

Career Assessments

Identify and understand your...

- **Interests:** Things you enjoy doing. *Focus 2; Strong Interest Inventory*
- **Skills:** Your abilities, talents, and strengths. *Focus 2*
- **Values:** What is most important to you in a job (income, job security, flexibility, leadership, contribution, etc.)? *Focus 2; or CA Career Zone (Work Importance Profiler)*
- **Personality:** Different personality types tend to have distinct preferences in their choice of careers. *Focus 2 or Keirsey Temperament (available in our office)*
- **Leisure Interests:** What you enjoy doing and how it can relate to the world of careers. *Focus 2*
- **Lifestyle:** How much income do you require and what careers are compatible with your personal lifestyle goals? *CA Career Zone (Reality Check)*

Focus 2 – <http://bit.ly/focus2fresnostate>

- Complete the personal details and create a user name and password. Access code : **bulldogs**
- Focus 2 offers five comprehensive, self-paced assessments designed to be used in different ways throughout your education and career planning. Use Focus 2 online on any phone, tablet, PC or MAC computer or iPad anywhere, anytime.

California Career Zone – www.cacareerzone.org

- Select a version (Text, Graphic or Flash); create an account for yourself (use the "create an account" link at the top of the screen that appears); then Assess Yourself
- Discover your interests and how they relate to the world of work. The Interest Profiler helps you decide what kinds of occupations and jobs you might want to explore based on your interests. Other assessments include Quick Assessment and Work Importance Profiler.

Strong Interest Inventory - www.online.cpp.com

- The results will give you a great deal of information to help you make informed decisions about future careers that reflect your interests, possible education, training programs, and satisfying work environments.
- *Please see a Career Counselor for more information.*

Learn More About

Fresno State Majors: www.fresnostate.edu/catalog

What Can I Do With This Major: www.fresnostate.edu/careers

Careers (job duties, outlook, earnings, qualifications, skills, etc.):

- **Occupational Outlook Handbook:** www.bls.gov/oo
- **O*Net:** www.onetonline.org

A Word of Caution:

Our website includes links to several useful online assessments. However, we suggest extra caution when using online assessments. Many sites have not been validated as effective career decision tools. Also, assessment results can sometimes be very difficult to evaluate. If you see an undesirable occupation suggested as a good match for you, it does not necessarily mean it is the best match. It is more useful to understand why that occupation appeared. Our counselors are available by appointment to help you through the assessment process.



Thomas Building, Room 103
559.278.2381
www.fresnostate.edu/careers



GETTING STARTED WITH FOCUS 2

When should you use FOCUS 2?

Use FOCUS 2 throughout your college years and as an alumnus. FOCUS 2 can be used in different ways throughout all stages of your education and career planning according to your personal needs.

1st or 2nd year student:

- Understand the career planning process
- Self-awareness - learn about yourself through the assessments
- Explore majors at your college that match your interests and support your career goals
- Explore career fields and occupations that appeal to you
- Develop an Action Plan
- Make informed decisions about your major and career

Upper Classman and Alumnus:

- Ongoing career exploration and awareness
- Gain experience
- Make career plans
- Plan for advanced education and training
- Explore future options for transitioning into specialized occupations

How much time does it take to use FOCUS 2?

Typically, the total time spent by students the first time they use FOCUS 2 ranges from 1 to 2 hours. Of course, you can spend as much time as you wish.

The Career Readiness & Self Assessment modules of FOCUS 2 can usually be completed in approximately 45 minutes. You can log in at any time to spend additional time researching over 1,000 occupations.

A good strategy after using FOCUS 2 is to think about your results and discuss your ideas with your career counselor, advisor or professor. Be sure to continue to use FOCUS 2 as an ongoing resource.

How to set up your account and log in to FOCUS 2

New Users:


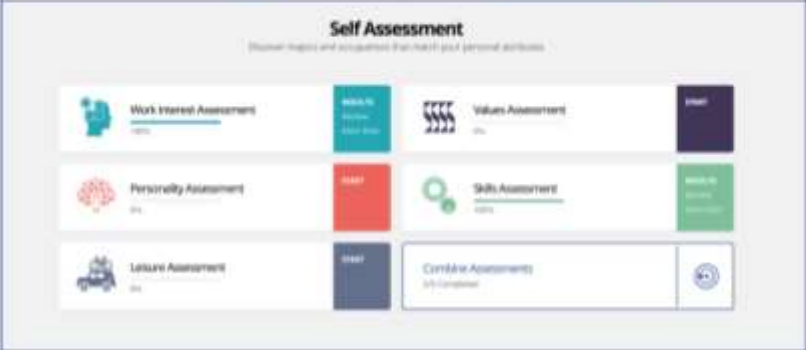



Create your account by registering for FOCUS 2. You can link to the registration and login pages for FOCUS 2 from: <http://bit.ly/focus2fresnostate> or click on Focus 2 icon on the main page at www.fresnostate.edu/careers

- FOCUS 2 Access Code: **bulldogs**
- ***Returning Users:*** Access your account anytime by entering your username and password on the login page for FOCUS 2. The login is cAse seNsitive.

Things to Keep in Mind

- Use FOCUS 2 online on any phone, tablet, PC or MAC computer or IPAD anywhere, anytime.
- FOCUS 2 always saves your results.
- You can change your mind about earlier choices, repeat a section and explore new options.
- Your results are stored online and are always available to you and your career counselor/adviser.
- Remember to save the majors and occupations that appeal to you as you review them.

The FOCUS 2 Dashboard mirrors the steps of the career planning process. Most students start at the top of the main menu and then work down through the FOCUS 2 tools.


Student Dashboard	Description
	<p>A Great Starting Point</p> <p>An orientation to the career planning process.</p>
	<p>Valid & Reliable Self Assessments</p> <p>Assessment results identify occupations and majors at your college matching your personal attributes. Explore your options!</p>
	<p>Additional Major & Career Exploration</p> <p>Explore suggested majors and navigate career options to make informed decisions.</p>
	<p>Academic & Career Plan</p> <p>Develop a road map to plan for your future.</p>
	<p>FOCUS 2 Career Portfolio</p> <p>Summary of your results with your individual comments & top choices.</p>
	<p>Resources & Links</p> <p>Visit these websites.</p>

D.I.G.S. Action Plan: Steps to Choosing a Major

Discover *(Assess Yourself)*:

- Take a few assessments to determine your interests, skills, values, and personality
 - Finish all 5 assessments on Focus 2 (interests, skills, values)
- Review the results with a career counselor or career coach in the Career Center for better clarification

Investigate *(Narrow Your Options)*:

- Spend time researching occupations using O*Net (www.onetonline.org) and the Occupational Outlook handbook (www.bls.gov/ooh)
- Look at “What Can I Do With This Major?” for each major you are considering
 - www.fresnostate.edu/careers/ - click on What Can I Do With This Major icon 
- Review the Fresno State catalog and department web pages to identify major requirements and course descriptions
- Meet with an academic advisor and/or career counselor
 - Learn about the educational requirements for the fields you are considering (academic)
 - Talk about what’s holding you back from declaring a major (industries, job market, family expectations)
- Open a LinkedIn account and connect with alumni in your potential field
- Job shadow with a few people to get a better idea of the culture of your career field(s)
- Attend career fairs to gather information and make connections
- Seek summer or academic-year employment that will help you decide on a major/career

enGage *(Get Involved)*:

- Join student organizations and clubs that interest you and match your career goals
- Get involved in campus and/or community activities as a volunteer to develop skills and interests
- Research professional associations in your prospective career field and join as a student member

Succeed *(Take Action)*:

- Make a decision and submit a Change of Major form
 - <http://fresnostate.edu/studentaffairs/are/forms/>