

Exploring Your Focus2 Results

After completing the Focus2 assessments, utilize this worksheet to identify your next steps for Career Planning. Also read through your assessment results and select the top 3 occupations and related majors that interest you and note them below. Make sure to save the occupations and majors that interest you in Focus2 for further research.

I. Career Planning Foundations

My Career Planning Involvement Results	Score*	Your Next Steps
Self-Assessment		
My Career Planning Involvement		
Am I Career Ready?		

*If you score below 2.0 on any of the above, schedule an appointment with a [career counselor](#).

Am I Career Ready? Results

List 3 career readiness skills that you scored below 60, and describe how you will further develop them.

Career readiness skills to improve: _____ _____ _____	Activities that I will do to develop these skills: _____ _____ _____
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II. Self-Assessments

Personality Assessment Results

3 Favorite Occupations from my Personality Assessment: _____ _____ _____	Related Major(s) at SJSU: _____ _____ _____
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Work Interest Assessment Results

**My Holland Code: _____ / _____ / _____	
3 Favorite Occupations from my Work Interest Assessment: _____ _____ _____	Related Major(s) at SJSU: _____ _____ _____

*Use your Holland Code to explore additional careers at onetonline.org

Selecting a Major and/or Occupation

Based on your self-assessment results (Work Interest and Personality assessments), select your top occupation and major of interest.

- What major and occupation best matches your work interests and personality preferences?
- What skills and knowledge would you like to further develop to help you pursue a specific occupation?
- If you need additional information to make a decision, what are your next steps to obtain that information?

Preferred Occupation:

Preferred Major:

Next Steps

After selecting your top major and occupation, do the following:

- Complete this [Career Plan Checklist](#) (as best as you can)
- Schedule an appointment with your [career counselor](#) to review

Be sure to download or print *Your Portfolio* from Focus2 to share with faculty, academic advisors, and career counselors. Prepare for these meetings by listing all the questions you need answered below.

What questions do you have for your faculty and/or academic advisor?

- How do I apply to a major?
- What are the academic requirements for applying to my top majors?
- How do I double major?
- How do I complete a minor?
- Other questions?

What questions do you have for your career counselor?

- How do I decide between multiple majors?
- What if my results don't meet my expectations?
- How do I continue to explore career options other than what is listed in Focus2?
- How do I gain experience in my career field?
- Other questions?
