

Career Resources Matrix

Resource	Assess Yourself	Explore Career Options	Gain Skills	Find a Job	Manage Your Career
I SEEK <ul style="list-style-type: none"> • www.iseek.org • Minnesota resource • Includes MnCareers www.iseek.org/mncareers/ • Facilitator and parent guides online 	<ul style="list-style-type: none"> • ISEEK Skills Assessment • MnCareers Interest Inventory • Reality Check Tool • Skills 	<ul style="list-style-type: none"> • Search Careers • Licensed Careers • Military Careers • Search Industries • Growing Careers • Emerging Careers • Unique Career Paths • Regional Careers • Career Planning Resources 	<ul style="list-style-type: none"> • Search Colleges • Fields of Study (majors) • Programs (online/in-class) • Courses (online/in-class) • K-12 Online Courses • Certifications • Explore Education Options • Financial Aid • Apply to College 	<ul style="list-style-type: none"> • Search Jobs (MnWorks) • Search Businesses • Search Salaries • Explore the Job Market • Develop Your Resume • Apply for Jobs • Interview and Negotiate 	<ul style="list-style-type: none"> • Manage job Loss and Transition • Career Counselors • Latest Trends • News & Events
MCIS: Minnesota Career Information System <ul style="list-style-type: none"> • mncis.intocareers.org • Username and password required • Minnesota and national resource 	<ul style="list-style-type: none"> • SKILLS Assessment • O*NET Interest Profiler • O*NET Work Importance Locator • Assessment Link 	<ul style="list-style-type: none"> • Occupations • Occupation Sort • Career Fields • Industries • Military Employment • Self-Employment • Careers of the Future in Technology 	<ul style="list-style-type: none"> • Programs of Study • Minnesota Schools • U.S. Schools • Undergraduate and Graduate School Sort • Financial Aid • Financial Aid Sort • Apprenticeship • Short-Term Training 	<ul style="list-style-type: none"> • Job Search • Reality Check 	<ul style="list-style-type: none"> • My MCIS Portfolio • Keep that Job
CareerOneStop <ul style="list-style-type: none"> • www.CareerOneStop.org • National resource 	<ul style="list-style-type: none"> • Skills Profiler • Find Assessments 	<ul style="list-style-type: none"> • Browse Occupations • Browse Industries • What's Hot • Salary Info • Employment Trends • Licensed Occupations • Compare Occupations 	<ul style="list-style-type: none"> • Colleges & Training • Certification Courses • Apprenticeship • WIA Training Providers • Financial Aid • Scholarships 	<ul style="list-style-type: none"> • State Job Banks • Staffing and Recruiting Services • Salary Negotiation • Networking • Relocating 	<ul style="list-style-type: none"> • Professional Development • Keep a Job • One-Stop Career Centers • Employment Programs and Services
DEED <ul style="list-style-type: none"> • www.deed.state.mn.us • Minnesota-specific resource • Includes CJS www.deed.state.mn.us/cjs • Includes LMI www.deed.state.mn.us/lmi 	<ul style="list-style-type: none"> • Skills Identification 	<ul style="list-style-type: none"> • MN Salary Survey • Employment Projections • Current Employment • Industry Wages & Employment • Job Vacancy Survey • Occupations in Demand • Unemployment Rate 		<ul style="list-style-type: none"> • Job Search Preparation • Resume and Cover Letters • Job Search Tools • Internet Job Search Strategies • The Job Interview • Finishing Touches • Minnesota Benefits Survey 	
MinnesotaWorks <ul style="list-style-type: none"> • www.minnesotaworks.net • Minnesota-specific resource 			<ul style="list-style-type: none"> • Volunteer, Apprenticeship and Internship Opportunities 	<ul style="list-style-type: none"> • Minnesota Job Openings • Resume Builder • Match Resume • Cover Letters 	
Job Central <ul style="list-style-type: none"> • www.jobcentral.com • National resource 				<ul style="list-style-type: none"> • National Job Openings • Links to State Job Banks • Post Resume 	