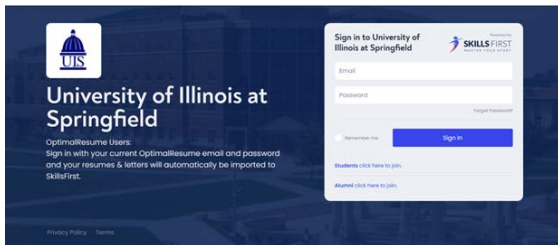




# OptimalResume/ Skills First

## CREATE YOUR ACCOUNT

1. Go to Career Development Center's web page @ <https://www.uis.edu/career>
2. Select **Student** drop-down in center of web page, then click on **Career Toolbox** tab
3. Under Career Toolbox tab, select **OptimalResume/Skills First** link (You may need to scroll down to see it.) **It looks like this:**



4. **First Time Users:** choose [Students/Alumni click here to join.](#)" Follow instructions
5. Congratulations! You have an OptimalResume/Skills First account!

**Tip:** Your username will always be your full UIS email address. If you forget your password, you can have it emailed to you at any time.

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## ESTABLISHED ACCOUNT USERS:

1. Login to [OptimalResume/Skills First](#)
2. Enter your full UIS email address and unique password

**OptimalResume Users:** Sign in with your current OptimalResume email and password and your resumes and letters will automatically be imported to SkillsFirst.

## Helpful Resources:

- Learn more about OptimalResume/Skills First here: <https://www.uis.edu/career/student-employment/career-toolbox#optimalresume>
- Use our Career Suite Drop-In/Call-In Hours: <https://www.uis.edu/career/student-employment/services/career-suite-drop-incall-hours>

**UIS Career Development Center**  
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