

1. **Oregon Career Information System:** <http://oregoncis.uoregon.edu>
 - a. **Username:** life **Password:** plan
 - b. **Create a Profile** – This allows you to save your information
 - c. **Learn about yourself- *Exploration button*** Take the Career Assessments
 - i. Skills assessment, interest profile, work importance locator
 - d. **Learn about an Occupation:** Click **Occupations button** at the top of the page
 - i. Use the sub-buttons to compare careers and search occupations
 - ii. Find out about job duties, employment outlook, salary, educational requirements, etc.

2. **OLMIS (Oregon Labor Market Information System)** <http://www.qualityinfo.org>

OPTION 1: To See “What’s Hot and What’s not”, Career Trends in Oregon & Explore Careers

- i. Go to the **Training and Education** Tab at the top of the page
- ii. **Click Occupational Prioritizations for Training (OP4T)**
 1. The chart defaults to the top 20 growth occupations
 - a. Use the sorting features on the left to narrow your search by geographic region and education level
 - b. Click on an occupation to see detailed information on, duties, wages, skills, growth rates, related occupations etc.

OPTION 2: Already Have a Career In Mind?

- iii. Click **Jobs & Careers Tab a** at the top of the page
 1. Select **Occupation & Wage Information**
- iv. Enter a Job Title in the Search bar in the top left
- v. Use the drop down menu to select a matching occupational category
- vi. Click on an occupation to see detailed information on, duties, wages, skills, growth rates, related occupations etc.
- vii. Use the soring features on the left hand side to build a custom report

3. **Bureau of Labor Statistics, Occupational Outlook Handbook** <http://www.bls.gov/ooH>
 - a. The OOH offers three great ways to search about careers:
 - i. Type a Career in the “**Search Bar**”
 - ii. Click on one of the **Occupational Groups** down the left side of the page
 - iii. By “**Characteristics**” such as wages, education, training needs, etc.