

Focus2 Worksheet: Self Assessment

Focus2 is an online major/career exploration and planning tool designed to help you make decisions about future career goals and education plans. By researching career/major paths that fit your unique interests, personality, and values, you are able to make a more informed decision about your future.

INSTRUCTIONS

- Visit www.bit.ly/NSCFocus2. Click the “Register” button to create a new account.
- Fill out the required fields. Use access code: **Scorpion1300**. Remember your email address and password for future reference.
- Once logged in, complete the following self-assessments: Work Interest Assessment, Personality Assessment, and Leisure Assessment. Each assessment takes 5-10 minutes to complete.

1) REVIEW YOUR ASSESSMENT RESULTS: WORK INTEREST ASSESSMENT

The Work Interest Assessment is based on Holland Codes, which is compiled of six interest areas known as RIASEC: Realistic, Investigative, Artistic, Social, Enterprising, and Conventional. After completing this assessment, list your Top 3 Work Interest Areas below. For each box:

- Record the name and a summarized description for each of your Top 3 Work Interest Areas.
- After writing down the descriptions, **circle/underline** words that sound like you.

WORK INTEREST #1: _____

DESCRIPTION:

WORK INTEREST #2: _____

DESCRIPTION:

WORK INTEREST #3: _____

DESCRIPTION:

Next, review your list of occupations that match your results. List 3 occupations that interest you below.

Occupation of Interest #1: _____ **Supporting Major:** _____

Occupation of Interest #2: _____ **Supporting Major:** _____

Occupation of Interest #3: _____ **Supporting Major:** _____

Click the “Save This Occupation” button to store these occupations into your “My Saved Occupations” tool.

2) REVIEW YOUR ASSESSMENT RESULTS: PERSONALITY ASSESSMENT

After you have completed the Personality Assessment, review your results. Your personality type describes how you react to certain situations/people, make decisions, organize information and go about solving problems. Read your Personality Type Results and complete the sections below. After completing each section, **circle/underline** words that describe you.

Your Personality Type Results	GENERAL DESCRIPTION: <ul style="list-style-type: none">••••
CHOOSING YOUR CAREER:	

Next, click the “Continue” button and list the 5-6 traits that describe your personality.

Trait #1: _____ **Trait #2:** _____ **Trait #3:** _____

Trait #4: _____ **Trait #5:** _____ **Trait #6:** _____

Next, review your list of occupations that match your results. List 3 occupations that interest you below.

Occupation of Interest #1: _____ **Supporting Major:** _____

Occupation of Interest #2: _____ **Supporting Major:** _____

Occupation of Interest #3: _____ **Supporting Major:** _____

Click the “Save This Occupation” button to store these occupations into your “My Saved Occupations” tool.

Lastly, research your top occupation of interest by clicking on the occupation title. Complete the section below based off your top occupation of interest. Save this occupation for future reference.

Occupation Title: _____

BRIEF OCCUPATION OVERVIEW:

SUMMARY OF JOB TASKS:

SKILLS:

EDUCATION REQUIREMENTS: <i>(what majors align with this job?)</i>
PROFESSIONAL ASSOCIATIONS:

3) REVIEW YOUR ASSESSMENT RESULTS: LEISURE INTEREST ASSESSMENT

Complete the Leisure Interest Assessment. Then review your results. The Leisure Interest Assessment identifies occupations that provide opportunities and activities compatible with your leisure preferences. After completing this assessment, list your Top 3 Leisure Interest Areas below. For each box:

- Record the name and a summarized description for each of your Top 3 Leisure Interest Areas.
- After writing down the descriptions, **circle/underline** words that sound like you.

LEISURE INTEREST #1: _____

DESCRIPTION:

LEISURE INTEREST #2: _____

DESCRIPTION:

LEISURE INTEREST #3: _____

DESCRIPTION:

Next, review your list of occupations that match your results. List 3 occupations that interest you below.

Occupation of Interest #1: _____ **Supporting Major:** _____

Occupation of Interest #2: _____ **Supporting Major:** _____

Occupation of Interest #3: _____ **Supporting Major:** _____

Click the "Save This Occupation" button to store these occupations into your "My Saved Occupations" tool.

Lastly, research your top occupation of interest by clicking on the occupation title. Complete the section below based off your top occupation of interest. Save this occupation for future reference.

Occupation Title: _____

BRIEF OCCUPATION OVERVIEW:

SUMMARY OF JOB TASKS:

SKILLS:

EDUCATION REQUIREMENTS:
(what majors align with this job?)

PROFESSIONAL ASSOCIATIONS: