**Hour 1**

1. Log onto Unifrog using your school email address
2. If you don’t remember your password, click the “resend” button

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

|  |  |  |
| --- | --- | --- |
|  | 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.