

# FOCUS 2 Career Assessment

FOCUS 2 is an online self-assessment and career exploration tool designed to help students make decisions about academic and career plans. It includes five assessments to help with the identification of work interests, values, personality, skills, and leisure.

## Instructions:

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To create an account, click on the FOCUS 2 link on the Career Services-Students page. Complete the registration information; use **Blugold** when prompted to include an access code. Create a username and password. When returning to the FOCUS 2 website, utilize the username and password previously created during initial login.

## Self-Assessment:

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The assessments, in total, take an average of 30-45 minutes to complete. To complete the work interest, values, personality, skills, and leisure assessments, click the start link on the left side of each category. Read the instructions at the top of each assessment and answer the questions. After completing the assessments, click the arrow next to *Combine Assessments* to review career and academic options based on results.

## Exploration:

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FOCUS 2 includes the option to explore majors, occupations, and job families. After completing the assessments, in the *Explore the Possibilities* section, click the arrow next to *Explore any Area of Study* to review educational options. Each academic area includes related occupations and career information. Return to the *Explore the Possibilities* section, click the *Explore any Occupation* feature to research careers listed in alphabetical order. By clicking on an occupation, more information is displayed about job tasks, work interests, skills, values, educational requirements, outlook, earnings, and advancement. Return to the *Explore the Possibilities* section, click the arrow next to the *Occupations by Job Family* to explore career cluster information.

## Reflection:

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After completing the self-assessments, what is one thing that you learned about yourself?

Based on the assessments, what are three careers that interest you? Why?

After exploring majors and careers in FOCUS 2, what is one thing you learned about an occupation that interests you?

What are three careers that are NOT of interest to you? Why?