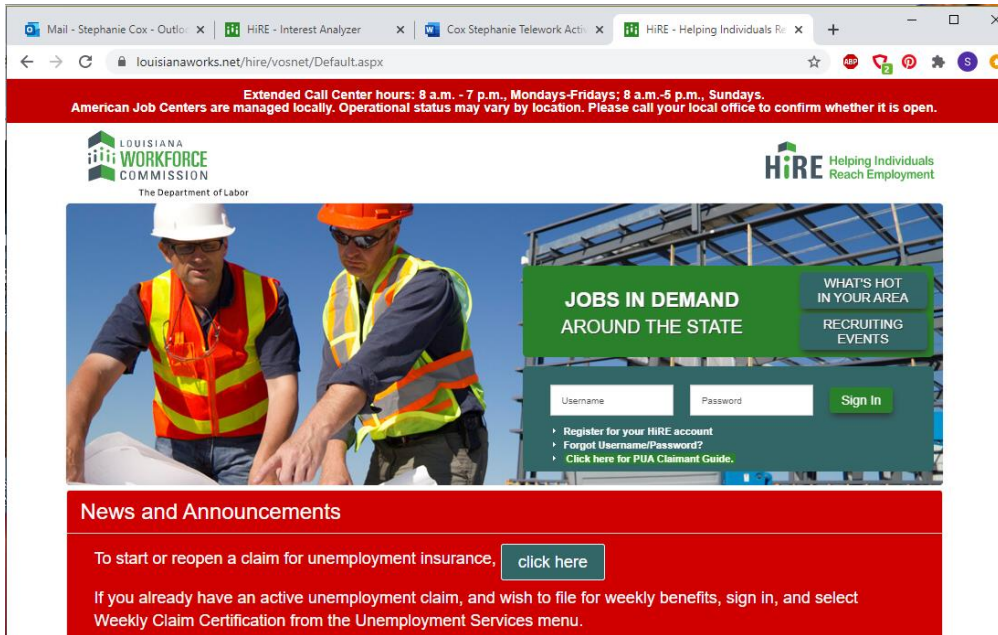
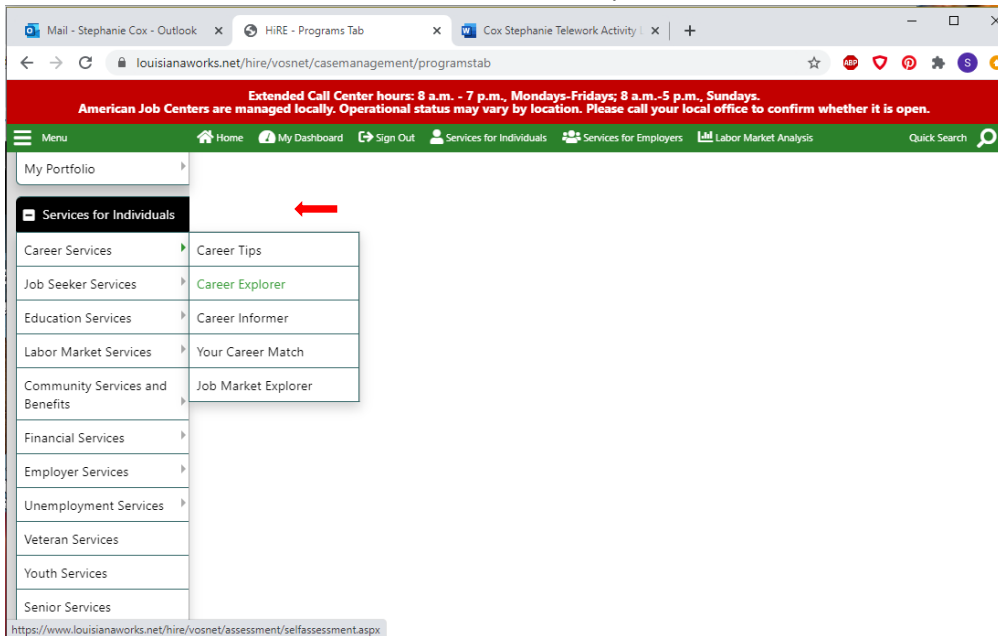


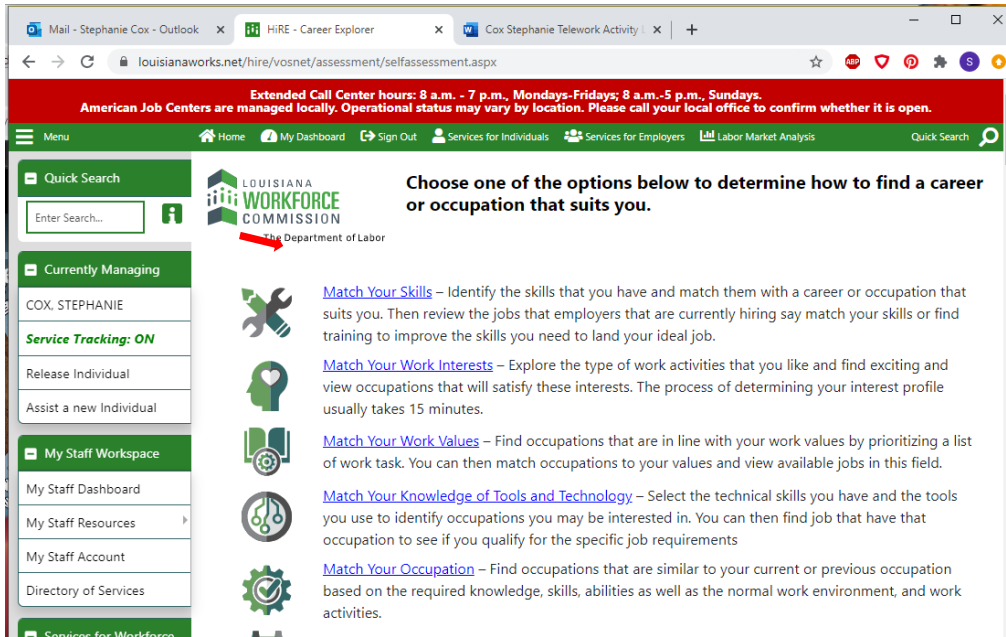
1. Go to [Louisianaworks.net](http://Louisianaworks.net) and enter your username and password. If you do not have your username and password, contact your Career Advisor to reset it.



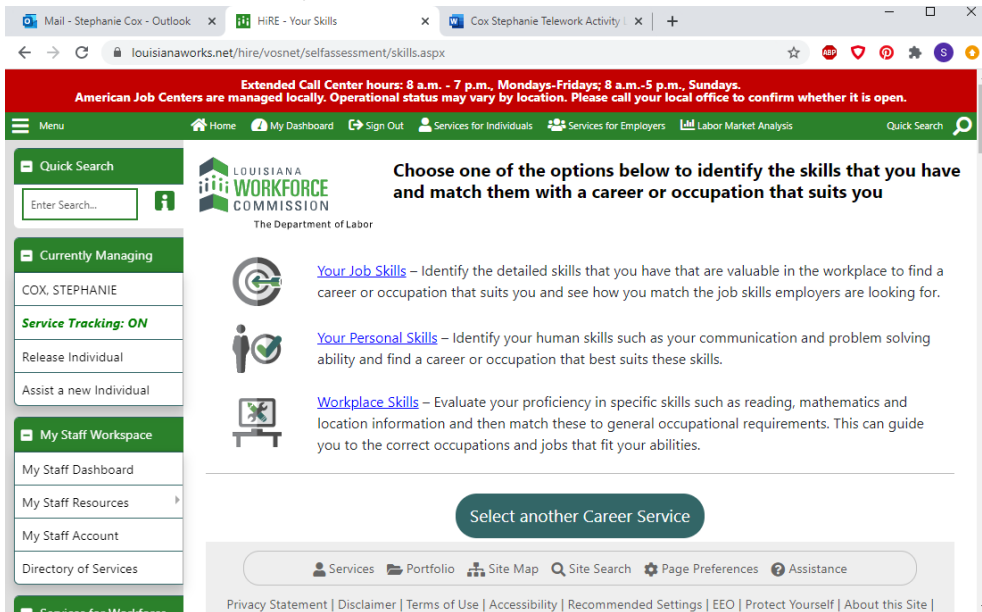
2. Once you are in your account, scroll down until you see "Services for Individuals" in the left menu. Hover over "Career Services" and select "Career Explorer"



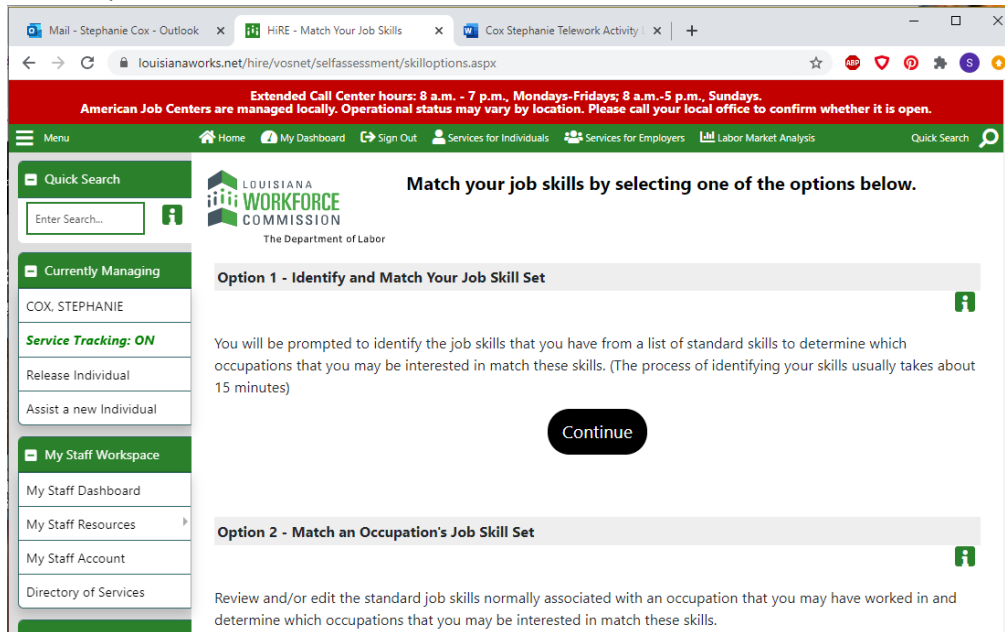
3. In the Career Explorer, click on “Match Your Skills.”



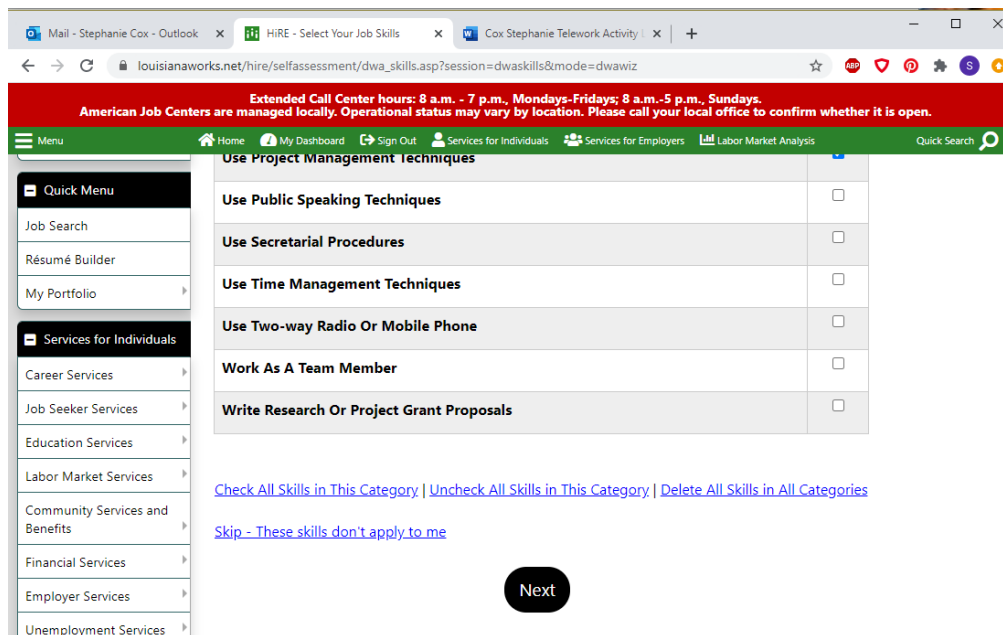
4. Under “Match Your Skills,” select “Your Job Skills.”



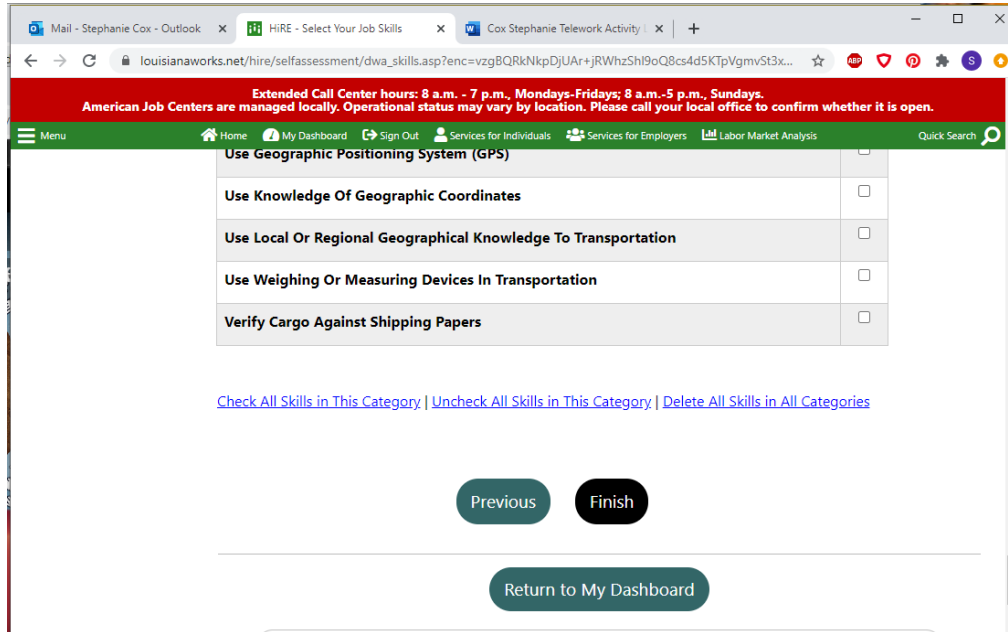
5. Under Option 1, click “Continue.”



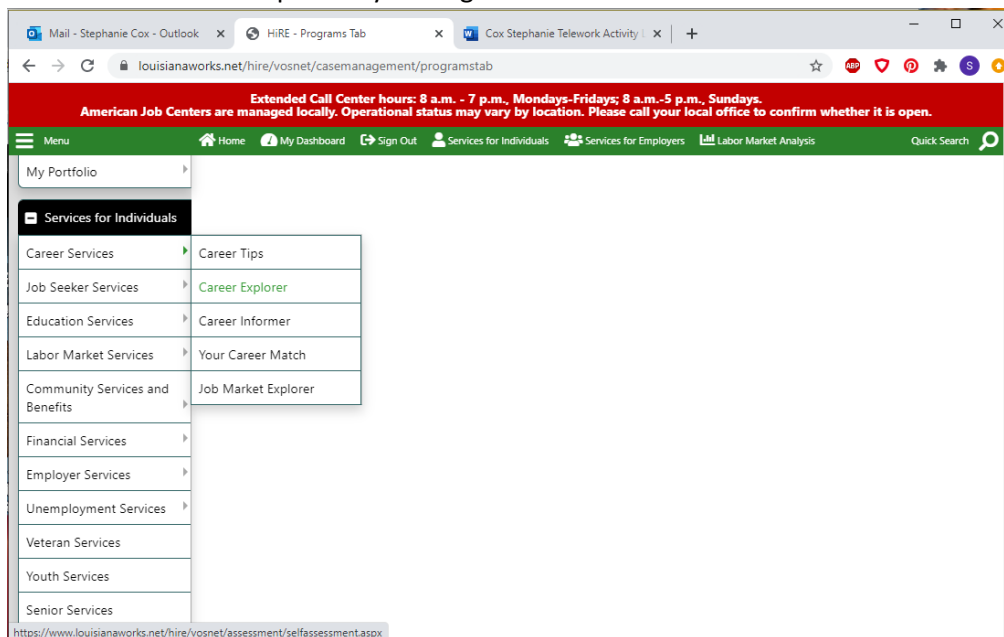
6. You will see a list of skills. Check the box next to any tasks that you have done or know that you can do. When you are done, click the “Next” button at the bottom of the page. There will be 14 pages of skills to review. They may autopopulate if you have previously uploaded a resume on the website.



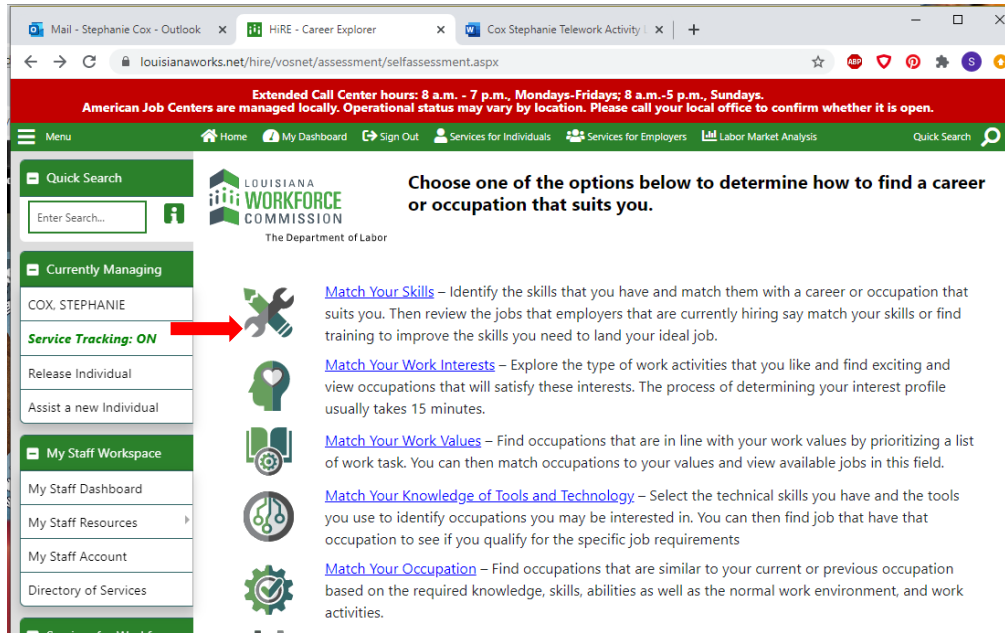
7. The last page will have a “Finish” button instead of a “Next” button. Click that and the website will automatically save your work.



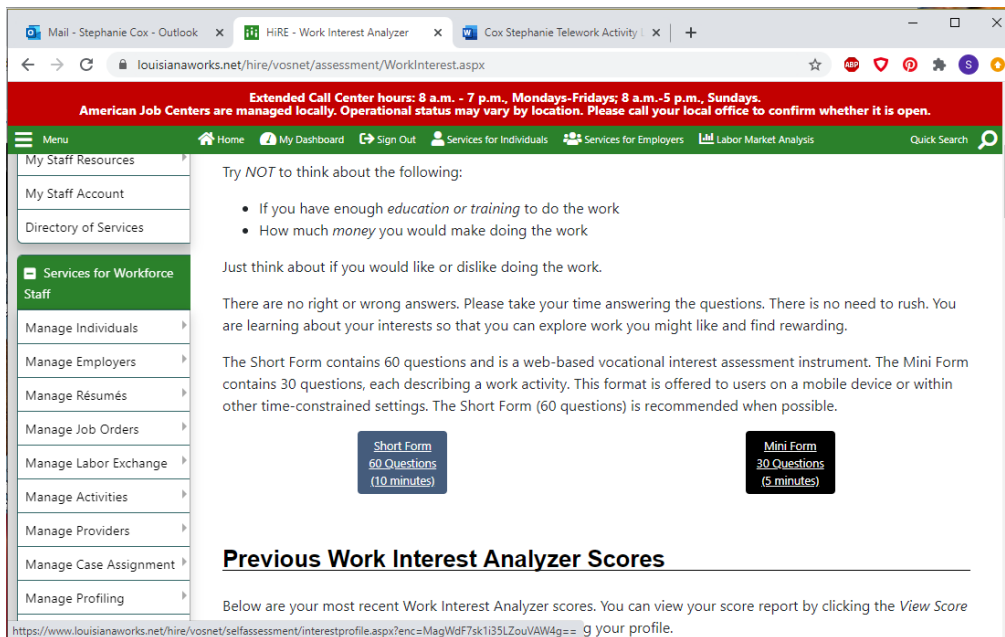
8. Go back to the Career Explorer by finding it in the “Services for Individuals” menu.



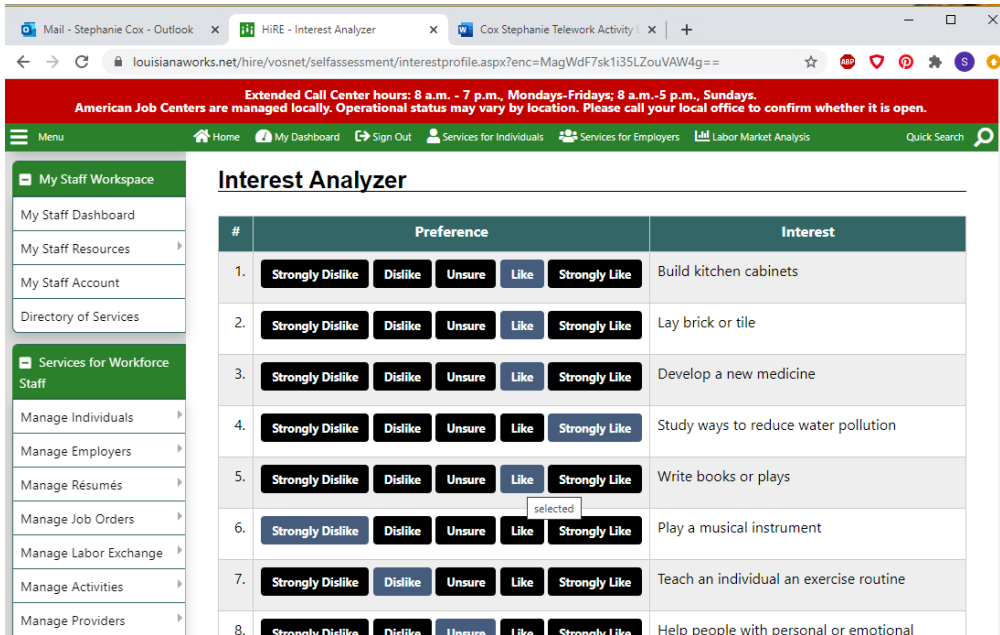
9. This time, select “Match Your Work Interests.”



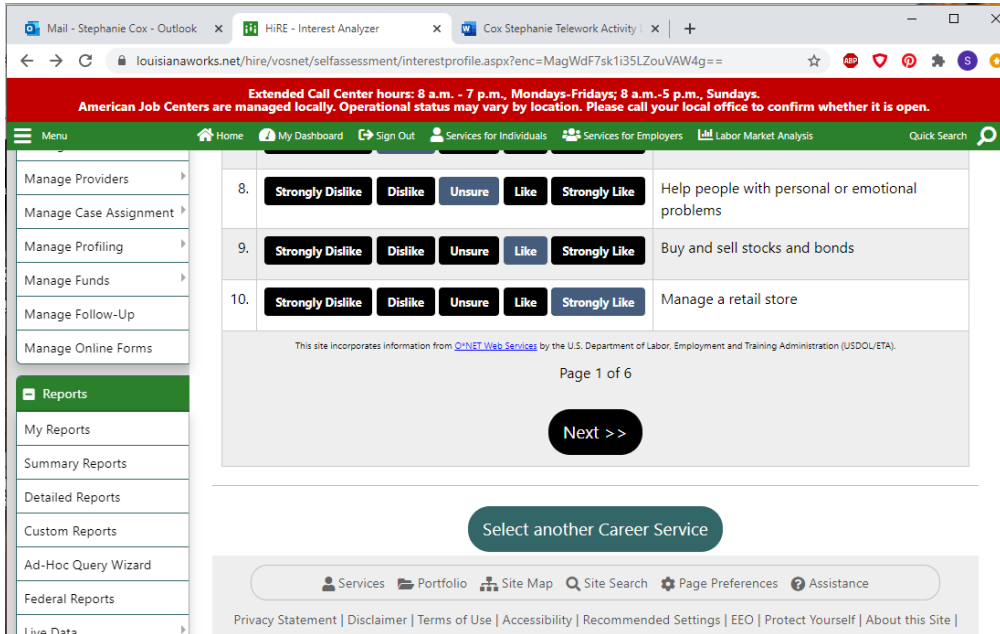
10. Choose the “Short Form” option instead of the “Mini Form” option.



11. You will be provided with a series of tasks and options ranging from “Strongly Dislike” to “Strongly Like.” Select the box that reflects how you feel about that task. Make sure you click on an answer for each task.



12. When you are done, click the “Next” button at the bottom of the page. The website will automatically save your work. There will be six pages of tasks for you to view.



13. The last page will have a “View Score” button instead of a “Next” button. Click this button to save your work. You can learn a lot from exploring your scores and career matches!

