Who Am I Really?

Oregon CIS provides you several ways to learn more about yourself in relationship to your career and educational aspirations. These sorting tools and assessment instruments are found in the Exploration Tools section of CIS.

The sorting components allow you to focus your options based on your own preferences. You use the sorts in CIS to find occupations, postsecondary schools, and scholarships that match your preferences. As you use these tools, you may discover that you will want to reassess your choices and create new lists of possibilities. The sorts are not tests, so complete them as many times as you want.

Each career assessment instrument helps you understand one aspect of yourself, such as interests, skills, or values. You will want to consider all aspects of yourself before you select a career path. You use assessment results, along with other information and ideas, to make your career plans. Remember, your career plans will change over time as you learn more and grow.

After you get the results of an assessment or a sort, discuss the results with a counselor or advisor. The most important step in using an exploration tool is to connect its results to information about the occupations, schools, or scholarships it suggests. Conduct research into all of the items on your list that you find interesting or appealing. Use CIS and connect to the variety of other resources linked to CIS information.

Use this list of CIS exploration sorts and tools to better understand who you are and how you relate to the world of work and education.

**Occupation Sort** – Explore occupational options with a tool that matches interests, abilities, and work preferences by prioritizing decision factors and setting acceptable ranges for selected factors.

**Undergraduate and Graduate School Sorts** – Find national colleges and universities with the programs of study, degrees, admission criteria, and other characteristics that fit your need and preferences.
Financial Aid Sort – Create a list of financial aid sources tailored to your own achievements, plans, needs, personal characteristics, and interests.

IDEAS™ Assessment – Identify your interests and explore related career options. For each interest area selected, you can review a list of school courses that may appeal to someone scoring high in that area. A list of CIS occupations that match the interest areas is also linked for further exploration and study. A Spanish version of IDEAS™ is available. (This is an optional component for additional fee; check with your teacher or counselor for availability.)

SKILLS Assessment – Identify skills you like to use and learn which occupations match these preferences. Explore occupations that match your preferred skills and identify new options while increasing self-awareness and developing a “skills” vocabulary to use in college applications and job searches.

Interest Profiler – Explore occupations using your interests. Occupations that use your interests will probably be more satisfying and rewarding for you than occupations that don’t.

Work Importance Locator – Identify your primary work values, such as achievement, recognition, and relationships, and associate these values to occupations.

Assessment Link – Find information about occupations that match the results from other career assessment tools that you have used. It links the occupations found in these tools to the occupations found in CIS. Here is a list of instruments in Assessment Link: Armed Services Vocational Aptitude Battery (ASVAB), Career Assessment Inventory (CAI), Career Decision-Making System Revised (CDM-R), Career Occupational Preference System Interest Inventory (COPS), CareerScope, Differential Aptitude Tests (DAT), Interest Determination, Exploration, and Assessment System (IDEAS), Kuder Career Search (KCS), O*NET Interest Profiler, PLAN, Self-Directed Search (SDS), and Strong Interest Inventory (SII).