



IDEAS ASSESSMENT

IDEAS is an interest survey that will identify career interest areas for you to consider. Interest areas with the highest score are good places to begin/continue to explore. Remember to put this information together with other information you have about yourself (skills, values, abilities, styles) to help you make an informed career decision.

1. **Go** to Internet Explorer.
 2. **Type** in Web address for Career Information System (CIS): **oregoncis.uoregon.edu/cisonline**
 3. **Click** on the **yellow button** to login.
 4. **Type** in your **User name** and **Password**
 5. At top of page, **click** on **My Career Planning Portfolio**
 6. Under **My Plan** click on **Self-Knowledge, Activities**, under **Links to Worksheets** click on **IDEAS Assessment**
 7. At the bottom of the page click on **“Go to IDEAS Profile to get started”**
 8. **Start** the assessment. **Enter** your answer for each question. Be sure to answer each question and **submit** answers as requested.
 9. After you have answered all questions, **click** on the button by **your grade level** and **submit**.
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Understanding your Interest Profile

10. **Look** at your profile and **notice** that there are **16 interest areas** represented by columns and identified by a **three-letter abbreviation** (mec = mechanical, pro = protective services, nat = nature/outdoors, mth = mathematics, etc.)
11. **Red Check marks** show whether your interest in each area is **low, average or high**.
 - a) **Look** at your profile and see which areas are **low, average, and high**.
 - b) **On your worksheet** in the box in the left hand margin, **write H** for high next to your HIGH interest areas, **write A** for average next to your AVERAGE interest areas, and **write L** for low next to your LOW interest areas.
12. **In CIS click on each of your HIGH interest red check marks**.
 - a) **Read** over the lists of occupations that are related to each of those interest areas.
 - b) **On your worksheet** next to each High interest area, **write down 3 occupations** that interest you.
 - c) **Click** on one of the occupations to **read** more about it.
 - d) **On your worksheet** circle the occupation you read about.
 - e) **Click** on “back” whenever you want to go to the previous screen.
13. In CIS in the upper right-hand area of your Profile screen **Click Save**.
 - a) **Type** your thoughts about the IDEAS Assessment.
 - b) **Click** Save Information.
 - c) In the upper right-hand area **Click** on IDEAS Assessment.

High? Average? Low?	The sixteen interest areas are:	Write down 3 occupations that interest you for your 3 highest areas...
	MEC Mechanical/Fixing: Using tools to repair or fix things, such as a broken radio, is an interest for this area. Being a mechanic, making things out of wood and fixing things around the house are all measured by this scale. Mechanics and service repair technicians have high scores on this scale.	
	PRO Protective Services: Serving the community by providing security and law enforcement is an interest of this area. Groups with high scores include police officers, fire fighters, security guards, military personnel, correction officers and detectives.	
	NAT Nature/Outdoors: Being outside, growing flowers, going through the woods and planting trees are types of activities for this area. Related occupations are those of gardener, forester, conservation officer, farmer, and agricultural scientist.	
	MTH Mathematics: Interests in this area are related to studying algebra and geometry, working with mathematical formulas and solving mathematical puzzles. Mathematician, engineer, economist, math-science teacher, and computer scientist are examples.	
	SCI Sciences: Studying the efforts of gravity, working in a research laboratory, reading books about science and doing scientific experiments are activities liked by laboratory technicians, research workers, chemists, biologists, and other scientists.	
	MED Medical: Giving medical help to people, being part of a medical operating team, doing research on diseases, and improving the health of others are interests of nurses, physicians, laboratory technicians and other medical professionals.	
	ART Creative Arts: Fine arts activities, such as drawing, sketching, and going to art galleries as well as hobby pastimes, such as making pottery or rugs are activities liked by interior designers, fashion designers, artists, and other creative types of people.	
	WRI Writing: Writing poetry, studying literature and poetry, and writing novels or magazine stories are activities liked by reporters, writers, librarians, and journalists.	
	COM Community Service: Being with people and helping them, working with a group on a project, helping someone solve personal problems, and doing volunteer work are interests related to being a high school counselor, social worker, marriage counselor, or psychologist.	
	EDU Educating: Helping individuals learn, especially in school, is an important interest of this area. Giving instructions to individuals, such as being a driving instructor, or an educator are interests of high school teachers, elementary school teachers, college instructors, and teacher aides.	
	CHI Child Care: Being with children, such as taking care of them, helping them with a spelling lesson, or directing a children's play are interests related to being a nursery school teacher, elementary school teacher, child development specialist, and day care provider.	
	PUB Public Speaking: Debating, leading discussions, interviewing and speaking up for personal viewpoints are activities liked by public officials, religious leaders, lawyers, newspaper reporters, and others in similar careers.	
	BUS Business: Interviewing people for a job, being a supervisor, manager, and leader are interests of people who like to be in charge of a business, organization, or group of workers.	
	SAL Sales: Activities that involve selling something to people are included in this area. People who like to be with the public in this way enjoy selling, persuading people to buy something, and studying sales/marketing techniques. In general, many sales occupations are part of this area.	
	OFF Office Practices: Typing letters or reports, filing records, and studying bookkeeping and office tasks are related to occupations such as secretary, receptionist, bookkeeper, and administrative assistant.	
	FOO Food Service: Preparing food, trying new recipes, working in a kitchen, and studying family and consumer science are activities related to working in a restaurant, or being a food service manager, caterer, or restaurant manager.	