This GPS LifePlan guide can help you become familiar with the variety of activities and resources available on the website. The asterisk (*) indicates items that have an interactive component where the user can input information and/or complete a specific task.

**Career: Assessing Yourself**

- Career Interests Game
- MNCareers Interest Assessment *
- Strong Interest Inventory *
- Campbell Interest and Skills Inventory *
- Minnesota Career Information System *
- Kalil’s Personality Assessment *
- Jung’s Typology Test *
- Myers-Briggs Type Indicator *
- ISEEK Skills Assessment *
- Skills Profiler *
- Occupational Information Network *
- Career Values Test *
- Workplace Values Assessment *
- Values Questionnaire *
- O*Net Work Importance Indicator *
- Self-Reflection Questionnaire *
- Your Mission Statement *

**Career: Exploring Careers**

- Reality Check Tool on ISEEK *
- The Cost of Living in Minnesota Wage and Budget Calculator *
- Gathering Information About Career Options *
- Occupational Outlook Handbook
- ISEEK Explore Careers
- O*Net Find Occupations
- Occupation Profiles
- Growing Careers in Minnesota
- Nontraditional Careers for Women and Men
- Work-Based Learning Types
- Guide to Informational Interviewing

**Career: Exploring Education and Training Options**

- Employment Training (CareerOneStop)
- Short-Term Training Finder *

**Career: Creating a Plan and Setting Goals**

- Learn How to Set Goals
- Basic Goal Setting Form *
- Targeted Goal-Setting Form *
- Career Goal Setting (ISEEK)
- CareerPlan Reflections Worksheet *
Career: Marketing Yourself and Finding a Job

- Resume Development: A Step-by-Step Guide
- Creating Your Resume
- What to Include on Your Resume
- Improving Your Resume
- How to Use a Resume
- Tips On Submitting Your Resume Electronically
- Microsoft Word Resume Template *
- References
- Preparing a Portfolio
- Electronic Portfolios
- CareerOneStop Cover Letter Guidelines
- ISEEK Cover Letter Samples
- About.com Cover Letter Samples
- Job Search Process Tips
- Employer Locator*
- Tips for Getting Your First Job
- Career Network Worksheet
- Minnesota Job Bank *
- Minnesota Workforce Centers
- Federal Government Jobs
- Interview Tips
- Types of Interviews
- Common Interview Questions
- Legal Issues Related To Interview Questions
- Research Employers (ISEEK)
- Find Potential Employers (CareerOneStop)
- Find an Employer (WetFeet)
- Local Business Directory (BizJournal)
- Interview Follow-up
- Thank You Notes
- Sample Job Interview and Career Thank-You Letters
- Interview Follow-up/Thank You Letters
- Getting Prepared: Think Like an Employer
- Attitude and Appearance
- Dress for Success
- International Business Etiquette and Manners
- Cultural Etiquette Around the World
- Facebook, MySpace and Your Job Search
- Your Online Presence
- Email Tips and Use for the Job Seeker
- Email Use in Your Job Search
- Evaluating Job Offers
- Questions to Consider When Evaluating a Job Offer
- Comparing Job Offers
- Cost of Living in Various Cities
- Declining a Job Offer
- Benefits: What to Ask and When to Ask
- Benefits Information

Career: Managing Job Loss and Transitions

- Manage Job Loss and Transition
- Minnesota Dislocated Worker Program
- Minnesota Workforce Centers
- Rights After a Layoff
- Unemployment Benefits in Minnesota
- Worker ReEmployment
- Homemakers Returning to Work
- MinnesotaUnemployed.com
- Getting Through Tough Times
- GPS LifePlan veteran’s site.
**Education: Determining Your Education Goals**

- SMART Goals Worksheet *
- Milestones of Achieving Your Academic Goals*
- Certificates, Diplomas, Degrees
- Choosing Your College Major
- Common Misperceptions about Selecting a Major
- What Can I do with a Major in...?
- Role of Liberal Arts in Your Future
- Areas of Study in Minnesota
- Career Clusters
- Minnesota State Colleges and Universities
- University of Minnesota Degrees
- Minnesota Private Colleges and Universities
- College Board: College Search Engine
- Prepare for College
- Types of Schools in Minnesota
- Steps to Choosing a School
- Pocket Guide to Choosing a College
- Apply to College
- Undecided Worksheet
- Find a Graduate Program
- Minnesota Online
- Tips for Taking Online Courses
- Successful Online Learners
- Life as a First Generation College Student
- First Hand Stories from First Generation Students
- First In the Family
- First Generation College Student Newsletter
- Migrant Education
- GED and College Assistance for Migrant Families
- Higher Education Veterans Program
- Veteran Resources for Minnesota State Colleges and Universities
- Servicemembers Opportunities Colleges (SOC) Consortium
- Education and Training Programs for Veterans
- Financial Aid and Scholarship Information for Veterans
Education: Study Skills and Strategies

- Fundamental Values of Academic Integrity
- What is Plagiarism?
- Critical Thinking in College
- Critically Evaluating Information on a Website
- Researching on the Internet
- Language Learning: Many Languages
- Resources for Language Learning
- Tips for Studying Foreign Languages
- Translation and Interpreting
- ADHD and Studying
- ADHD – A Student’s Guide to Success
- Learning Disabilities Online
- Learning Disabilities Resource Community
- Index of Learning Styles (ILS)*
- Learning Style Assessments *
- LINKup Employability Skills Learning Styles
- Multiple Intelligences Inventory *
- VARK Assessment *
- Active Listening Tips
- Cornell Note Taking System
- Note Taking in Lectures
- Mapping
- Note Taking Styles, Techniques, and Systems
- Citing Websites
- Netiquette
- Online Learning Strategies
- On-Line Study Skills Improvement Information
- Comprehension Strategies
- Critical Reading Skills
- Different Types of Reading
- How to Read a Textbook
- Textbook Reading Methods
- Understanding the Reading Process
- Reading Strategies: Fact or Opinion
- Reading Strategies: Finding Important Ideas
- Identifying Topics, Main Ideas, and Supporting Details
- Making Inferences and Drawing Conclusions
- Reading Strategies: Signal Words
- Summarizing, Paraphrasing, and Quoting
- Class Presentations
- Classroom Discussion and Participation
- Organizing Group Projects
- Study Groups
- College Study Strategies and Study Tips
- Four Basic Steps to Learning
- On-Line Study Skills Improvement Information
- Quick Study Activities
- Study Guides and Strategies
- Study Skills Checklist
- Studying for Math
- Success in Class
- Test Preparation
- Math Tests
- Memory Skills
- Overcoming Test Anxiety
- Test Anxiety Tips
- Time Management Assessment *
- How Do You Use Your Time Assessment *
- The Basics of Time Management
- Time Management: Myths vs. Facts
- Assignment Calculator
- Goal Setting Chart for Visual Learners
- Procrastination Issues and Resources
- Causes and Forms of Procrastination
- Perfectionism
- Self Regulated Learning for College
- Self-Directed Learning at Work
- Basics for College Writing
- Seven Stages of Writing Assignments
- Spelling Strategies and Tips
- Writing Under a Deadline
Education: Preparing for Academic Success

- MNADE Brochure: Difference between High School and College
- College Admission Tests
- Accuplacer Placement Test
- Developmental Education
- Mindquest Academy
- Adult Basic Education Programs
- Advanced Placement Courses (AP)
- College Level Equivalency Program (CLEP)
- Credit for Prior Learning
- DSST (Dantes) Examinations for Military Personnel
- International Baccalaureate Program (IB)
- Post-Secondary Options Program (PSEO)

Education: Charting Your Education Plan

- Long-term Plan of Courses Worksheet
- Degree Audit Report (DARS)
- College Catalogs (Minnesota)
- CollegeSource
- Education Glossary
- Academic Load
- Summer Classes
- Degree Audit Report (DARS)
- USElect (Transfer Resource)
- Minnesota Transfer Resources
- Transfer Basics
- Transfer Action Plan
- Admissions and Application Plan
- Articulation Agreements
- Transfer Guides for Minnesota Post-Secondary institutions
- Other Types of Transfer Credit
- Minnesota Transfer Curriculum (MNTC)
- MnTC course and goal lists for Minnesota State Colleges and Universities

Reviewing and Adjusting Your Plan

- Academic Standing
- GPA Calculator *
- Minnesota State Colleges and Universities Financial Aid Satisfactory Progress Policy

Finance: Your Budget

- Financial Values Guide Worksheet *
- A Beginners Guide to Securing Your Financial Future
- Reality Check Tool on ISEEK*
- The Cost of Living in Minnesota
- Cost of Raising a Child
- University of MN Extension Resource Management for Daily Life
- Monthly Budget Worksheet *
- Budgeting Tips
- Create a Budget Website *
Finance: Financing Your Education

- ISEEK Financial Aid
- Get Ready for College
- Career One Stop Financial Aid
- Federal Student Aid (FAFSA)
- Understanding Grant and Loan Programs Fact Sheets
- Financial Aid Estimator*
- Direct Consolidation Loan Information Center
- Student Aid Publication
- College Board Scholarship Tips
- Minnesota Scholarships
- ISEEK Scholarships
- American Opportunity Credit
- Textbook Tax Credit Flyer
- Hope Tax Credit
- Lifetime Learning Tax Credit
- Deduction of Tuition and Fees
- Tax Filing

Finance: Credit and Debt Management

- Understand Your Credit
- MN Attorney General's Credit Handbook
- Federal Reserve Credit Information
- New Credit Card Law Summary
- Learn More About Your Credit Card Offer
- Interest Rates
- Understand Your Statement
- Credit Card Repayment Calculator
- Requesting a Free Annual Credit Report
- Calculate Your Debt-to-Income Ratio
- The National Foundation for Credit Counseling
- National Association of Personal Financial Advisors

Finance: Identity Theft

- Guarding Your Privacy
- Identity Theft on Campus
- Protect Personal Information
- Privacy Rights Clearing House
- Social Security Online
- Identity Theft Resource Center
- OnGuardOnline*

Finance: Creating a Savings Plan

- Saving Early – US Department of Labor Example
- Social Security Administration
- Federal Citizen Information Center

Leadership: Who are You as a Leader?

- Leadership Assessment Tools
- Leadership Style Survey *
- DISC Inventory *
- Jung Typology Test *
- Keirsey Temperment Sorter-II *
- Create your Groups Mission and Vision Statement
- Mission and Vision Statements- What’s the Difference?
- Develop your Personal Philosophy of Leadership
- The Practice of Leadership
- Different Leadership Styles
- Leadership Self Assessment
- Overview of Leadership Theories
- The Center for Leadership Studies: Home of Situational Leadership
- Hersey's and Blanchard's Situational Leadership Model

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Leadership : Leadership Resources

- Ice Breakers
- Ice Breakers and Team Builders
- Goal Setting*
- Goal Setting Worksheet *
- Setting SMART Goals *
- Tips for Goal Setting
- Decision Making
- Guide to Creative Decision Making & Critical Thinking
- Motivate Others
- Motivation Tips
- Conflict Management
- Mediating Conflict
- Center for Ethical Leadership
- Ethical Leadership Scales
- Etiquette for College Students
- One Etiquette Place
- Basic Guidelines for Giving Feedback
- Feedback Tips
- Giving Negative Feedback
- Empowering Change
- Initiating Change
- Leading Organizational Change
- Different Approaches to Brainstorming
- How to Brainstorm
- Communication Tips
- Effective Interpersonal Communication
- Nonverbal Communication
- Delegation Worksheet *
- How to Delegate
- Successful Delegation
- Backwards Planning Information
- Backwards Program Planning
- Event Planning Worksheet *
- Steps to Successful Event Planning
- Effective Meetings Produce Results
- Effective Meeting Tips
- Planning and Leading Effective Meetings
- How to Develop an Agenda
- Roberts Rules of Order
- Roberts Rules of Order FAQs
- Incoming Officer Goal Sheet*
- Officer Transition Information
- Outgoing Officer Transition Worksheet*
- Managing Your Time
- Time Management
- Center for Creative Leadership
- FISH! Philosophy
- Leadership Now
- National Clearing House for Leadership Programs
- The Leadership Challenge
- The Leadership Circle
- Best Leadership Books: 2007
- Leadership Book List
- Center for Leaders Development - Movies
- Movies and Leadership
- Phi Theta Kappa - Leadership and Movies

Leadership in Action

- National Panhellenic Council
- North-American Interfraternity Conference
- Phi Beta Kappa
- Phi Theta Kappa
- Minnesota Compact
- Minnesota Service Learning Clearinghouse
- Minnesota State University Student Association
- Minnesota State College Student Association
- Choralnet
- E-Democracy
- Early Childhood Family Education
- Find a Book Club
- Keep America Beautiful
- Rotary International
- Toastmasters
- Volunteer Opportunities
- AmeriCorps
- Corporation for National and Community Service

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Hands on Twin Cities
MN Association for Volunteer Administration
Peace Corps
Vote411
National League of Women Voters
Project VoteSmart
U.S. Federal Government - Elections and Voting
Minnesota Secretary of State Election Center
Iowa Elections and Voter Information
North Dakota Elections and Voting Information
South Dakota Elections and Voter Registration Information
Wisconsin’s - Elections Division
Presentations on Electoral Process
US Citizenship and Immigration Services
Study Materials for the Naturalization Test
Naturalization Self Test.
Center for Democracy and Citizenship
Teaching with Documents for Constitution Day
National Constitution Center

Global Competency

Country Studies Series
Dimensions of Global Leadership
NAFSA - Association of International Educators
Study Abroad
Tips for Traveling Abroad
Association of the Advancement of Sustainability in Higher Education
Campus Sustainability Profiles
EarthShare
Sustainable Living
What is your Carbon Footprint? *
Educators for Social Responsibility
Human Rights Campaign
Project Implicit
Tolerance.org
Students of All Ages
Age Discrimination
Gender Education Center (Debra Davis)
OutFront Minnesota
Parents, Families, and Friends of Lesbians and Gays (PFLAG)
Americans with Disabilities Act
Disability Info
Dismantling Racism
Diversity Web Higher Education
Facts About Religious Discrimination
Religious Tolerance
Appleseed Network
National Economic and Social Rights Initiative (NESRI)
Social Justice Journal

Personal: Transitioning to College

Difference between High School and College
Top Ten Transition Issues
Adult Learners
Moving Away From Home
Transition Year
Develop a Personal Change Strategy *
How to Cope with Change
Interactive Resiliency Online Course *
Take the Resiliency Quiz *
Americans with Disability Home
Americans with Disability Act (ADA)
Services for Students with Disabilities
Minnesota State Council on Disability
PACER Center

Personal: Maintaining Well Being

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Healthy Living (The Beehive)  
Exercise and Fitness  
Healthier U.S Focus on Fitness  
The President's Council on Physical Fitness and Wellness  
MyPyramid Food Guidance System (US Dept. of Agriculture)  
The Healthy Fridge  
Government Source for Food and Nutrition Information  
Drugs, Supplements and Herbal Information  
Why Sleep is Important?  
National Sleep Center  
Managing Stress  
Relaxing Your Body and Mind  
Stress and College  
How to Reduce, Prevent and Cope with Stress  
Stress at Work  
Fight Mental Health Stigma  
Find a Mental Health Care Provider  
Mental Health and College Students  
Mental Health Association of Minnesota  
National Alliance on Mental Health  
Anger Management  
Managing Emotions  
Perfectionism  
National Association of Self Esteem  
Building Self Esteem  
Anxiety Disorder  
Attention Deficit Disorder  
Bipolar Disorder  
Borderline Personality Disorder  
Depression  
Depression Screening Test *  
Eating Disorders  
The Emily Program: Eating Disorder Treatment  
Something Fishy: Eating Disorders Assessment *  
Obsessive Compulsive Disorder  
Panic Disorder  
Post-Traumatic Stress Disorder  
Schizophrenia  
Seasonal Affective Disorder  
Self-Injury and Cutting  
Social Anxiety Disorder  
Suicide  
Crisis Hotlines  
Alcoholics Anonymous  
Alcohol Basics  
The Bacchus Network  
College Drinking: Changing the Culture  
Drinking and Driving  
eChug: An Interactive Self-Assessment Tool *  
Become an Ex  
Quitting Smoking  
Smoking QuitPlan  
Smokefree.gov  
American Lung Association  
Second-Hand Smoke  
Tobacco Free U  
Do it Now  
National Institute on Drug Abuse  
Prescription Drugs  
Street Drugs  
Alcohol and Substance Addiction  
Hazelden: Get Addition Help!  
ADDITION Film Series and Resources  
Gambling and College Students  
Gam-anon  
Internet Gambling Addiction  
Internet Addiction  
American Cancer Society  
Minnesota Cancer Resources  
Breast Cancer and Self Exams  
American Heart Association  
Heart Health Toolbox (American Heart Association)  
Cholesterol  
Heart Health and Men  
Healthy Heart Handbook for Women  
Abstinence  
Birth Control Basics  
Birth Control Options  
Choosing a Birth Control Method Quiz*  
Abortion  
Adoption  
Mayo Clinic Pregnancy Center
Planning Parenthood
It's Your (Sex) Life: Your Guide to Safe Sex
Smarter Sex
Averting HIV and AIDS
Minnesota AIDS Project
Red Door Services

UnAIDS
American Social Health Association
Center for Disease Control and Prevention
MN Department of Health: Statistics and Data about STDs

Personal: Home, Family and Community

- Apply for a Food Assistance Program
- Find a Food Shelter Near You
- Minnesota Health Care Programs
- Resources for the Uninsured
- Find Affordable Housing
- Minnesota Coalition for the Homeless
- Lawyer Referral and Information Service
- Legal Assistance
- Cost of Raising a Child

At Risk Youth Resource
Child Care Information and Assistance
Family Education
MN Child Care Resource and Referral Network
American Refugee Center
The Center for Victims of Torture
The Immigrant Law Center
Refugee Health Care (MN)
Carpool in Minnesota
Minnesota Public Transportation

Personal: Personal Relationships

- Center for Grief, Loss and Transition
- Grief and Loss
- Relationship Breakups
- Divorce
- Cornerstone
- Minnesota Coalition for Battered Women
- Signs and Symptoms of Domestic Abuse
- Affirmative Action in Employment (MnSCU)
- Nondiscrimination Policy in Employment & Education
- Sexual Harassment
- What a Healthy Relationship Looks Like
- Assertive Communication
- Communicating with your Instructor
- Conflict Resolution
- The Aurora Center
- List of Minnesota Counseling Services by County
- Sexual Violence (MnSCU policy)
- All About Sexual Orientation and Sexual Identity
- GLBT National Help Center
- Parents, Families and Friends of Gays & Lesbians
- Roommate Etiquette Tips

Roommate Tips
Roommate Survival Guide