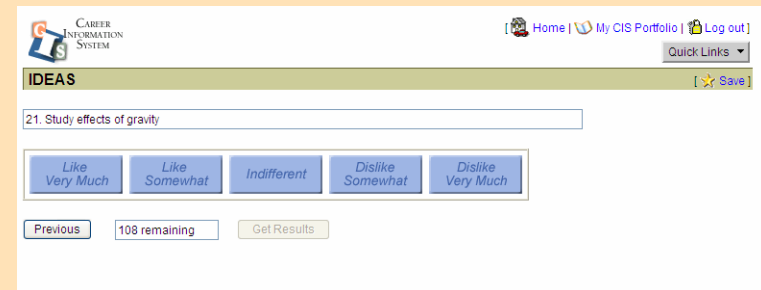




CIS Plus

IDEAS



and

Dependable Strengths



Start by setting up My CIS Portfolio



[Text On] | [My CIS Portfolio](#) | [Log out](#)]

Quick Links ▾

Occupations & Employment

[Occupations](#)
[Occupation Sort](#)
[Job Search](#)
[Keep That Job](#)
[Self-Employment](#)
[Military Employment](#)
[Non-Traditional Employment](#)
[Career Interest Areas](#)
[Reality Check](#)



CIS is free as always; now schools and colleges can lease CIS Plus - premium features with test prep and more! Click for details.

Real World Interviews

They really do the job...



Education & Training

[Programs of Study](#)
[Illinois Schools](#)
[National Schools](#)
[School Sort](#)
[Graduate School Sort](#)
[Financial Aid](#)

So you plan to go to college?

It's never too EARLY to look for the right school...

- Consider your [needs and wants](#)
- Compare [schools side-by-side](#)



Reality Check
Find out how much money you will need and which occupation will pay



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Quick Links ▾

Create "My CIS Portfolio"

[[Privacy Statement](#)]

School/Organization:

[Wrong Site?](#)
[Log In Again](#)

First Name: **

Last Name: **

Address: (Line 1)

Address: (Line 2)

City:

State:

Zip:

Phone:

E-mail: * For e-mailing your password to you if you forget it

Graduation Year:

User name: **

User names cannot contain a space, \, #, !, ;, or '.

Password: **

Passwords must be at least 6 characters (including one non-alphabetical character), with no spaces.

Re-type Password: **

**Required Fields

CIS is available at no charge to all citizens of Illinois.

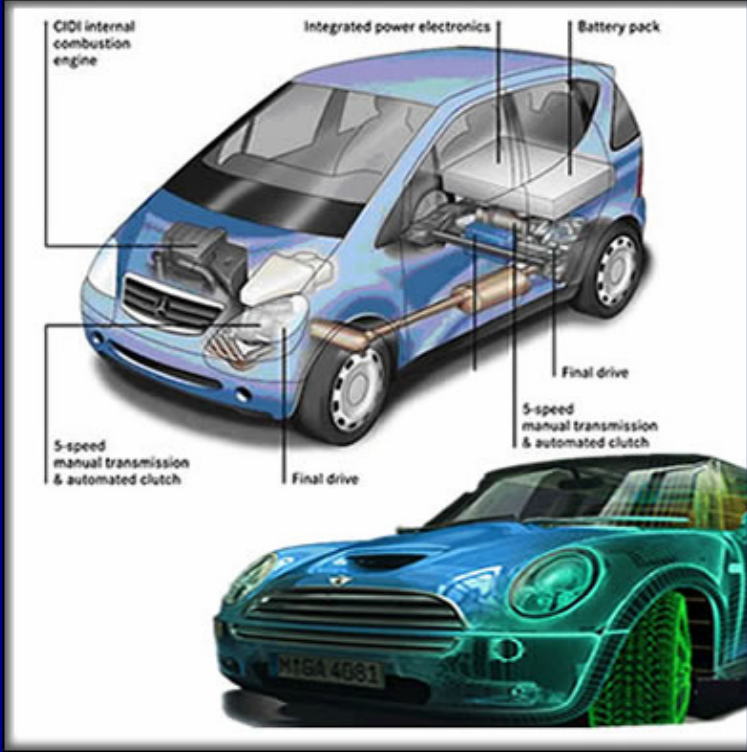
(Use your My CIS Portfolio username and password to log into CIS and save a step!)

Store in-process or finished tests in the portfolio.
(Once it's set up at school it can also be used from home.)

IDEAS

My CIS Portfolio -- JQ Student Style | Drafting car | [Print]

- ▶ **My Personal Information**
Edit your name, address, e-mail, and other contact information.
- ▶ **My CIS Favorites**
View items you have saved in your portfolio. Delete items you no longer want to keep and edit your thoughts about items you do want to keep.
- ▶ **My Career Plan**
Create a career and education plan or review and update what you already wrote.
- ▶ **My Course Plan**
Generate a course plan based on your career and education goals. Update it with classes you have completed.
- ▶ **My Education and Work History**
Enter or edit your education and work history information. Use this information to create a resume online.
- ▶ **Dependable Strengths**
This interactive process will help you define your dependable strengths.
- ▶ **Academic Practice Tests**
Prepare and practice for the ACT, SAT, PSAT, ASVAB, GED, CLEP, or TOEFL exams.
- ▶ **More Academic Practice Tests**
Prepare and practice for Advanced Placement and SAT Subject Area exams.
- ▶ **Civil Service Practice Tests**



The image shows two car diagrams. The top diagram is a blue hatchback with various mechanical components labeled: 'CI/DI internal combustion engine', 'Integrated power electronics', 'Battery pack', '5-speed manual transmission & automated clutch', and 'Final drive'. The bottom diagram is a green sports car, possibly a Mini Cooper, with a license plate that reads 'M16A 4661'.

Dependable Strengths

IDEAS is the Interest Determination Exploration and Assessment System

The Interest Determination, Exploration and Assessment System (IDEAS) has users indicate whether they like, dislike, or are indifferent to tasks from the Career Assessment Inventory. IDEAS then generates an individualized profile showing how their interests fit into 16 different occupational areas.

Both English and Spanish versions are included.

It has 128 items—save in-process tests to My CIS Portfolio.

CAREER INFORMATION SYSTEM

[Home | My CIS Portfolio | Log out]

Quick Links

IDEAS [Save]

21. Study effects of gravity

Like Very Much | Like Somewhat | Indifferent | Dislike Somewhat | Dislike Very Much

Previous | 108 remaining | Get Results

CAREER INFORMATION SYSTEM

[Home | My CIS Portfolio | Log out]

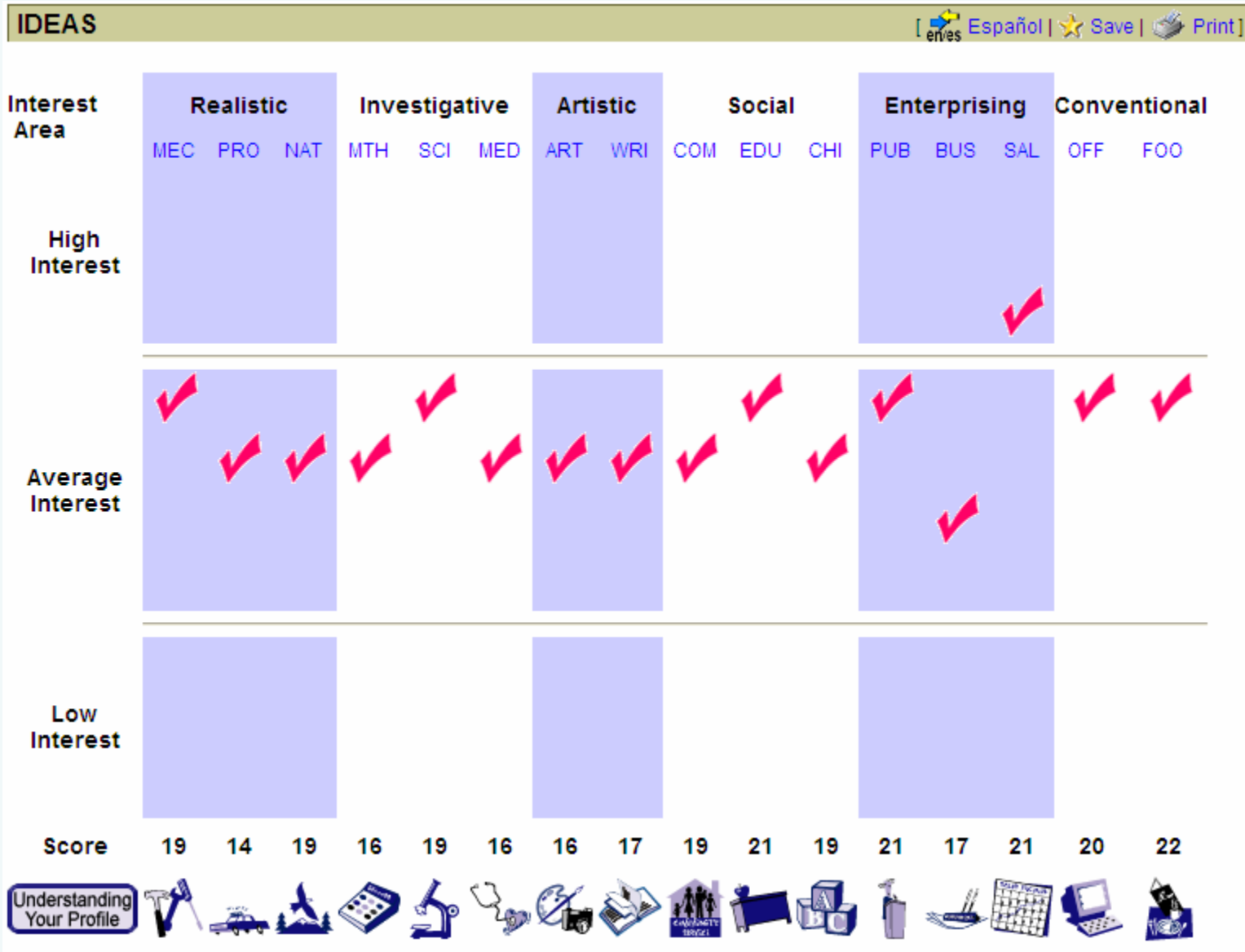
Quick Links

My CIS Favorites -- JQ Student [Privacy Statement | Print]

IDEAS (English or Spanish) | IDEAS (English or Spanish) | [IDEAS (English or Spanish)]

My Saved IDEAS (English or Spanish) Answers	My Thoughts	Updated	Edit	Delete
Restore Answers	quick, easy	9/27/2007	Edit	Delete

It produces a graph with results by 16 career clusters.



Select age group for junior high, high school or adult, then see careers that match interests!



[Home | My CIS Portfolio | Log out]

Quick Links ▾

IDEAS

[Save]

The interpretation of your IDEAS scores depend on your grade in school.
Indicate your grade by selecting one of the following:

- Grades 7, 8, 9
- Grades 10, 11, 12
- Adult



[Home | My CIS Portfolio | Log out]

Quick Links ▾

IDEAS

[My IDEAS Profile]

Sales (Enterprising)

You may enjoy selling things to people persuading people to buy things, or studying sales and marketing techniques.

Related Courses: Business, Economics, General Math, Marketing, Public Relations

Occupations

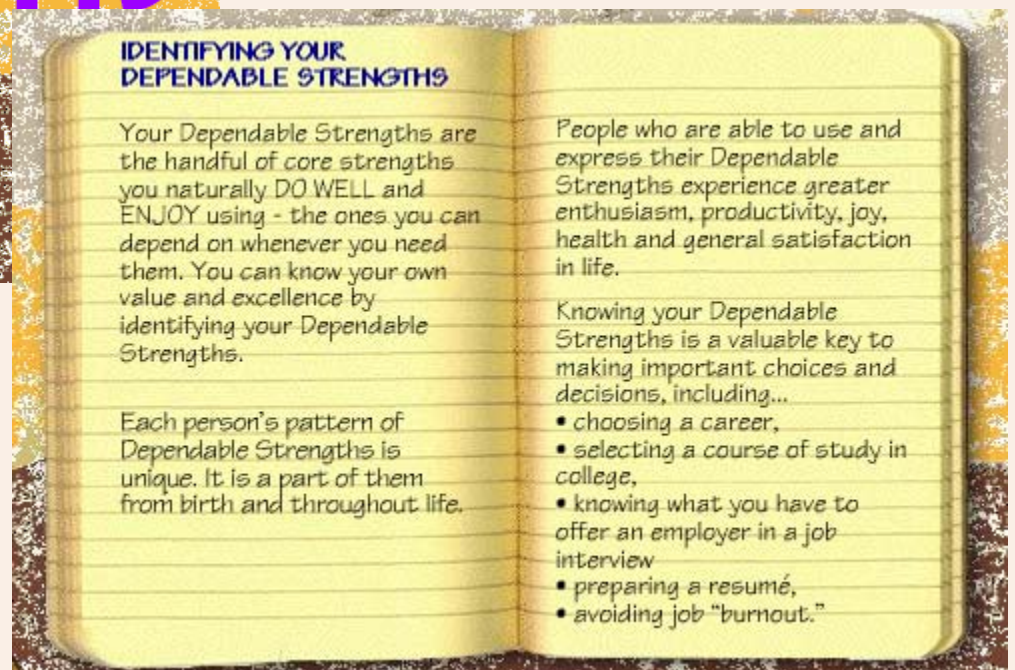
- [Advertising Salespeople](#)
- [Customer Service Representatives](#)
- [Demonstrators and Promoters](#)
- [Funeral Directors](#)
- [Insurance Agents](#)
- [Marketing Managers](#)
- [Real Estate Agents](#)
- [Retail Salespeople](#)
- [Route Salespeople](#)
- [Sales Managers](#)
- [Sales Representatives](#)
- [Sales Worker Supervisors](#)
- [Securities Salespeople](#)
- [Telemarketers](#)
- [Travel Agents](#)

Dependable Strengths

Dependable Strengths is a powerful, time-tested tool for identifying personal skills and strengths. Developed by Bernard Haldane, PhD, it follows a six step process:

- 1) Identify past good experiences
- 2) Select the top four good experiences
- 3) Complete the Strengths chart
- 4) Identify Top Strengths
- 5) Determine a career pathway using the Top Strengths
- 6) Select occupations from that career pathway

Learn about your strengths and create a journal



The process is simple but powerful

A Good Experience is something you did that...

- you feel you did well, and
- you enjoyed doing, and
- you are proud of.

STEP 1

REMEMBERING "GOOD EXPERIENCES"

Now remember (real hard) back when you were young, say before the age of 10, and remember the earliest **Good Experience** you can. Describe it in the box below.



MY EARLIEST "GOOD EXPERIENCE"

Tell what you did, how you did it and what happened. Remember a Good Experience is something you feel you did well, you enjoyed, and you are proud of.

TITLE

Describe good experiences in detail then figure out what strengths you used.

STEP 2

DESCRIBE YOUR TOP FOUR "GOOD EXPERIENCES"

Click on the MORE button and write details about each of your Top you did it,

GOOD EXPERIENCE DESCRIPTION
trail rides
Organized a "haunted trail ride" at Fairwind Stables; created the route, designed spooky stops along the way, supervised the crew that installed them. Led 20 of these trail rides which resulted in earning \$1,200 for charity. It was a blast! Everyone had a good time and we even got some new customers for the stable. I had fun coming up with the scary stories so when "Billy the Kid's ghost" walked through the clearing people thought it was real!
◀ PREV NEXT ▶ DONE

STEP 3

DOING THE STRENGTHS CHART

Good Experience: **trail rides**

Select the strengths you used the most to m Experience happen.

CREATIVE STRENGTHS (2 OF 6)

- Writing, using words
- Being expressive
- Experimenting, inventing
- Sensitivity to beauty
- Visualizing colors, shapes, concepts
- Playing, composing music
- Designing, drawing
- Acting, staging, directing drama
- Developing new ideas
- Creating art forms
- Other (enter title)

After identifying examples of using dependable strengths, it shows possible career paths and connects to CIS occupation files.

THE CAREER CONNECTION

See how your strengths match with careers. The numbers below indicate how often your strengths show up in each career path.

Career Path	Dependable Strengths	All Strengths
Social	0	3
Artistic	3	6
Conventional	^	^
Enterprising	^	^
Investigative	^	^
Realistic	0	0

Sample

Click the Career Path name to see lists of occupations most likely to use your strengths, especially your **Dependable Strengths** – those things you do well and enjoy.

The screenshot displays the Career Information System (CIS) interface. On the left, a list of career paths is shown, with 'Artistic' selected. The main content area shows the 'Actors' occupation page, which includes an overview, a list of related information, and a 'View Video' button. The 'Overview' section describes the role of actors and mentions the famous line 'Stella! cries Stanley Kowalski. "STELLA!'" from the movie 'A Streetcar Named Desire'. The 'At a glance' section lists key characteristics of the profession.

Career Path	Dependable Strengths	All Strengths
Social	0	3
Artistic	3	6
Conventional	^	^
Enterprising	^	^
Investigative	^	^
Realistic	0	0

Click the Career Path name to see lists of occupations most likely to use your strengths, especially your **Dependable Strengths** – those things you do well and enjoy.

Artistic

- Artists
- Architects
- Art Directors
- Audio-Visual Specialists
- Camera Operators
- Cartoonists
- Choreographers
- Composers
- Costume Designers
- Dancers
- Editors
- Fashion Designers
- Film Animators

CAREER INFORMATION SYSTEM

Occupations | [FAQs](#) | [Clusters Index](#) | [Titles Index](#) | [Compare](#) | [Search](#)

Actors [Print]

- Overview
- Wages
- Employment and Outlook
- Working Conditions
- Interests
- Skills and Abilities
- Physical Demands
- Knowledge
- Preparation
- Helpful high school courses
- Hiring Practices
- Advancement Opportunities
- Resources

Related Information

- Occupations

Overview

Actors portray characters in front of live audiences, cameras, or both.

"Stella!" cries Stanley Kowalski. "STELLA!"

[View Video](#)

Many people can name the movie and the actor behind this famous line. Marlon Brando played Stanley in 1951's "A Streetcar Named Desire." Critics say that Brando's raw, emotional acting forever changed the craft. He held nothing back. He was rude, he was powerful, he was angry, he was even funny. Even though he was playing a character, Brando was said to have become Stanley Kowalski in what is now known as "method acting." He went on to star in famous films such as "On the Waterfront" and "The Godfather" before passing in 2004.

At a glance

- Entertain audiences
- Work long or odd hours
- Work other jobs while building their career

How do I add **CIS Plus** IDEAS and/or Dependable Strengths to my free CIS?

- 1) Lease IDEAS and/or Dependable Strengths.
- 2) Provide your IP address range so the feature can be turned on at your site; your network administrator will be able to provide this.
- 3) It takes about four days for an account to be activated. You will receive an email with simple instructions for starting.

What is the leasing fee?

- Leases run from September 1 to August 31 of the following year.
- Leases begun after February 1 are for the remainder of the year plus a full year: February 1, 2008 to August 31, 2009, for example.
- For current fees for annual and 18 month leases see:

<http://www.ilworkinfo.com/PDF/07CISPIs.pdf>

CIS and CIS Plus

are brought to you as part of the Illinois Career Resource Network from
the Illinois Department of Employment Security



Consider adding Peterson's academic practice tests (ACT, SAT, PSAT, ASVAB, GED, CLEP and TOEFL), the SAT subject and AP practice tests, and/or the civil service exam preparation package that covers 10 job titles (police, firefighter and more.) *Save by leasing all five modules!*



Call toll-free (877) 513-1987 or email
des.icrn@illinois.gov for more information.