



Capital One survey: Over half of recent graduates working in business and tech eye job change amidst limited growth opportunities

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More than half of recent Canadian graduates working in the business and technology fields (56 per cent) are considering switching employers, a new survey from Capital One Canada finds. These results are in contrast to the attitudes of those in the same sectors who graduated more than a decade ago, with only 38 per cent considering a new employer.

“Our external research shows that almost half of entry-level employees don’t have confidence in career advancement opportunities with their current employer, which may contribute to why a majority are considering other job prospects,” says Susan Zettergren, Chief People Officer at Capital One Canada.

Additional key findings from the survey include:

- Almost a third of recent graduates (28 per cent) say they feel they don’t have the required skills to progress in their career.
- Half of those working in an entry-level position (49 per cent) say their employer doesn’t offer any financial support for upskilling, which is notably higher than those at mid-level (34 per cent) and senior level (35 per cent).
- Almost two thirds of recent graduates (64 per cent) say they are likely to sign up for educational courses and take matters into their own hands when it comes to their professional development.

“Capital One Canada prioritizes investing in our associates’ personal and professional development, providing tuition subsidies, mentoring programs, career planning services, and job rotations to ensure they have the skills they need to reach their goals,” continued Zettergren.

Though a majority of the 1,000 Canadians surveyed indicate they are considering making a move, the current Canadian economic climate explains why almost two thirds (64 per cent) of recent graduates in business and technology said financial considerations remain a top barrier for them following through with switching jobs. The survey comes during a period of shifting economic conditions within Canada, with job security a main concern for many, per a Bank of Canada [Q1 2025 report](#).

For more information about Capital One Canada, please visit: capitalone.ca.

About Capital One Canada

With corporate offices in Toronto, Capital One Canada has been offering Canadian consumers a range of competitive Mastercard credit cards since 1996. Capital One Canada challenges themselves to see the world through the eyes of their customers, to deliver the market-leading credit products and exceptional service they're looking for. Capital One Canada is a division of Capital One Bank, a subsidiary of Capital One Financial Corporation of McLean, Virginia (NYSE:COF). Visit capitalone.ca to learn more.