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HOW CAN CIS HELP ME CHOOSE A PROGRAM OR MAJOR?

There are four basic steps to choosing a Program of Study:

- Know yourself
- Know your options
- Determine programs that fit you
- Find scholarships related to your program or major

The first step is to go to OCIS and log in: **oregoncis.uoregon.edu**

Username: Corban35 Password: Warrior1

Create your own personal portfolio and begin to explore!



Know yourself

A career assessment is a great way to learn how your strengths, talents, and interests connect with potential careers. Use the results to explore the many different occupations that match you.

Know your options

There may be more than one program to consider.

Determine which programs fit you

Evaluate what is important to you and how that connects with the options available to you.

Find Scholarships related to your program or major

Find scholarships for your Program of Study and personal characteristics. Learn how to use CIS to connect the occupations you like to scholarships.



Use these tools to help present yourself well an late the abilities you have developed through education and experience. Read about different strategies for connecting with possible job leads.

SKILLS

SKILLS is an assessment in CIS used to connect a person's preferred skills to occupations. You can use it to help you identify the work-related skills you have developed through your education and life experiences.

Résumé Creator

Save your reference contact information, and your education, work, and volunteer history your OCIS Portfolio and you will be able to generate multiple types of résumés.

HOW CAN CIS HELP ME IF I DON'T KNOW WHERE TO BEGIN?

CIS can help you create a career plan. Use these tools to get you started.

Career Assessments

Don't know which occupations are for you? A career assessment is a great way to identify some occupations and fields of study for further exploration.

There are a number of tools in CIS that can help you continue your education. Find graduate schools, take practice entrance exams, and identify scholarships.

My Learning Library contains many additional resources:

- Graduate School Entrance Exams Preparation
- Skills Improvement for:
- Personal Finance
- Public Speaking
- Math and Reasoning
- Reading Comprehension
- Science
- Vocabulary and Spelling
- Writing and Grammar

Popular Software Tutorials

Find training sessions for beginning to advanced levels on many popular software programs from:

- Adobe
- Corel
- Microsoft
- Windows and Mac Operating Systems Courses