

Career Cruising Step-by-Step

www.careercruising.com

Original Username: UD email address (____@dbq.edu)

Password: Your Birthdate (mmdyyyy)

Explore Career Interests

1. On the left-middle of the page, click “Explore My Interests”
2. Under “Matchmaker & My Skills” click the blue box that says: “Start Matchmaker”
3. You will then be directed to a page to begin the career interest inventory. There are a total of 116 questions broken up into 3 different sections
4. Write today’s date for the “matchmaker label” and then click “start now”
 - When answering questions:
 - Answer them honestly – no one can see your answers or ultimate results
 - Take your time, there is no rush, but don’t spend too much time thinking about the questions – go with your instinct and initial thought/reaction to the question
 - Use the middle option, “Does not matter” as little as possible to get as accurate of a list of career interests as possible
 - You will see there is more information of about the questions on the right side of the page
5. After answering the first 39 questions, your results will automatically be saved and you will be directed to a page with a list of 40 occupations that best suit you according to the questions you answered
6. In the 3rd box down on the left, “improve your results” – select “answer more questions” You will then be directed to answer the second section of 56 questions. This is the longest section
7. Once finished answering those questions, you will again be directed to an updated page with a list of occupations best suited for you according to the questions answered.
8. Repeat step 6 to finish answering all questions. There are only 21 questions that remain in the third section
9. Congrats! You are finished with the Career Interests Inventory!