

MY CAREER CHECKLIST

WORKSOURCE ROGUE VALLEY



CHECK the BOXES for services you want to explore.

When done, call 541-734-7533 to request a virtual **Welcome Conversation**.

SLIDESHOW: worksourcerogue.org/intro-to-workforce/

GENERAL INFORMATION

- My Name is: _____
- My Email is: _____
- I am a **veteran** or spouse of a veteran

iMatchSkills status:

- I **don't know** what an iMatchSkills Profile is and **need help** creating one
- I **have created** an iMatchSkills Profile before
- I **will create** an iMatchSkills Profile at www.imatchskills.org

TRAINING OPPORTUNITIES

- | | |
|---|--|
| <input type="checkbox"/> Administrative Excellence | <input type="checkbox"/> General Education Diploma |
| <input type="checkbox"/> Empower Launchpad | <input type="checkbox"/> Healthcare Cohort |
| <input type="checkbox"/> Empower Life Coaching | <input type="checkbox"/> Pre-Trades Program |
| <input type="checkbox"/> English Language Learning | <input type="checkbox"/> Other: _____ |
| <input type="checkbox"/> Foundational Skills Workshop | |

Assessment & Certification

- Aspiring Minds Assessments
- National Career Readiness Certificate
- Other: _____

PAID EMPLOYMENT & EDUCATIONAL SUPPORT

- | | |
|--|--|
| <input type="checkbox"/> Apprenticeships | <input type="checkbox"/> Self-Employment Assistance |
| <input type="checkbox"/> Internships/Work Experience | <input type="checkbox"/> Training Scholarships |
| <input type="checkbox"/> On-the-Job-Training | <input type="checkbox"/> Training Unemployment Insurance |

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ADDITIONAL SERVICES

- Basic Services
- Migrant Seasonal Farm Workers
- Career Coaching

- Oregon CIS
- Quality info
- Rogue Careers
- SNAP/STEP

ADDITIONAL RESOURCES

- 211: 211.org/
- Access: accesshelps.org/services/
- Jackson County Libraries: jcls.org/
- Migrant Seasonal Farm Workers: Luis Rivas, 541.515.8079 | luis.a.rivas@oregon.gov
- Oregon CIS: oregoncis.uoregon.edu (Username = “OED Medford” and Password = “fog.horn” or Username = “OED Grants Pass” and Password = “bison.herd”)
- Recovery Café: reclaiming-lives.org/recovery-cafe/
- Rental Assistance: oregonrentalassistance.org/
SNAP: oregonhunger.org/apply-for-snap/
- Southern Oregon Credit Counseling: improvedcredit.org/
- STEP Websites:
 - Medford: oregonstep.info/worksource-medford.html
 - Grants Pass: oregonstep.info/worksource-grants-pass.html
- Vocational Rehabilitation: oregon.gov/dhs/employment/VR/Pages/index.aspx
- Unemployment Insurance: oregon.gov/employ/unemployment

NEXT STEPS & NOTES

WORKSOURCE ROGUE VALLEY

WorkSource Rogue Valley—Medford
119 N. Oakdale
Medford, OR 97501
(541) 734-7533 (Voice/TDD)

WorkSource Rogue Valley—Grants Pass
1569 NE “F” St.
Grants Pass, OR 97526
(541) 734-7533 (Voice/TDD)