If you have already identified a career interest skip to step 2.

1. Career selection:

   Go to the website http://Onetonline.org

   Select the My Next Move activity on the left side of the screen

   Follow the prompts, answer the questions and select one of the recommended careers.

2. On the O*Net main page, http://Onetonline.org, enter the career you have selected in the occupation search text box.

   You may need to choose from several options. Browse through information for each option and chose one of the careers.

3. Chose one of the software applications listed under the technology skills section. This will be the focus of your research project. Select an application that is specifically for this industry. Do not select; MS Office, Word, Excel, Power Point, Email or Web Browsers.

   Technology Skills

   Calendar and scheduling software — Scheduling software
   Database user interface and query software — Digital Coach Athletic Trainer; Injury tracking software; Keffler Development Services Athletic Trainer System ATS; Premier Software Simtrak Mobility (see all 5 examples)
   Electronic mail software — Email software
   Internet browser software — Web browser software
   Medical software — BioEx Systems Exercise Pro; IMPACT
   Office suite software — Microsoft Office
   Presentation software — Microsoft PowerPoint
   Spreadsheet software — Microsoft Excel
   Word processing software — Microsoft Word

   Hot Technology — a technology requirement frequently included in employer job postings.

4. Enter the name of the software application in step 3 of your worksheet.