My one year GOAL is:

____________________________

____________________________

Go to http://oregoncis.uoregon.edu/webcis

Type in your school’s user name and password.

Click on Create My Career Planning Portfolio to create your personal portfolio. Complete the information fields. Click Submit.

Click ‘YES’ for staff viewing.

From now on when you login to Oregon CIS, use your Personal Portfolio. Record your account information here.

User Name___________________________

Password____________________________

This is your transition planner folder. It will help you with your plans after high school graduation. Be honest and realistic about your work, education, and financial goals.

The DOORWAY to my future is:

_____________________________

High School is a time for exploring a time for preparing. Thinking about what you want from high school and taking concrete steps will help you reach your dreams.

Building post high school plans will help you set goals and reach for them. Whether you want to go to college, get a job, enlist in the military, or follow some other route to your future, the journey will be more rewarding if you follow a plan.

Use Oregon CIS to learn about:

· Occupations & Employment
· Education & Training

Also use:

· Exploration Tools

Postsecondary Education – What types of schools can I attend after high school? What different types of degrees can I earn? What kind of training is available? Use information from Oregon Schools, U.S. Schools, and Undergraduate School Sort to help you learn about your postsecondary education options.

Military – What types of job training does the military offer? How can the military help me continue my education? Look at the wide range of employment opportunities in the military. Learn about military work life, including benefits, training, and educational options.

Workforce – With so many possibilities in the workforce, how can I set occupational goals? What should I keep in mind when choosing an occupation? Use CIS to explore the world of work to learn about skills, abilities, and knowledge needed by specific occupations. Learn about wages, outlook, and working conditions. And find out what it takes to prepare for occupations that interest you.

Apprenticeship – What occupations offer apprenticeship training? Where can I get apprenticeship training in Oregon? Learn about programs located near you, how to apply, and what to expect.

Self-Employment – How do my interest in self-employment and entrepreneurship affect my career plans? The Entrepreneurial Career Assessment Form can help you learn more about entrepreneurs and more about yourself. By taking the assessment and exploring the Self-Employment information in CIS you can gain insight into the differences between being self-employed and working for an employer.

Find out what you want. Go after what is really important to you. Let your dreams shape your goals. Use the energy your dreams give you to help you get the knowledge, skills, and experience to make those dreams – or any part of them – a reality.

YEARLY LIVING EXPENSES

[Table]

- Education
- Employment
- Self-Employment
- Other

QUALIFICATIONS:

[Table]

- Education
- Employment
- Self-Employment
- Other

INFORMATION:

[Table]

- Education
- Employment
- Self-Employment
- Other

Use the Get Real Game worksheets, checklists, and activities to help prioritize each action and goal you record in this folder.

The Doorway to My Future:

My one year goal:

Action Planner Worksheet

Exploring Real Career Domains with Oregon CIS

- Exploration Tools
- Education & Training
- Other