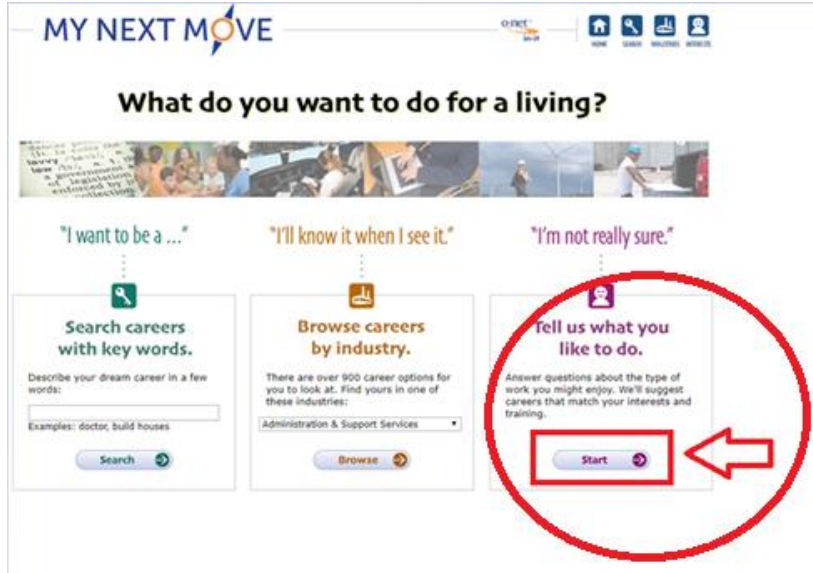


Tutorial of *My Next Move*

Step 1: Getting started

Go to <http://www.mynextmove.org/> and click on the “Tell us what you like to do” start button.



Step 2: Starting your assessment

- If you **HAVE NOT TAKEN** this assessment before or do not remember your Interest Profiler scores:
 - Click the “Next” on the bottom right hand side of your screen and follow Step 3 through Step 6.



- If you **HAVE TAKEN** this assessment before and remember your Interest Profiler scores:
 - Click the “Enter Scores” button on the left hand side of your screen.
 - Enter your recorded Interest Profiler scores.



Step 3: Read through the three introductory slides.

- Keep in mind:
 - You are rating tasks based on your interest level. Try not to think about aspects like the education or salary level of these tasks.
 - There are **NO wrong answers**. If you feel like you would want to change answers, feel free to click the “Back” button at any time.

Step 4: Assessment

- Read through each question (60 questions total) and answer them according to your interest level.
- After answering all of the questions, you are given the option to go back and look at/change any answers.
- When completed with your assessment, click the “NEXT” button

Step 5: Interest Profiler Results

- Congratulations, you can now see your results. Take note of your top three results.
- Click the **PRINT** icon (this will provide you with your scores and will give you a brief explanation of each interest category).



Step 6: Exploration

- Job Zone: Decide the amount of education and experience you have now and are willing to continue.

- Job Zone One: Little or No Preparation Needed (No high school diploma)
- Job Zone Two: Some Preparation Needed (High school diploma or Associate’s)
- Job Zone Three: Medium Preparation Needed (Associate’s)
- Job Zone Four: Considerable Preparation Needed (Bachelor’s or Master’s)
- Job Zone Five: Extensive Preparation Needed (Master’s and above)

- **Careers: Click on a career(s) that interest you.**

- Once you click on a career, you will be brought to a separate screen that will help you explore various aspects of this particular occupation.
- Note: If you would like to search careers based on your Interest Profiler areas, click on “Find more careers”

