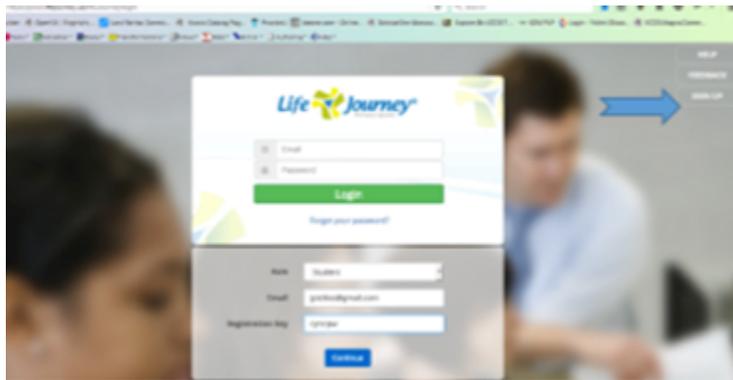




Part 1:

- Open your favorite Web browser
- Go to <https://prod.lifejourney.us/>
- Click on “Sign Up” button on right side



- Enter an **email address** (i.e. abc12345@wps.k12.va.us)
- Enter the **registration key**, which is *or5je2y*
- Make sure to leave **role** as student
- Click the **continue** button

When you go into the Day of Cyber the first time, you will need to complete your profile and select a password.

To get started click on the “I’m Done, How’s This?” button at the bottom of the page

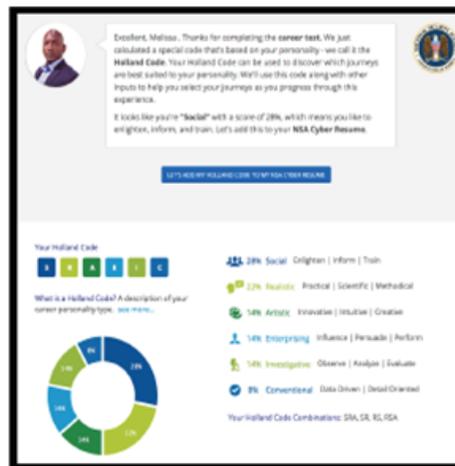
1. You will be shown four (4) instruction pop-ups, you can click the arrows to read or skip them.



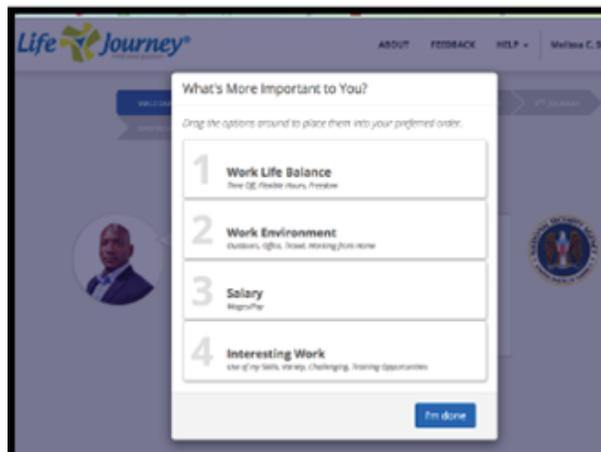
2. Click the blue “Click Here To Begin” button
3. Watch the 3 minute and 37 second introduction video
4. Click “Ok” to continue



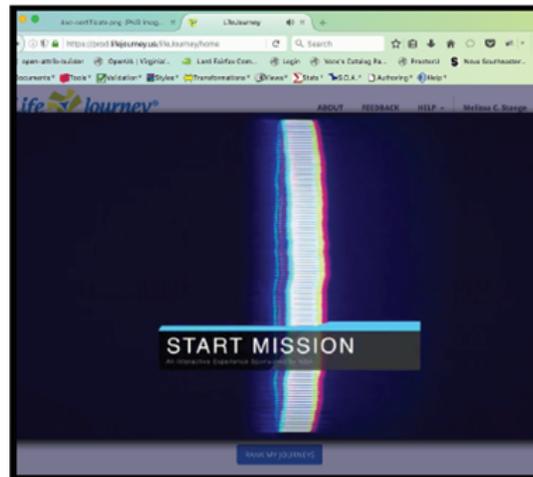
5. Start building your Cyber Resume by clicking “I’m In” button
6. You will be asked a series of 9 questions to help build your resume. Follow the instructions on the screen for each question. Click the next button to advance through the questions.
7. When done with the questions, click the blue “Let’s Add My Holland Code To My NSA Cyber Resume”



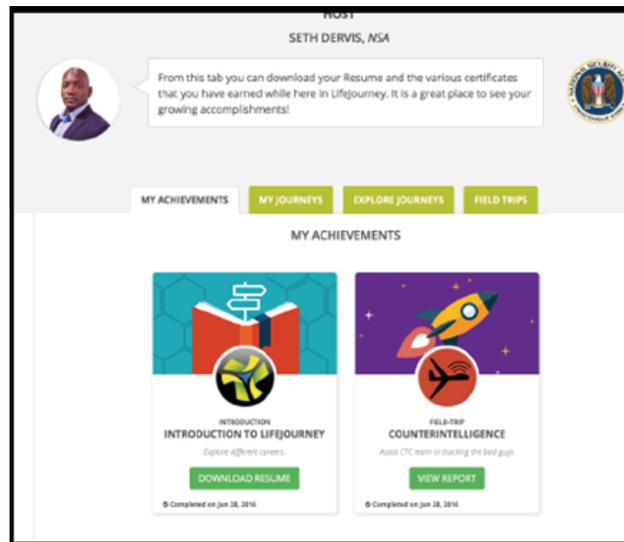
8. Put your work preferences in order and click the blue “I’m Done” button



9. Follow the instructions on the screen to complete three (3) journeys.
 - a. Each journey video is about 3 minutes long. After you watch the videos you will see the salary range, education requirements, and certification for the NSA position.
 - b. You will be asked to review questions and skills for each position and if you select, you will be able to add these skills to your cyber resume.
10. You will complete a video mission after completing the third journey. Make sure you click “Start Mission” button on the video.



11. Rank your journeys

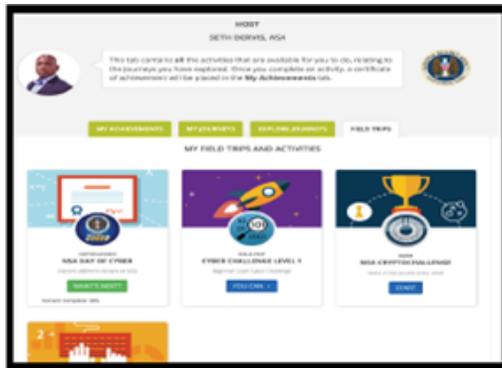


12. Save your Cyber Resume to a USB, so it can be printed and shared later.

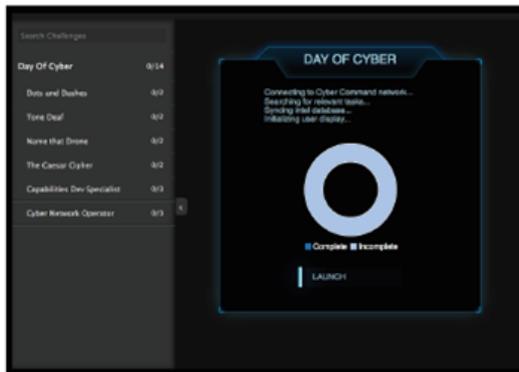
Part 2:

Allows you to earn a Cyber Certificate:

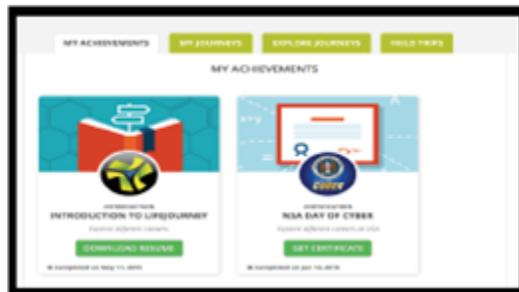
1. Click on the “Explore Journeys” tab and watch the remaining four (4) journey videos.
2. Click the “Field Trips” tab and click the “You Can” button and select “Start” for the Cyber Challenge Level 1



3. The field trips will open in a new browser tab. You have 14 to complete.



4. Complete activities called “Field Trips” to earn the NSA Day of Cyber Certificate. Click the “Get Certificate” to save to USB and print later.



Below is an example of what the certificate will look like:



5. Make sure to close all tabs and log out when you are done working.