

New User Guide

for eCIS

2011-2012







Welcome to the Idaho Career Information System (CIS)

CIS is a division of the Idaho Department of Labor that provides eCIS, the state's internet-based, comprehensive career guidance system. eCIS provides Idaho and national career, workforce and education information in a user-friendly format. The information and exploration tools in eCIS system are designed to help Idahoans make informed career choices and be successful in the workplace.

The development of eCIS is supported by annual subscription fees from schools and agencies and is further subsidized by funds from the Idaho Department of Labor. In addition to individual job seekers and students, many organizations throughout the state use the system to help their clients and students prepare for continuing education, new careers or professional advancement.

This User Guide will provide you with a quick overview of the system's features. We hope you find eCIS to be a valuable addition to your client or student services. If you have questions or comments, or if you would like information about CIS training, please contact the CIS team at 208.334.3705 or e-mail idahocis@labor.idaho.gov.

Table of Contents

Log In Instructions	1
Home Page Navigation	2
Support Materials	5
My CIS Portfolio	6
Occupations & Employment Files	9
Education & Training Files	15
Exploration Tools	17
Practice Using eCIS	18
Optional Modules	21

^{***}Note: Some eCIS components in this guide are only available to sites that have subscribed to the Portfolio, Administration and Exploration Tools bundle and/or Optional Modules.

Log In Instructions

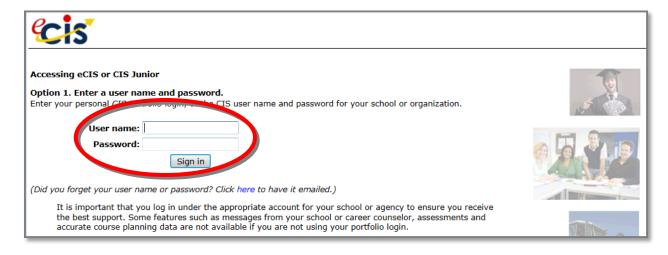
Step 1 – Go online to **www.idahocis.org**. Click the **Start!** button.

Announcements for upcoming events, information pertaining to CIS and current newsletters, are displayed on right side of the login page.



Step 2 - Enter your eCIS user name and password, then click Sign in.

The first time you log on you will use the user name and password provided by your counselor or career consultant. You can continue to use the site login or create a My CIS Portfolio with your own user name and password. See page 7 for more information.

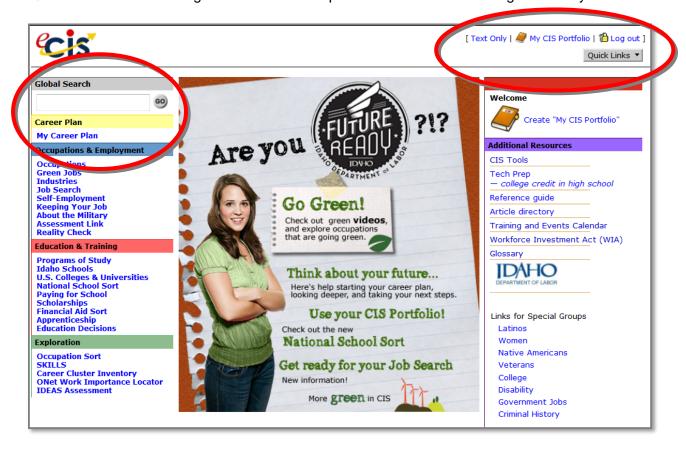


Home Page Navigation

Text Only: Converts eCIS to a text-only format that can be read by screen reading software for the.

My CIS Portfolio: Create or access your My CIS Portfolio.

Quick Links: Move through eCIS with this drop-down menu located throughout the system.



Global Search

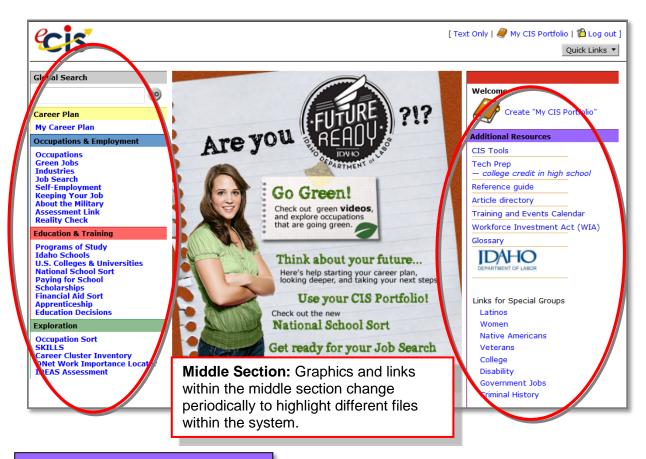
Global Search: Use keywords to search the system for specific information.

Career Plan

My Career Plan: A career development framework designed to help you learn more about yourself and plan for the future. My Career Plan is a set of activities that takes you through the career development process.

Home Page Navigation (Continued)

Main Menu: The yellow, blue, red and green sections down the left side of the eCIS home page make up the main menu. The major eCIS components and files can be found under these sections. The placement of the menu stays constant. When you access the various files within each colored section the title appears across the top of the screen in the color of its section.



Additional Resources

CIS Tools: Support materials for using eCIS. Find tutorials, worksheets, manuals and other support materials.

Tech Prep: Find out more about earning college credit while in high school.

Training and Events Calendar: Link to calendar of upcoming trainings, events and holidays.

Article Directory: Articles, tips and additional information about career development issues.

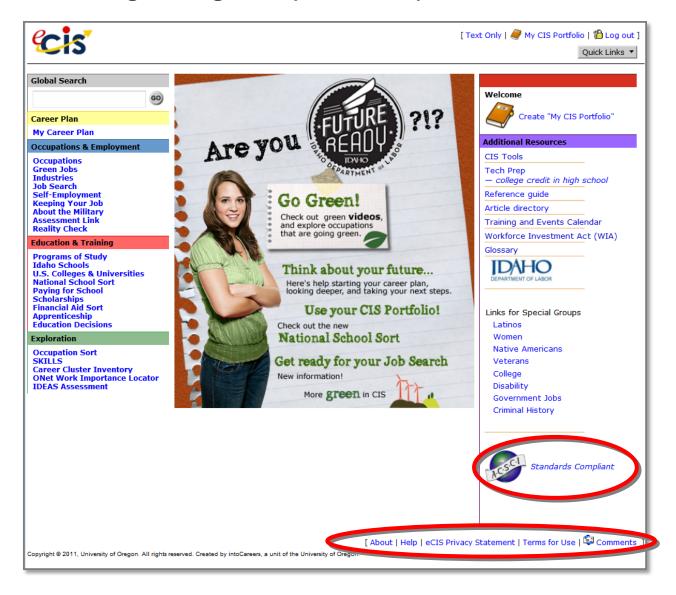
Reference Guide: Useful when you are not sure how to get started or what eCIS files to use.

WIA: Find out more about retraining programs offered through the Department of Labor.

Glossary: A glossary of career-related terminology.

Links for Special Groups: Addresses issues of interest and resources relating to various populations in Idaho.

Home Page Navigation (Continued)



ACSCI: The accreditation organization for all Computer Information Delivery Systems (CIDS).

About: Information about the Idaho Career Information System and its products.

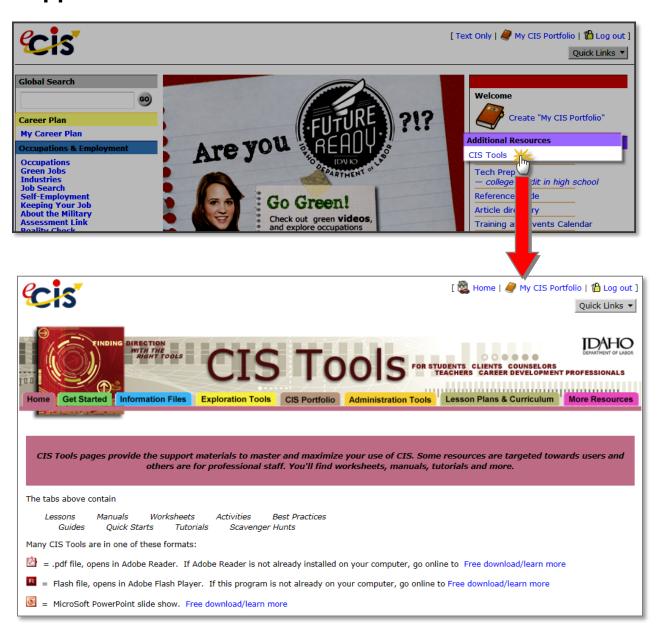
Help: Frequently asked questions about logging in and technical issues.

Privacy Statement: Information on privacy laws that affect your use of eCIS products.

Terms for Use: Explanation of terms and conditions for the use of CIS products.

Comments: Have a comment or question? Send us a message.

Support Materials



CIS Tools: Your guide to using and teaching eCIS. Find support materials including Quick Starts, the event calendar, manuals and online tutorials by clicking "CIS Tools" in the right-hand side menu under "Additional Resources."

Software Downloads: Adobe Reader and Flash Player are required to view many of the support material files. To learn more about these visit the Adobe site at:

Adobe Reader- www.adobe.com

Flash Player- www.get.adobe.com/flashplayer/

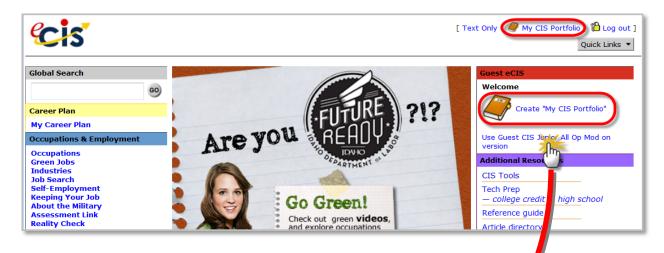
My CIS Portfolio

Create your own CIS portfolio to store occupation and education research, save assessment results, set goals and track your progress, build and save resumes and more. Additional instructions for creating a *My CIS Portfolio* can be found in the "Creating Your Portfolio" Quick Start and tutorial under the *CIS Portfolio* tab of the CIS Tools page.

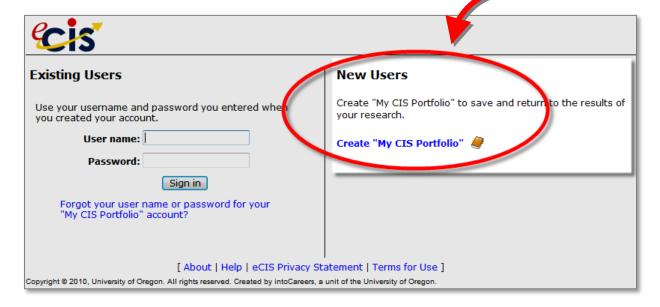
1. Find and click on the of the screen).



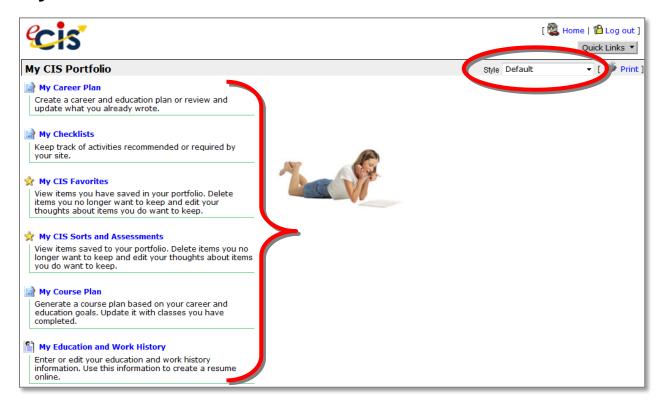
link (under the red bar, near the top right



2. On the right side of the screen, under "New Users", click on the Create "My CIS Portfolio" Fink



My CIS Portfolio Menu



Style: Customize your portfolio front page and eCIS look with over 60 different options.

My Career Plan: Build a personal career plan, set and update goals, save worksheets.

My Checklists: Track progress on assigned activities.

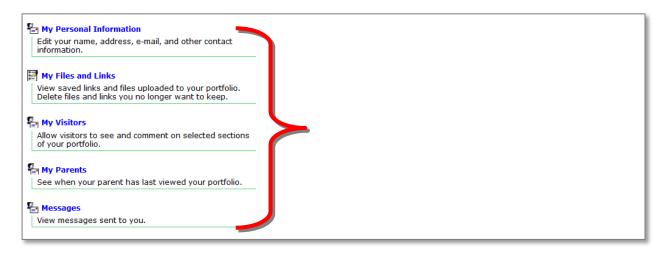
My CIS Favorites: Save and retrieve eCIS information files such as occupations, education and scholarships and edit personal reflections about saved items.

My CIS Sorts and Assessments: Save and retrieve assessment and sort results and add your own reflections.

My Course Plan: Create Individual Graduation Plans, record grades, access recomended programs of study and degree pathway requirements from specific schools.

My Education and Work History: Store your education and work history and use the resume builder to create and save personalized resumes.

My CIS Portfolio Menu (Continued)



My Personal Information: Edit contact information, choose privacy option and transfer which site your CIS Portfolio is associated with.

My Files and Links: Upload personal files with up to 5MB of storage capacity and bookmark your favorite Internet sites.

My Visitors: Give and control access to view your portfolio.

My Parents/Guardians: See when your parent/guardian viewed your portfolio last.

Messages: Send, receive and manage messages sent from administrators, visitors and parents.

Occupations & Employment Files



Occupations: Browse or search detailed information files in over 500 occupations.

Green Jobs: Find the latest information on "Green Jobs" and industries.

Industries: Learn about different business activities and work environments.

Job Search: Information, resources and tips for executing an effective job search including writing cover letters and resumes, preparing for interviews and forms to help with the process.

Self-Employment: Entrepreneurial Career Assessment Quiz, rewards and costs of working for yourself and information on starting and running a business.

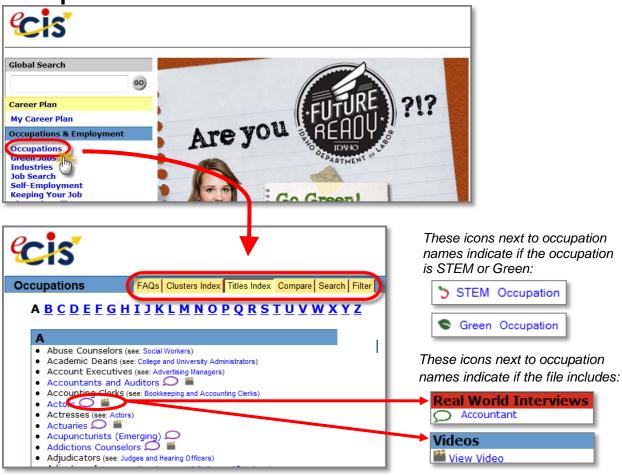
Keeping Your Job: Information on positive job habits, working successfully with others, improving yourself, getting a raise and solving work-related problems.

About the Military: Military career options, qualifications, recruitment, the ASVAB, Academy admission requirements, basic training, wages and transitioning from military to civilian life.

Assessment Link: Links third-party assessment results, such as ASVAB or CAI, to occupations in eCIS.

Reality Check: This interest inventory will help you manage your expenses and learn how much you will need to earn and which occupations will support your lifestyle.

Occupation Files



FAQs: Answers to frequently asked questions about the occupation files.

Clusters Index: Explore eCIS occupations grouped into 16 Career Clusters. The Cluster Index helps you filter and determine options within certain interest areas.

Titles Index: A listing of occupations in alphabetical order.

Note: Some titles are blue and some are black. Proper titles for occupations are blue. Common alternate titles are black and refer to the appropriate title.

Example: A commonly accepted occupation name is "Administrative Assistants". The blue link will direct you to the proper occupation title and page.

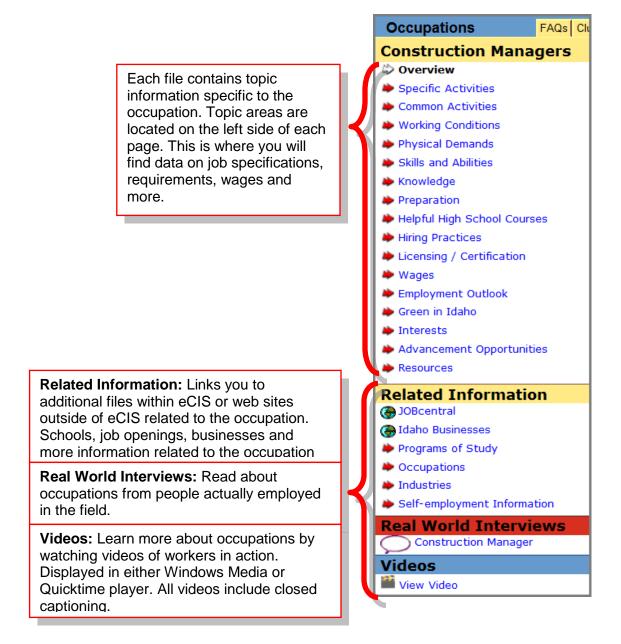
Administrative Assistants (see: Executive Secretaries)
 Administrative Assistants (see: Secretaries)

Compare: Compare two occupation descriptions side-by-side.

Search: Begin by typing in the first few letters of the occupation title. Narrow or broaden searches by adjusting the criteria using "Full Text Search" or "Alternative Title" options.

Filter: Search filter for quick access to specific green and STEM occupations.

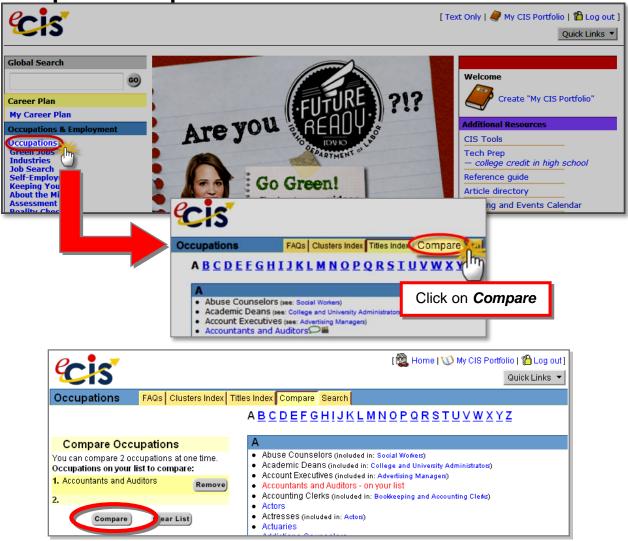
Occupation Files



Note: Not all occupations will have every topic area.

Example: Some occupations may not have information for Licensing and only some occupations have Real World Interviews and/or Videos.

Compare Occupations



Choose two occupations. Click on the occupation name to add it to your list. Click *Compare* to view a side-by-side comparison of the two occupations. Click on any topic in the menu on the left to compare the occupations in that area.



Occupations & Employment (Continued)



Green Jobs: Find the latest information on "Green

Jobs" and industries. View 6 videos about the greening of the world of work.



Industries: Find information about various business activities and work environments. Connects you to related occupations

Job Search: Information to help you find a job. Find advice, video tutorials and worksheets to help direct a successful job search.

Before Your Search

It is easier to look for a job if you know what occupations you might be good at or are interested in.

Start Your Search

Get organized, set goals, and stay positive. It may take hard work to find, apply for, and land a job you want.

Applications & Resumes

Make a good first impression. Learn how to apply online or on paper, and create resumes that will get you an interview.

Job Interviews

Learn how to present yourself well, answer difficult questions, and leave a good impression. Be confident and prepared.

Job Offers

You got the job — now what? Can you negotiate your salary or benefits? Check out these important tips.

Labor Laws

Protect yourself during the hiring process. Know the laws that apply to you and your employer.

Self-Employment: Find information about owning your own business and help with making decisions about going into business for yourself. Locate resources related to starting your own business. Review occupations with 10% or more self-employment.



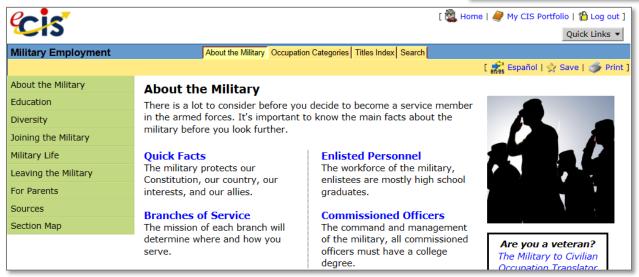
Keeping Your Job: Valuable information to help you keep your job and become better at your work. Learn about job habits, working with others and how to resolve problems at work.



Occupations & Employment (Continued)

About the Military: Learn more about careers in the Armed Forces with information about branches of armed services, education, diversity and resources. Learn what military life is like. Get help deciding if joining the military is right for you.

Occupations & Employment
Occupations
Green Jobs
Industries
Job Search
Self-Employment
Keening Your Joh
About the Military
Assessment Link
Reality Check

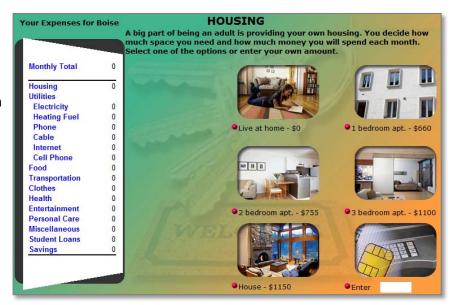


Assessment Link: Links third-party assessment results, such as the ASVAB or CAI to occupations in eCIS.

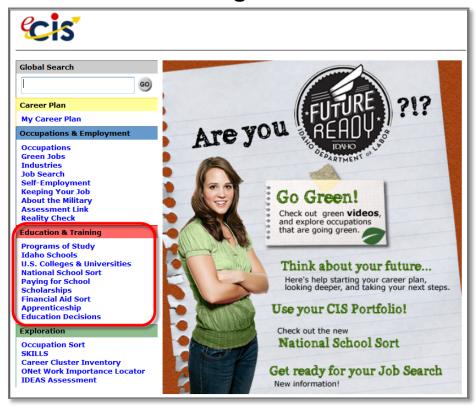
Select an assessment instrument

- Armed Services Vocational Aptitude Battery (ASVAB)
- Career Assessment Inventory (CAI)
- Career Decision-Making Revised (CDM-R)
- Career Occupational Preference System (COPS)
- Career Occupational Preference System (COPS) Form P
- CareerScope
- Differential Aptitude Test (DAT)
- IDEAS
- Kuder Career Search (KCS)
- O*NET Interest Profiler (IP)
- PLAN
- Self-Directed Search (SDS)
- Strong Interest Inventory (SII)

Reality Check: This interest inventory will help you manage your expenses and learn which occupations pay what you will need to earn to support your lifestyle.



Education & Training



Programs of Study: Explore a variety of education and training options and investigate admission requirements and related course work. Link to Idaho and National School files to see which schools offer the program of study you are interested in.

Idaho Schools: Find detailed information about postsecondary colleges, universities, vocational/technical and proprietary schools in Idaho.

U.S Colleges and Universities: Browse through information on 2- and 4-year colleges and universities throughout the United States. Use the compare feature to view up to three schools side-by-side.

A typical school pages contains:

Each school page lists the programs and degrees offered at their institution.



Education & Training (Continued)

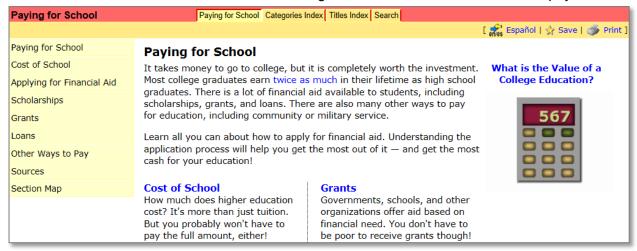


National School Sort: Get help choosing a school. Search and sort schools based on

multiple characteristics such as majors offered, size, tuition and more.



Paying for School: Find information about paying for postsecondary education. Learn about the FAFSA, and other scholarship and grant applications. Use calculators to learn about the value of college education or loan interest and repayment.



Scholarships: Browse through information on over 3,600 scholarships, loans and grants. Search by program of study areas, title index or keyword search.

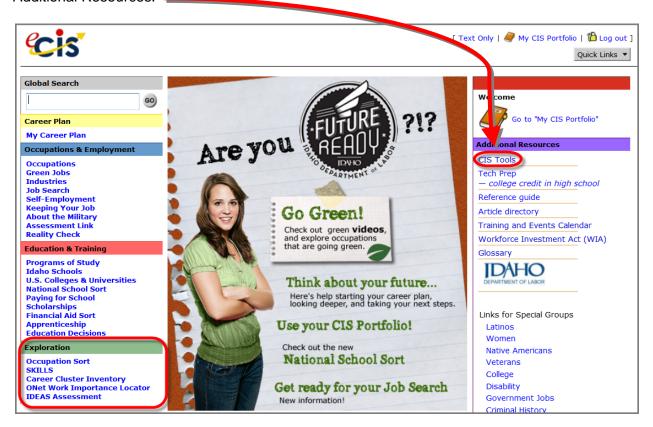
Financial Aid Sort: Create a list of scholarships and loans to research further by selecting characteristics that match your educational plans, abilities, background and more. Match scholarships to search areas such as major, academics, sports, financial need and deadlines.

Apprenticeship: Find out more about what apprenticeship is and specific Idaho apprenticeship programs and contact information.

Education Decisions: Get tips on how to choose a program of study and school that is right for you. Read advice on enrolling and problem solving. See detailed information on writing a college application essay.

Exploration Tools

The Exploration section includes career assessments and interest inventories to assist self-exploration and occupation research. Quick Starts and Tutorials are available to help you use exploration tools and can be found by clicking "CIS Tools" in the right-hand menu under "Additional Resources."



Occupation Sort: Creates a list of occupations that match factors you think are important.

SKILLS: Self-assessment tool generates a list of occupations that match skills most satisfying to you. Results include Top 30 occupations, Holland Code Types and career clusters. Get detailed reports about how your satisfying skills match specific occupations.

Career Cluster Inventory: Rate your enjoyment of everyday activities to find Career Clusters that match your interests.

O*NET Work Importance Locator: Learn more about your work values and find occupations that match what is important to you.

IDEASTM **Assessment:** This is an optional module that sites can subscribe to by paying an additional site licensing fee. See Optional Module information on page 21.

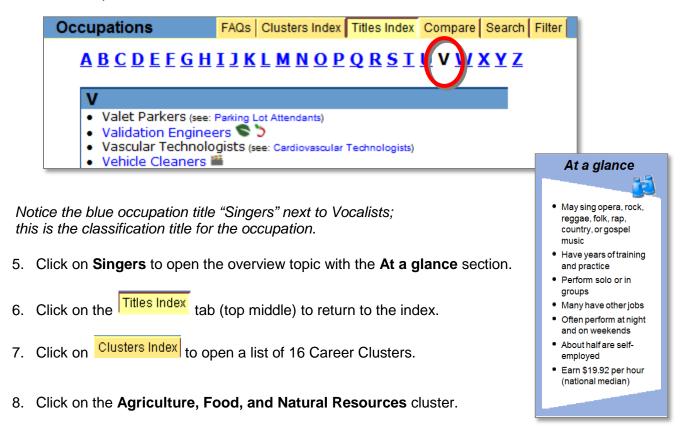
Practice Using eCIS

Log In:

- Access eCIS at www.idahocis.org.
- 2. Sign in with your My CIS Portfolio login.

Search, Compare and Research Occupations

- 3. Click on Occupations under the blue Occupations & Employment navigation bar.
- 4. Use the alphabetical **Titles Index** and click on the letter "V" to find **Vocalists.**



A list of occupations within the cluster will appear. This is a helpful way to find related occupations to explore when you don't have a specific occupation in mind.

9. Click on **Fish and Game Wardens**. Notice the Overview topic appears.

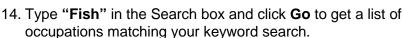
10. Click Clusters Index

Practice Using eCIS (Continued)

11. Find and click **Information about Agriculture**, **Food**, **and Natural Resources** located directly under the cluster title.

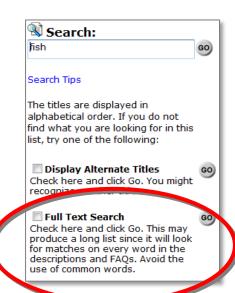


- 12. Click on several topics (red arrows in left menu) to familiarize yourself with the Cluster information.
- 13. Click the Search tab in the top navigation bar. Click Search Tips and read *Tips for using Keyword Search*. Return to Search by closing the Search Tips window.





15. Find and click the **Full Text Search** below the Search box then click **Go**. Every occupation description in which "fish" is mentioned will now be listed.



🕄 Search:

Search Tips

- 16. Click **Fish and Game Wardens** to open the occupation description.
- 17. Click the Wages topic on the left.
 - Are Fish and Game Wardens in Idaho paid more or less than the national median?
- 18. Click the **Preparation** topic.
 - What educational degrees are needed to be a Fish and Game Warden?

Practice Using eCIS (Continued)

Find Education, Training, and Financial Aid Related to Your Occupation

- 19. Click Programs of Study under the yellow Related Information heading. The programs of study that are related to this occupation will be listed.
- 20. Click Wildlife Sciences and Management. Notice you are now in the Programs of Study component, indicated by the navigation bar title and <u>red color</u> at the top of the page.
- 21. Read the first paragraph of the **Overview** topic and then click **Program admission**.
 - Are any of the suggested high school courses offered at your school?
- 22. Click the **Things to know** topic and read the information.
 - Write below one thing that you have learned about Fish and Game Wardens.
- 23. Click on **Idaho Schools** under the yellow **Related Information** heading. Idaho schools offering programs in Wildlife Sciences & Management are divided into geographic areas.
- 24. Click on Paying for School under the yellow Related Information heading.
- 25. Click on Aid for study in Natural Resources.
- 26. Click and browse both the In-State Scholarships and National Scholarships.
 - What is the deadline for the Earth Island Institute National Scholarship?
- 27. Save this scholarship in your CIS Portfolio. Click on [save | in the top right corner.
- 28. Click your browser's back button several times to return to the **Wildlife Sciences & Management** Education & Training page.

Well done! We hope you enjoy using eCIS.

Optional Modules

Optional Modules are additional products available for purchase and added to either eCIS or CIS Junior. For more information please visit our web site at www.idahocis.org and click CIS Products.

IDEAS: IDEAS (Interest Determination, Exploration, and Assessment System). Published by Pearson Assessments.

Identify interests and match them to a wide variety of careers. The lists of occupations resulting from the user's responses are organized by Holland's six personality/work environment types. Items are drawn from the Career Assessment Inventory (CAI) Enhanced Version.

*Dependable Strengths: Dependable Strengths was developed in 1945 by Bernard Haldane, Ph.D. to help military personnel transition their skills to civilian life. Its overwhelming success in this area won the attention of Harvard Business School where it became a significant part of their Manual for Alumni Placement. Today, Dependable Strengths is used world-wide.

Talents, skills, and abilities – their *Dependable Strengths* – which unlocks their hidden potential, provides career and life direction, and puts them in touch with their "best self".

*Peterson's Test Preparation Packages. Published By NelNet.

These test preparation tools include online courses, grade specific skills tests and authentic practice tests with detailed results to help identify which skills or study areas need work, and which ones are strengths.

Academic Package I: Online Course for the ACT and SAT, ACT, ASVAB, CLEP (5 Subjects), DSST (5 Subjects), ASBQ Grade 6-8 (Math, Reading & Writing), ASQB Grades 9-12 (Math, Reading, Writing & Science), GED, PSAT, SAT, TOEFL (Writing, Vocabulary & Reading)

Academic Package II: AFOQT, AP Tests (Biology, Calculus AB & BC, Chemistry, English Language, Literature & Composition, European History, Physics B & C, Spanish, U.S. History), GMAT, GRE, LSAT, MAT, MCAT, SAT Subject Test (Biology E/M, Chemistry, French, Literature, Math I & II, Physics, Spanish, U.S. History, World History)

Civil Service Package: Accountant / Auditor, American Foreign Service Officer, Caseworker,
Correction Officer, Court Officer, Firefighter, NCLEX-PN, NCLEX-RN,
Parole Officer, Police Officer, Police Promotion, Postal 473/473-C &
710/711, PRAXIS 1, Probation Officer, Real Estate, State Trooper,
Treasury Enforcement Agency, U.S. Citizen Prep

*Note: Peterson's Test Preparation Packages and Dependable Strengths are accessed from the My CIS Portfolio Main Menu.