

Name (please print) _____ Grad Year _____ Study Hall Period _____ Advisor _____ Date _____

WELCOME TO THE CVHS CAREER CENTER ACTIVITY

This activity introduces you to the Career Center (CC). There are many resources here that can help you during high school. You and your parents are welcome to check out materials and attend CC activities. Completing this activity helps to fulfill a required Career Credit for graduation.

NOTICE THE SIGNS AROUND THE CC: they highlight the main categories of information - Testing, College Planning, Military, Careers, Daily Bulletin, Scholarships, etc. The bold headings below correspond to these areas where you will find information to fill in the blanks. If you have questions, please ask. When you have completed both sides of this sheet turn it in to Nancy Pliskin or a Volunteer to receive proper credit.

MILITARY INFORMATION: Locate the schedule of recruiter visits to the CC. Pick a branch (army, navy, etc). List the day and time the recruiter visits the CC.

(Branch)

(Day of week)

(Time)

COLLEGE PLANNING: Find the **Book of Majors**. Look up a "major" (area of study) that interests you in pages 37-563. How many years of high school math are required for this major? Using pages 603-1304, find a college or university in Oregon (or another state) that offers this major.

Major (Area of Study)

No. yrs of high school math

College in Oregon (or out-of-state)

COLLEGE PLANNING: Find the **College Handbook**. Look up any college or university.

Name of College/Univ.

City/State

Freshman Class Profile: how many students applied?

TESTING INFORMATION: Read the fliers posted on the wall to the left of the bookshelves.

3 main college entrance exams (not PSAT) 1. _____ 2. _____ 3. _____

Why should a sophomore consider taking the PSAT? _____

What level of math is recommended before taking the PSAT? _____

Juniors should take the PSAT as practice for the SAT and also to be considered for what scholarship program? _____

SCHOLARSHIP AND FINANCIAL AID: Read the Important Scholarship Info sign on the Scholarship Board.

Name one scholarship (in red) on the Scholarship Board List _____

How often is the Scholarship Board List Updated? _____

On what website can you find this Scholarship Board List _____

SUMMER PROGRAMS & EXCHANGE PROGRAMS: Find the crates on top of the metal filing cabinets.

Name one Summer Opportunity _____

List the website for a Study Abroad or Exchange Program _____

DAILY BULLETIN (School Announcements): Each day there is a new Daily Bulletin posted on the hallway side of the CC door, around CV, and on the CV website. If there is an item in the CC section of the Daily Bulletin that interests you, look for more info in the black wall file beneath the "Daily Bulletin? Check Here" sign.

List one announcement in today's Daily Bulletin _____

Name one opportunity in the black vertical wall file _____

COMMUNITY SERVICE & JOB OPPORTUNITIES: Find the wall file beneath the sign “Community Service & Employment Opportunities. Use the booklet titled “Volunteer Opportunities In and Around Corvallis”.

Name a local agency where students can volunteer _____

BORROWING CAREER CENTER MATERIALS: Most books, catalogs, and other materials may be checked out. Find and read the Check-Out Procedure sign.

How long can you keep a book that you check out? _____ (weeks)

Where in the CC do you return checked-out materials? _____

CAREER CENTER COMPUTERS

CC computers are available for homework, to access the Career Information System (CIS), and to do college and career research.

Exploring the CIS – Career Information System:

Log on to the computer using your student ID and password. Then, click on Internet Explorer.

Type in the CIS website address. <http://oregoncis.uoregon.edu/webcis>

Type in your CIS Username: _____ and CIS Password: _____ *If you do not remember your username and password check with the Career Center volunteer.

Look at the list that appears on the left side of the screen. What are the 3 main categories of information you can research on the CIS (hint: they are color-highlighted): _____,
_____, _____

Click on the word “Occupations,” then scroll down and click on an occupation of your choice (or click on the letter at the top that corresponds to the first letter in that occupation “a” for “artist”). Read the overview and the topics listed on the left.

What occupation did you choose? _____

List one fact about preparing for that occupation _____

Scroll down under “Overview” and click on “Helpful High School Courses.” List 3 high school courses that will help you prepare for this occupation. _____,
_____, _____

To get out of CIS click on “log out” in upper right hand corner.

OTHER HELPFUL WEBSITES

Go to the CVHS website: <http://www.csd509j.net/cvhs/> Click on the “Counseling/Career” button.

Name one of the links that appears: _____

Go to the CSD website: <http://www.csd509j.net/> Click on “Popular Links” then “Career Learning”

Name one of the links that appears: _____

BE SURE TO LOG OUT OF YOUR STUDENT ACCOUNT.

Posted next to each computer is a list of websites for college, financial aid, and career planning

Write down a website that might be helpful to you _____

You may visit one of the websites if you like and/or take a copy of the websites home for your use.