

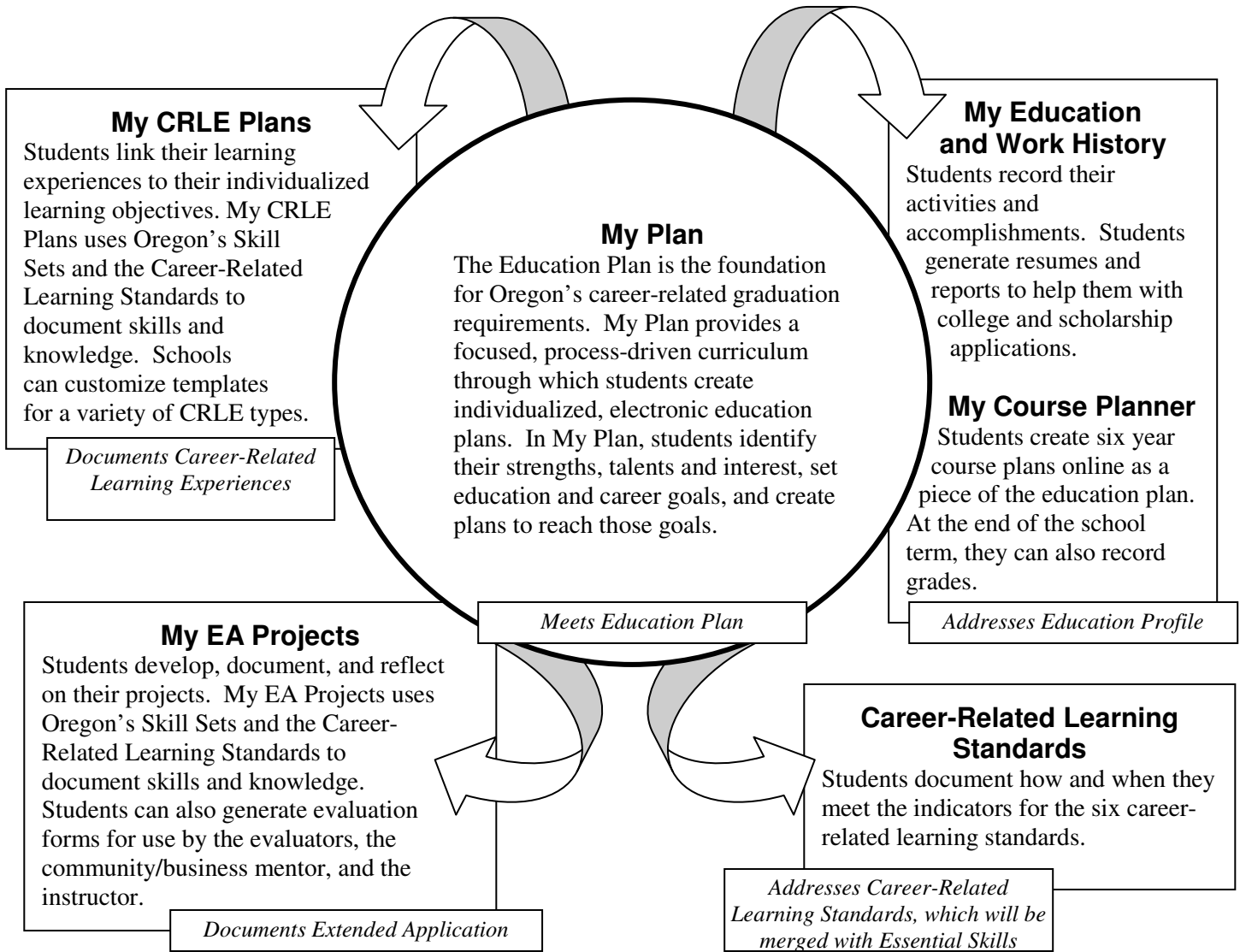


OREGON CIS AND OREGON'S CAREER-RELATED DIPLOMA REQUIREMENTS

<http://oregoncis.uoregon.edu>

541.346.3872 or 800.495.1266 (in Oregon)

Oregon CIS helps students and educators address Oregon's career-related graduation requirements. Created specifically for Oregon schools, CIS tools assist students in building meaningful, personal education plans and profiles and in documenting career-related learning standards, career-related learning experiences, and extended applications.



Administration Tools
Administration Tools provide access to student portfolios. Schools can also group student portfolios by graduation year, class, program, or teacher, and generate reports for tracking portfolio activities.

MY PLAN: THE CENTERPIECE OF CAREER-RELATED REQUIREMENTS

My Plan meets the state's education plan and portions of the education profile diploma requirements. My Plan introduces and guides students through the process of goal setting and planning for education and career aspirations. Students connect their high school coursework to careers; engage in career exploration; identify personal, career-related preferences; and create individualized education plans. Students also gain technology skills.

DOCUMENTATION OF THE EDUCATION PLAN: Students enter and periodically update these 14 reflections.

Self-Knowledge (*Who am I?*)

My strengths, talents, interests, and preferences...
What I learned from the career assessments I used...
Careers that might use my talents, interests, and skills...

Research and Goals (*Where am I going?*)

My personal goals...
My career goals...

Education Plans (*How do I get there?*)

Preparation requirements from my goals...
High school courses I should consider...
My education plan after high school...

Career-Related Learning & Work (*What are my next steps?*)

Activities that support my goals...
My plans for career-related learning and work...
What I learned about me and my goals from these experiences...

Actions & Reflections (*Where am I now?*)

Reflections about my learning and achievement so far...
My action plan for this year...
My support network...

HOW MY PLAN WORKS: There are three levels to My Plan: **Getting Started, Looking Deeper, and Next Steps.** Although there are recommended activities for each grade level, schools are encouraged tailor My Plan activities to fit their curriculum. Students update their reflections at each level, providing a personal history of their growth.

Sample Activities in Getting Started: 7th and 8th (or 9th)

Students plan for high school through learning about self, education options, and the world of work.

- Take an interest inventory to expand their awareness of occupational options.
- Find out how to prepare for the occupations they like. Preparation includes identifying high school courses and post secondary training.
- Enter awards, activities, and skills in their portfolio. This information can generate resumes and the OSAC Activities Chart, used to apply for state financial aid.

Sample Activities in Looking Deeper: 9th and 10th (or 11th)

Students synthesize their research and evaluate their progress toward their goals.

- Identify the skills they like or want to learn and take a skill assessment.
- Learn information seeking skills including comparing postsecondary school information.
- Prepare for and experience a career-related learning experience.
- Conduct an Undergraduate School Sort to identify schools that match personal criteria.

Sample Activities in Next Steps: 11th and 12th (or 12th)

Students plan for their first two years after high school identify future options.

- Take a work values assessment
- Learn about financial aid
- Create a transition checklist
- Use a CIS sort to find scholarships
- Apply to postsecondary schools
- Apply for financial aid awards
- Review the job search process
- Identify appropriate workplace behavior