**Lesson 1 – Getting logged in**

1. Log onto Unifrog using your school email address
2. Graphical user interface, application, Word

   Description automatically generatedIf you don’t remember your password, click the “resend” button
3. Click on “Interests profile” and complete the quiz:

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If you have taken it before, you may have to click “take the quiz again” first. Please do redo the quiz – it should be done every year.

1. When you have finished, it will give you the main categories you fall into. Click “search careers library” underneath:

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Write your top 2 skills in the box below:

|  |
| --- |
|  |
|  |

1. Spend some time exploring the careers it suggests to you. You can “like” your favourites by clicking the heart in the corner. Write the first 5 careers it suggests below and whether you find it interesting:

|  |  |  |
| --- | --- | --- |
|  | Career | Interested? |
| 1 |  |  |
| 2 |  |  |
| 3 |  |  |
| 4 |  |  |
| 5 |  |  |

1. If you enjoyed this, you can also take the other quizzes available:

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The more quizzes you do, the more refined your results will be.