




# How to Use Careers Assessments on Oregon Career Information System (OCIS)

Go to the OCIS website: <https://oregoncis.uoregon.edu/Portal.aspx>




<p><b>1. Click on High School</b></p>	<p style="text-align: center;">New to Oregon CIS? Free and Open Access for All. Create your account here.</p> <p style="text-align: center;"> MIDDLE SCHOOL</p> <p style="text-align: center;"> HIGH SCHOOL</p>
<p><b>2. In order to take career assessments, you will need to create a free account.</b></p> <p>Answer questions to set up log-in and password.</p>	<p><b>DASHBOARD</b></p> <div style="border: 1px solid #ccc; padding: 10px; margin: 10px 0;"> <p style="text-align: center;"><b>WELCOME TO OREGON CIS!</b></p> <p>You are logged in as a guest. If you would like to save your results and files, please create an Oregon CIS portfolio account.</p> <p style="text-align: center;"><a href="#">Go to "Create My Portfolio"</a></p> </div>
<p><b>3. Click on Explore Resources</b></p>	<div style="background-color: #2c4e64; color: white; padding: 5px; display: flex; justify-content: space-around;"> <span>Dashboard</span> <span>Career Plan</span> <span style="background-color: white; color: #2c4e64; padding: 2px 5px;">Explore Resources</span> </div> <div style="background-color: #e0e0e0; padding: 5px; display: flex; justify-content: space-around; margin-top: 5px;"> <span>Occupations</span> <span>Education &amp; Training</span> <span>Employment</span> <span>Additional Tools</span> </div>
<p><b>4. Click on Occupations</b></p>	<div style="background-color: #fff9c4; padding: 20px; text-align: center;">  <p><b>OCCUPATIONS</b></p> <p>Explore occupations to discover how the skills you are learning relate to your future.</p> </div>

# Career Assessments

There are multiple assessments you can complete to explore careers that align with your interests, skills, and personality.

## Interest Profiler



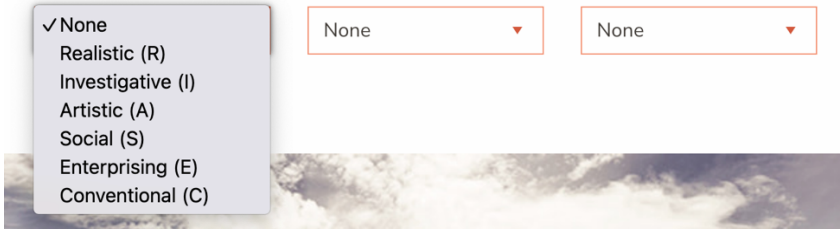
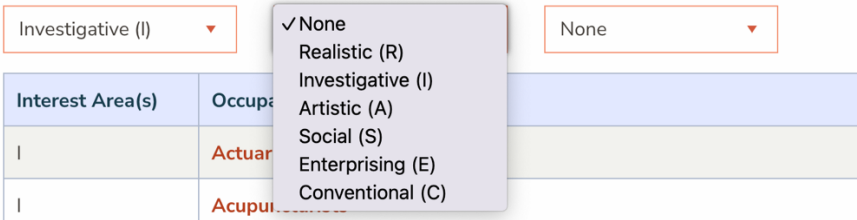
This assessment will help you learn about yourself, what you're interested in or passionate about, and help you find occupations in which you can express those interests.

<p>1. Click on <b>Occupations</b></p>																							
<p>2. Scroll down and click on <b>Interest Profiler</b> or <b>Interest Profiler (Short)</b>.</p>																							
<p>3. Complete <b>Interest Profiler</b> assessment. Click <b>Results</b> when complete.</p>																							
<p>4. Explore careers by Holland Types. <b>Click on the types you scored highest in to explore careers</b></p>	<table border="1"> <thead> <tr> <th data-bbox="513 1297 610 1360">YOUR SCORE</th> <th colspan="2" data-bbox="610 1297 1404 1360">INTEREST AREA</th> </tr> </thead> <tbody> <tr> <td data-bbox="513 1360 610 1430">16</td> <td data-bbox="610 1360 732 1430"><b>Realistic</b></td> <td data-bbox="732 1360 1404 1430">People with realistic interests like work activities that include practical problem-solving. They enjoy working outside and dealing with plants, animals, and real-world materials.</td> </tr> <tr> <td data-bbox="513 1430 610 1499">16</td> <td data-bbox="610 1430 732 1499"><b>Investigative</b></td> <td data-bbox="732 1430 1404 1499">People with investigative interests like work activities that have to do with ideas and thinking. They like to search for facts and figure out problems.</td> </tr> <tr> <td data-bbox="513 1499 610 1568">16</td> <td data-bbox="610 1499 732 1568"><b>Artistic</b></td> <td data-bbox="732 1499 1404 1568">People with artistic interests like work activities that deal with designs, forms, and patterns. They like to express themselves in their work.</td> </tr> <tr> <td data-bbox="513 1568 610 1638">14</td> <td data-bbox="610 1568 732 1638"><b>Social</b></td> <td data-bbox="732 1568 1404 1638">People with social interests like work activities that assist others and promote learning. They like to communicate, to teach, to give advice, and to be of service to people.</td> </tr> <tr> <td data-bbox="513 1638 610 1707">14</td> <td data-bbox="610 1638 732 1707"><b>Enterprising</b></td> <td data-bbox="732 1638 1404 1707">People with enterprising interests like work activities that have to do with starting up and carrying out projects. They like persuading people and making decisions.</td> </tr> <tr> <td data-bbox="513 1707 610 1776">10</td> <td data-bbox="610 1707 732 1776"><b>Conventional</b></td> <td data-bbox="732 1707 1404 1776">People with conventional interests like work activities that follow set routines and standards. They prefer working with details and data.</td> </tr> </tbody> </table>		YOUR SCORE	INTEREST AREA		16	<b>Realistic</b>	People with realistic interests like work activities that include practical problem-solving. They enjoy working outside and dealing with plants, animals, and real-world materials.	16	<b>Investigative</b>	People with investigative interests like work activities that have to do with ideas and thinking. They like to search for facts and figure out problems.	16	<b>Artistic</b>	People with artistic interests like work activities that deal with designs, forms, and patterns. They like to express themselves in their work.	14	<b>Social</b>	People with social interests like work activities that assist others and promote learning. They like to communicate, to teach, to give advice, and to be of service to people.	14	<b>Enterprising</b>	People with enterprising interests like work activities that have to do with starting up and carrying out projects. They like persuading people and making decisions.	10	<b>Conventional</b>	People with conventional interests like work activities that follow set routines and standards. They prefer working with details and data.
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5. Click on specific careers that interest you to learn more.	Aerospace Engineers	4 years	\$82,810	Moderate	Yes
	Agricultural Engineers	4 years	More than \$60,000	Moderate	Yes
	Biomedical Engineers	4 years	\$79,430	Moderate	Yes
	Chemical Engineers	4 years	\$88,670	Moderate	Yes



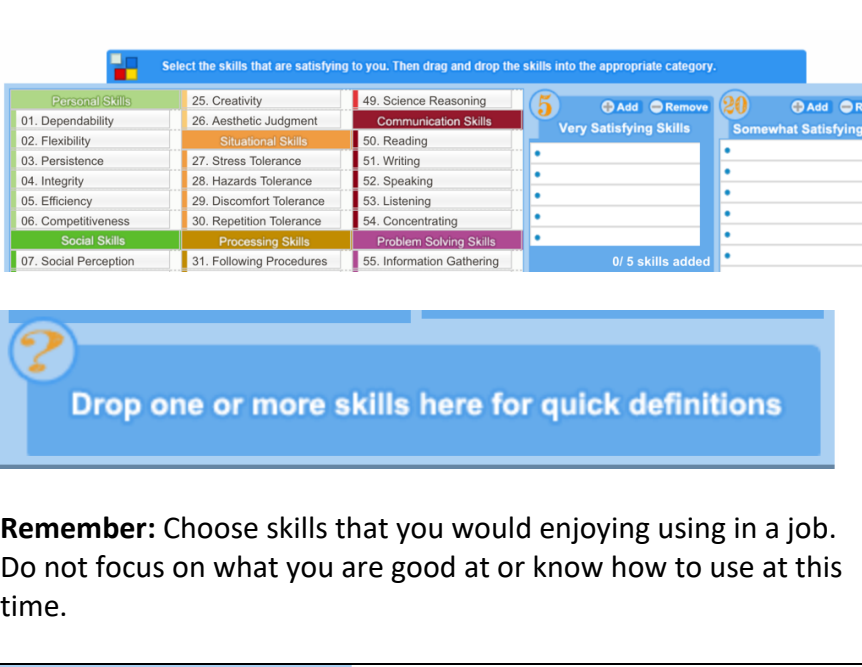

## Career Themes

Explore careers using your top three Holland Personality Types to narrow down career clusters.

1. Click on <b>Occupations</b>	
2. Scroll down and click on <b>Career Themes</b> .	
3. Start by choosing the Holland Type that is the best fit for you. Explore career list.	
4. Narrow your search by adding a second or a third type.  You can also change the order of the types to see different careers.	

## Skills

SKILLS helps you explore occupations that match your skills.

<p>1. Click on <b>Occupations</b></p>	
<p>2. Scroll down and click on <b>Skills</b></p>	
<p>3. Click <b>Select Skills</b> to complete assessment.</p>	<p><b>RATE</b></p> <p><i>Prioritize each skill.</i> Think about how you would feel about using each skill. Then, prioritize the skill.</p> <ul style="list-style-type: none"> <li>• <i>Very Satisfying</i></li> <li>• <i>Moderately Satisfying</i></li> <li>• <i>Somewhat Satisfying</i></li> </ul> <p><b>SAVE</b></p> <p>Remember to save your results.</p> <p><b>SELECT SKILLS</b></p>
<p>4. Choose the skills that are <b>Most Satisfying</b> for you. Drag and drop the skills to the lists on the left.</p> <p>You do NOT need to complete all the lists. Focus on the <b>Very Satisfying</b> and some of the <b>Moderately Satisfying</b>.</p>	 <p><b>Remember:</b> Choose skills that you would enjoying using in a job. Do not focus on what you are good at or know how to use at this time.</p>
<p>5. When done, click <b>Get Results</b>.</p>	

6. Click on **Top 30 Occupations** to explore careers that best match your skill choices.

## SKILLS

[Change Skills](#) [Summary](#) [RIASEC Themes/Interest Areas](#) [Occupational Clusters](#) [\\*Top 30 Occupations](#) [All Occupations](#)

[Career Learning Areas](#)