Quick Guide: Occupational Information

Occupational Information Resources

Note: The following online resources for occupational information are completely free and at no cost to the user.


- **My Next Move**: Search Careers with Key Words, Browse Careers by Industry, and/or Receive Suggested Career Titles based on your Interests and Training.
  [www.mynextmove.org](http://www.mynextmove.org)

- **O*Net Online**: The nation's primary source of occupational information; it has detailed descriptions of the world of work for use by job seekers, workforce development, HR professionals & much more!
  [www.onetonline.org](http://www.onetonline.org)

- **CareerOneStop** – Sponsored by the U.S. Department of Labor; it has many tools to help job seekers, students, businesses, and career professionals find their pathway to career success.
  [www.careeronestop.org](http://www.careeronestop.org)

Focus 2 - Self-Directed, Easy to Use, Online Career Planning System:

- Access Focus 2: login to UIS CareerConnect powered by Handshake, □ Take all 5 Self-Assessments (Work Interest, Personality, Skills, Values, & Leisure Interests) or more!
- Meet with a Career Counselor for Focus assessment interpretation.

How to Schedule a Career Counseling Appointment:

- Login to UIS CareerConnect Powered by Handshake (password required)
- Select – Career Center, then, Appointments then Schedule a New Appointment then Career Development Center
- After choosing your appointment type, time and date and medium, click Request.

Helpful Resources:

- Take the Focus Assessment to become aware of your occupational interests, skills, values and personality to see which majors and career titles match up for you.
- View the CDC’s A-Z index to further explore industries: [http://www.uis.edu/career/goals/options/industries/](http://www.uis.edu/career/goals/options/industries/)
- Meet with a Career Counselor to have your Focus results be interpreted and to further discuss these occupational information resources & tools.