Focus 2: Career/Major Exploration Assignment

Assignment Purpose:
At times a student might not be able to articulate their interests or skills which makes thinking about choosing a major or thinking about potential jobs overwhelming. Focus2 is a series of self-assessments that will help students to think about concrete next steps for their career. All UAlbany students can create free Focus2 accounts and have access to the assessments. Directions on how to do so are outlined on the Office of Career & Professional Development website. The current assignment is to help students begin the career exploration process through learning about potential jobs that fit their work interests or their personality.

NACE Career Readiness Competencies this project covers:
Career and Self-Development: By reflecting on their skills and personality, students will build an understanding of their strengths and areas of development. Students will learn what types of jobs are suited for their strengths and can begin to make plans accordingly.
Technology: Students will understand how technology can be used to increase their self-understanding and leverage to learn more about career and majors that would be suited for their strengths.

Assignment Directions:
For this assignment, students will log into their Focus2 accounts and complete either the Work Interest Assessment or the Personality Assessment seen below. Students are welcome to complete all of the self-assessments.

After completing the assessments, Focus2 will generate a list of professions the student might consider based on their responses.
Students should click on three of the suggested occupations and read their information pages.

After the students have taken one of the assessments, have them answer the following reflection questions:

1. What are one to two new things that you learned about yourself from taking one of the Focus2 assessments?
2. After looking at the list of suggested occupations and reading three information pages, do the professions that were suggested to you at the end of the assessment sound interesting or seem to be in the right area for you for a possible major or career? Why or why not?
3. What is one concrete step that you can take next in your process of declaring your major and/or exploring a potential career path?

Faculty Resources:
To increase your knowledge of career exploration, we recommend completing the day two Career Champion module. This module provides up-to-date research and advice on how assessments can be used to support students who are unsure of their next steps. If after completing the assignment, students would like to talk further about their results, they are welcome to schedule a Career and Major Exploration Appointment with our office.