



# Snapshot User Guide

## What is YouScience?

YouScience uses a series of **brain games to measure your aptitudes** (abilities most important to career success). The results include a review of your natural strengths and interests, and matching to 500+ careers (with detailed information about each career like salary, a day-in-the-life, etc). Check out this video to learn more about how YouScience can help you plan for college and career success:

[www.youscience.com/whatisys](http://www.youscience.com/whatisys)

## Directions for taking YouScience:

- You must take YouScience on a computer (no tablets or phones).
- **You will receive an email** from YouScience - it will come from "The YouScience Team."
  - If you do not see it, please check your spam or junk folder.
  - When you open the email invitation, click on the green "Activate" button to create your account and get started.
- The Core Assessment consists of 5 exercises that reveal how you work, think, and understand different types of information and tasks.
  - The assessment is 60-minutes, however, you **do not** have to complete the entirety in one sitting. You can take a break **after** any exercise, but not in the middle.
- If you have any questions as you are taking YouScience, please chat in on their website using the blue chat button in the bottom right corner.
- **It's important you give YouScience your full attention**, so please remove any potential distractions. Make sure you are in a quiet, comfortable place where you won't be distracted by television, music, pets, or your cell phone. Please tell anyone who may be around that you need quiet and privacy.
- Don't cheat!
  - Some of the brain games will be fun and easy for you, others might seem difficult.
  - **Try your best and remember - this is about what you naturally do well** and how you fit with potential majors and careers. Knowing what's challenging for you is just as important as knowing what's easy.
  - Let the natural you shine through! Your future self will thank you for it.

## Your Results:

- Once you finish your brain games, your results will be ready in about 12 hours, you'll receive an email letting you know.
- To view results, log back into your YouScience account at [www.youscience.com/login](http://www.youscience.com/login)
- For a guided results walkthrough, visit: [www.youscience.com/results](http://www.youscience.com/results)