**FOCUS 2 Worksheet: Self-Assessment**

FOCUS 2 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 <https://www.focus2career.com/Portal/Login.cfm?SID=1201>.

□ Click the “Register” button to create a new account. **USE ACCESS CODE: bcc.**

□ Fill out the required fields. You will need your **Brookdale Student ID #** and **Brookdale Email** address.

□ Once logged in, complete the following self-assessments: Work Interest Assessment, Personality Assessment, Leisure Assessment, Values Assessment & Skills Assessment.

**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 and a short description for each in your own words.

|  |
| --- |
| 1. |
| 2. |
| 3. |

Next review the list of occupations that match your results. List 3 occupations that interest you and the academic major at Brookdale that supports that occupation.

|  |  |
| --- | --- |
| Occupation 1: | Academic Major: |
| Occupation 2: | Academic Major: |
| Occupation 3: | Academic Major: |

*\*Click the “Save this occupation” button to store these occupations into your “My Saved Occupations” tool.*

**PERSONALITY ASSESSMENT**

Your Personality Assessment provides results about how you reach to certain situations/people, make decisions, organize information, and go about solving problems. Read your Personality Type Results and complete the sections below.

Provide a general description of your personality type results:

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List 5-6 traits that describe your personality.

|  |  |  |
| --- | --- | --- |
| 1. | 2. | 3. |
| 4. | 5. | 6. |

Next review the list of occupations that match your results. List 3 occupations that interest you and the academic major at Brookdale that supports that occupation.

|  |  |
| --- | --- |
| Occupation 1: | Academic Major: |
| Occupation 2: | Academic Major: |
| Occupation 3: | Academic Major: |

*\*Click the “Save this occupation” button to store these occupations into your “My Saved Occupations” tool.*

**LEISURE INTEREST ASSESSMENT**

Your Leisure Interest Assessment identifies occupations that provide opportunities and activities compatible with your leisure preferences. Read your Leisure Interest Results and list your top 3 below.

|  |
| --- |
| 1. |
| 2. |
| 3. |

**VALUES ASSESSMENT**

Your Values Assessment identifies your top 3 values and connects those values with career options. Read your Values Assessment Results and list your top 3 below.

|  |
| --- |
| 1. |
| 2. |
| 3. |

**SKILLS ASSESSMENT**

Your Skills Assessment identifies your top 3 skills and connects those skills with career options. Read your Skills Assessment Results and list your top 3 below.

|  |
| --- |
| 1. |
| 2. |
| 3. |

**PUTTING IT ALL TOGETHER!**

Now that you have explored your interests, your personality, leisure activities, your values, and your skills, list the top 3 occupations that you would like to explore for your future career.

|  |  |  |
| --- | --- | --- |
| **Occupation Title** | **Job Description** | **Education Required** |
| 1. |  |  |
| 2. |  |  |
| 3. |  |  |

Next, think about the ways that you can get more information about these careers. Here are a few suggestions:

□ Do an informational interview with someone in that career

□ Take an introductory course in that major

□ Talk with Brookdale faculty and staff about your career options

□ Meet with a representative from the Career, Leadership & Transfer Pathways office to discuss hands-on

 experiences in that major like internships.

□ Create a Career Action Plan for next steps!

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