

Focus 2 Guided Worksheet

Step 1: Create Your Account

Access Code: **redtails**

Create User ID: _____

Create Password: _____

Step 2: Complete “My Academic Strengths” activity

This section will have you rate your academic strengths. Recognizing these strengths can help in the decisions you make about college majors and careers.

Step 3: Complete Your Self Assessments

1. Complete the Work Interest Assessment

- Your results will reveal how strong your interests are in each area. The letters of your top 3 work interest areas are called your “Holland Code” (R-I-A-S-E-C).

My Holland Code: _____

When you read the descriptions of your top 3 areas, does it sound like you overall? Why or why not?:

Based on the results of your Work Interest Assessment, which occupations would you like to learn more about (if any)?

2. Complete the Values Assessment.

- This assessment will ask you to choose your top 3 values from 13 options? What is most important to you in a career? What are your “must-haves”?

My top 3 work values are: _____

Based on the results of my values assessment, I would like to learn more about these occupations (if any):

Step 3: Complete Your Self Assessments (continued)

3. Complete the Personality Assessment

- Your personality type describes how you would react to situations/people, make decisions, organize information, and solve problems.

When you read the description of your personality type, does it sound like you overall? Why or why not?

Based on the results of your Personality Assessment, which occupations would you like to learn more about (if any)?

4. Complete the Skills Assessment

- This assessment will ask you to choose your top 3 skills from several options.

My top 3 skills are: _____

Based on the results of your Skills Assessment, which occupations would you like to learn more about (if any)?

5. Complete the Leisure Assessment

- This assessment allows you to identify interest areas you enjoy in your spare time. These activities can predict careers you will find interesting and enjoyable.

Based on the results of your Leisure Assessment, which occupations would you like to learn more about (if any)?

Step 4: Combine Assessments

Now that you have completed the assessments, you can combine them to find careers that most strongly match. Click on the "Combine Results" button on the home page. Start by combining all 5 assessments to find which occupations appear most often in your results.

Based on the results of your combined assessments, please list 3 occupations you are going to explore:

Step 5: Next Steps

Contact Career Advising to review your results and talk more in-depth about your choices and next steps (bring this sheet with you!):

- Appointment Date and Time _____