This assignment will help you explore your own interests, personality, skills, and values to identify potential careers that may be a good fit.

To complete this assignment, you will need to take the Focus 2 assessment, which will consist of 5 parts: Work Interests, Personality, Skills, Values, and Leisure Interests. You will also need to complete the Focus 2 Worksheet.

To take the Focus 2:
1. Go to the UCO Career Development Center website: http://careers.uco.edu/
2. Click on the Focus 2 Assessment button under Quick Links on the right side of the page.
3. Scroll down the page to the Career Assessments section.
4. Click on the link for Focus 2.
5. Click on Register to create your account.
6. Enter the access code: careers
7. Fill out the rest of the form and submit your information to complete your registration.
8. Once you have completed registration, you should be taken to your dashboard.
9. Click on any of the 5 assessments to start.
10. Make sure to complete all 5 and then complete the worksheet.

Your Focus 2 worksheet is due on ________________.
Before completing this worksheet, make sure that you have completed all 5 assessments in Focus 2: Work Interests, Personality, Skills, Values, and Leisure Interests. This will provide the most information for you to work with.

WORK INTEREST ASSESSMENT

After completing the Work Interest Assessment, you will receive a Holland Code, which is usually 2 or 3 letters related to areas of interest: Realistic, Investigative, Artistic, Social, Enterprising, Conventional. After completing the assessment, follow these instructions related to your code:

- Record the theme and description for each of your identified interest areas
- Circle/underline words in each description that sound most like you

Work Interest #1: __________________________

DESCRIPTION:

Work Interest #2: __________________________

DESCRIPTION:

Work Interest #3: __________________________

DESCRIPTION:
Review your list of occupations that match your results. List 3 that you think you would like to explore more.

1. ___________________________ Supporting Major: ___________________________

2. ___________________________ Supporting Major: ___________________________

3. ___________________________ Supporting Major: ___________________________

When looking at your results, you can click the “Save This Occupation” button to save occupations for later.

PERSONALITY ASSESSMENT

Your personality results can give you insights into how you may prefer to interact with others, provide and receive information, make decisions, and interact with the world around you. Complete the sections below and make sure to circle or underline key words that seem to describe you best.

YOUR PERSONALITY TYPE DESCRIPTION:

CHOOSING YOUR CAREER:

Click “Continue” to move on to the next page. At the top of the next page, you will see some personality traits that may fit you. Record the ones that you most identify with.

Trait #1: ___________________________  Trait #2: ___________________________  Trait #3: ___________________________

Trait #4: ___________________________  Trait #5: ___________________________  Trait #6: ___________________________
Review your list of occupations that match your results. List 3 that you think you would like to explore more.

1. ___________________________________ Supporting Major: _________________________

2. ___________________________________ Supporting Major: _________________________

3. ___________________________________ Supporting Major: _________________________

**LEISURE ASSESSMENT**

This assessment will give you some ideas of activities you may enjoy pursuing as hobbies, which can also indicate interests you may want to consider incorporating into a career.

- Record the theme and description for each of your identified leisure interest areas
- Circle/underline words in each description that sound most like you

**Leisure Interest #1:**____________________

**DESCRIPTION:**


**Leisure Interest #2:**____________________

**DESCRIPTION:**


**Leisure Interest #3:**____________________

**DESCRIPTION:**


Review your list of occupations that match your results. List 3 that you think you would like to explore more.

1. ______________________ Supporting Major: __________________________

2. ______________________ Supporting Major: __________________________

3. ______________________ Supporting Major: __________________________

VALUES ASSESSMENT

In career planning, knowing your values will help you to identify what is most important to you in a career. List the 3 values that you selected:

Value #1: ________________ Value #2: ________________ Value #3: ________________

Review your list of occupations that match your results. List 3 that you think you would like to explore more.

1. ______________________ Supporting Major: __________________________

2. ______________________ Supporting Major: __________________________

3. ______________________ Supporting Major: __________________________

SKILLS ASSESSMENT

Having a career that incorporates your strong skills and/or skills you enjoy using can lead to greater job satisfaction. List the 3 skills that you selected:

Skill #1: ________________ Skill #2: ________________ Skill #3: ________________

Review your list of occupations that match your results. List 3 that you think you would like to explore more.

1. ______________________ Supporting Major: __________________________

2. ______________________ Supporting Major: __________________________

3. ______________________ Supporting Major: __________________________
IDENTIFYING PATTERNS

After reviewing your results on each of the assessments, were there any occupations that came up for you in multiple categories? List a few of them here:

1. ________________________________ Supporting Major: ______________________
   Which assessment results did this occupation overlap? __________________________

2. ________________________________ Supporting Major: ______________________
   Which assessment results did this occupation overlap? __________________________

3. ________________________________ Supporting Major: ______________________
   Which assessment results did this occupation overlap? __________________________

4. ________________________________ Supporting Major: ______________________
   Which assessment results did this occupation overlap? __________________________

5. ________________________________ Supporting Major: ______________________
   Which assessment results did this occupation overlap? __________________________

6. ________________________________ Supporting Major: ______________________
   Which assessment results did this occupation overlap? __________________________

SUGGESTED NEXT STEPS

An assessment can never tell you what you should or shouldn’t do for a career. They can merely offer some suggestions as a starting point based on your responses to the questions you were asked. It is important to do your research on occupations and majors that you have identified as possibilities. Visit the Virtual Career Center (http://careers.uco.edu/virtual-career-center/index.asp) Exploration module to continue exploring options and for tips on conducting this research.