

Do what you love and you will never work another day in your life.
Sound Impossible? Explore MCIS for your dream career!

LOG IN (get this from your counselor or teacher)

Web Address: <http://mncis.intocareers.org>

Site user name: _____

Password: _____

CREATE A PORTFOLIO

Create your own MY MCIS portfolio by clicking on the link in the upper right corner of the page. The portfolio allows you to create a resume, save assessment results, store information, and develop a career and educational plan. Then click on MY MCIS and review all the tools available.

MY MCIS User Name*: _____

MY MCIS Password: _____

*For future log ins, use only your MY MCIS user name and password.

GET STARTED!

Find Resources for Users in the right column of the MCIS opening page. To begin your journey, click on **Scavenger Hunt** and choose one of the activities listed. Print the document to begin your search through the site. Doing these activities will help you familiarize yourself with sections of the site quickly and kicks your exploring into high gear!



Minnesota Career
Information System

LEARN ABOUT YOURSELF!

Assessments available from the MCIS home page are designed to help you discover some things about yourself through a series of questions. Do you like to be outdoors? Are you an audiophile? Do you work best alone or with others? Your answers help the system match you to occupations you might enjoy.

WHAT JOBS ARE AVAILABLE? WHAT ARE THEY LIKE?

Click on **Occupation Sort** to find occupations by the job characteristics that are important to you. Use **Career Fields** to explore the six careers fields and sixteen career clusters. Hear from people working in fields of interest to you through online videos. Find out about wages, licensing requirements, physical demands, skills and abilities needed under **Occupations**.

WHAT ABOUT COLLEGE OR POST-HIGH SCHOOL TRAINING?

If you are interested in finding out what type of education and training is required for a chosen profession, look under **Programs of Study and Training**. Need **Financial Aid** for school or training? There's a place to find that, too! Information on schools in Minnesota and throughout the United States, can be found here, including programs and majors, admissions requirements, tuition costs and more. High school juniors and seniors, you can hone your test-taking skills using the ACT and SAT practice tests.

FIND A JOB!

The **Job Search** feature allows you to develop an education and training plan using 10 simple steps. Store information and build a resume in **My Education and Work History**, using information from your portfolio. Then learn how to prepare for an interview.

REALITY CHECK

Think you've found the perfect job? Take a Reality Check to match your chosen lifestyle to the occupations you think you would like... you may be in for a surprise!

Good luck and REMEMBER ... Work and play are the same thing, when you are doing what you love to do!

