

FOCUS 2 Worksheet: Self-Assessment

The FOCUS 2 is a career decision-making tool that can help to narrow down your academic major and help you make an informed decision about your career choices. By researching career and major paths that fit your unique interests, personality, and values, you are able to make a more informed decision about your future.

INSTRUCTIONS



- Scan QR code above
- Click the "Create an Account" 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:

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:
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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 Center
- Create a Career Action Plan for next steps!