Online Career Assessment

This online self-guided assessment and planning system is designed to help you explore majors and careers. Assessments are short (10-15 minutes each) and offer immediate results.

01. **Log in with your SJSUOne ID and password**
   - Currently registered students and alumni within a year of graduation have access to Focus2
   - To log in, go to [Focus2](#)

   **There are 3 components of Focus2:**
   - Career Planning Foundations (Am I Career Ready?)
   - Self-Assessments (Work, Personality, and Leisure Assessments)
   - Explore Possibilities (tools for ongoing career and education exploration)

02. **Complete Career Planning Foundations: Career Ready**
    This short assessment measures your current competency across top transferable skills that employers seek. Results show areas of strength and ways to develop areas of growth.

03. **Complete Self-Assessments**
    Discover and explore majors and occupations that match your preferences
    - Select **Work Interest Assessment** if you have time for only one assessment

   **Work Interest Assessment**
   Explore occupations and majors that match what interests you

   **Leisure Assessment**
   Explore occupations and majors that match what you enjoy during your leisure time

   **Personality Assessment**
   Explore occupations and majors that fit your personality type

   - Select **Combine Results** to see occupations and majors that match multiple assessments. Keep in mind that when combining results, your options may be limited to just a few majors or careers.

   - **Review Your Assessment Results:** Use worksheets found in the [Major & Career Exploration Guide](#) (Major Exploration Worksheet or Occupation Exploration Worksheet)

04. **Explore Possibilities**
    If you already have a career or major of interest, use this section to find more about requirements.
    **Tip:** Save majors and occupations and review them later

   Consult with your Career Counselor on [Spartan Connect](#) if you need more guidance on how to review your results.