**Oregon Career Information System (CIS)**

**Reality Check Activity Directions:**

Step 1: log into <http://www.oregoncis.uoregon.edu/> Link to this website is also on our West Salem Webpage

Step 2: Click on Single Sign-On tab and select Salem-Keizer School District from drop down menu

Step 3: Use your Chromebook Username and Password to log in

Step 4: Click the **Sophomore** box (Even if you are a Freshman--this is where the **Reality Check** activity is)

Step 5: Click on **Reality Check** (there is a video to watch but can skip and just do activity if wanted)

Step 6: Click on **Start Your Reality Check**, choose **Salem-Keizer** from the drop down menu, click next.

Step 7: Go through and click on the appropriate answers, click next after each choice. After clicking on the last choice it will bring you to the **Adding It All Up** page. This page will show you your monthly budget and the annual income level you need to support your lifestyle.

**Adding it all up**

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| --- | --- |
| **Monthly budget to support your lifestyle** | **Total salary needed to support your lifestyle** |
|  |  |
| **What expense surprised you the most?** | **Largest monthly expense- according to CIS** |
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If time, click next. This page will show you the education or training options you picked, if one doesn’t show up, you can still pick one and you can click on Yes if you know what education or training you’re interested in or Not Yet if you don’t. Click next, on this page you can choose Yes if you know what career cluster you are interested in or Not Yet if you don’t. Click next and this will bring you to your career results.

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| **Career Options:** |
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From here, you can explore the occupations and colleges that offer degrees for those occupations by clicking on **Education** in the green banded section (we have been working in the **Occupation** section in this same area).

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| **Education options to support career** | **Training Options to support career** |
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