started, here are some links to help you research in volunteering and getting involved in your community:

- <https://volunteer.ca/>
- <http://www.canadian-universities.net/Volunteer/index.html>

Alexa Lopreiato (BHRM, Class of 2016)



The Benefits of a Summer Internship



An Internship is the point where higher education meets employment; they allow students to gain working experience in an organization while studying. They can be paid or unpaid and they enable you to work in an organization for a set period of time, which could be anything from one intensive week, to interning once a week for twelve months. Even if your program does contain an internship component it does not mean that you cannot take on another internship at other stages of the curriculum; after all, the more experience you have, the better.

It has been said many times: 'it is not about what you know; it is about whom you know.' While it is vital to know how to perform the required tasks for a particular job, having a good set of industry contacts behind you can be just as crucial in helping you find and secure a job after you graduate.

Internships are an excellent way to branch out from your studies into the industry in which you are studying and expand your list of contacts, from university-based lecturers and tutors to people who are currently working in the industry. Most internships will enable you to work closely and develop professional working relationships with a particular manager and team within the organization, as well as meet a range of people in other departments and outside the company.

The graduate job market is incredibly competitive, so having a full résumé that includes actual industry experience is sure to be a valuable asset. It has the potential to make you stand out from the competition. Employers can read a lot from a sheet of paper. Having some internship experiences will show that you are keen to gain employment in the industry and will also indicate to employers that you have the right skills and enough experience to take on a permanent paid position. Don't just leave an internship until your final year of study; the more internships you complete, the fuller your résumé will become and the more attractive you will look to future employers.

Internships allow you to explore all the possibilities and come away with an experience that you will never forget. You could find yourself interning at a sporting club and attending matches and events, chasing the biggest story of the year with a news crew, interning for a renowned fashion designer or coordinating a prestigious

event such as fashion week. You may even opt to look beyond your local city, and complete an intensive internship over university holidays at an organization interstate or overseas.

Julianna Primiani (President, HRSA)

Job Opportunities



In my home country, I went to college for two years and worked for two years. This is my only experience in the career field. Does that mean that I cannot find another job (my dream job)?

One thing we all should know about the career field is that whatever degree we may possess, it does not mean that we will immediately find a job in that field. We all need to start somewhere.

One mistake I kept making was searching for jobs in big places like TD Canada Trust or Insurance Companies. Do not get me wrong, I am not saying that we cannot find jobs in these organizations, but what I am saying is that if we eventually want to enter the labor force in that particular organization, we need to build our resume and experiences. After all, I only have two years of work experience as a receptionist.

What do I do in the mean time? Should I sit back and not look for a job that can at least strengthen my resume regardless of the field? For example, customer service is important and doing a major in Human Resource Management, I have to learn to deal with people. Good places to work could be Shoppers Drug Mart, Metro, etc. as these jobs normally start with customer service experiences or cashiers.

In order for our experiences to grow in our career field we should search for jobs that link to our program but we should not turn down the other job opportunities. For example; you have a job opportunity to babysit, be a receptionist, or do housecleaning; do not turn these opportunities down because you want to choose the kind of job you want. I made that mistake. I was searching for jobs that I thought were more useful, while leaving the others behind (even if that meant growing my resume). I had many opportunities that passed me by and I turned these opportunities down. I stopped searching for jobs and gave up. I know that in the academic year, it is difficult to work and study but I have heard many people say that it is beneficial and will help discipline us. I believe this is so.

Keitha-Ann Cenac (3rd year, BHRM)