Your Career Planning Process can include 4 steps, (D.I.G.S.):

**Discover, Investigate, enGage, and Succeed.**

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**Discover**

Focus 2 Career Assessment helps you Identify and understand your......

- **Interests**: Things you enjoy doing.
- **Skills**: Your abilities, talents, and strengths.
- **Values**: What is most important to you in a job (income, job security, flexibility, leadership, contribution, etc.)?
- **Personality**: Different personality types tend to have distinct preferences in their choice of careers.
- **Leisure Interests**: What you enjoy doing and how it can relate to the world of 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 (juniors & seniors) 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 Planning, Academic Strengths, & Self-Assessment modules of FOCUS 2 can usually be completed in approximately 45 minutes. You can login 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 clicking the blue “REGISTER” button. You can link to the registration and log in pages for FOCUS 2 from:
• http://bit.ly/focus2fresnostate
OR
• Click on “Focus 2” icon by scrolling to “Web-based-Resources:” at the bottom of the home page at www.fresnostate.edu/careers
• Input your name and Fresno State Email
• FOCUS 2 Access Code*: bulldogs
• Username & Password: These are new logins. If you’d like, you can make them the same as your my.fresnostate.edu logins.

RETURNING USERS:
Access your account anytime by entering your username and password on the log in page for FOCUS 2.
• The log in is case sensitive. Make sure you type your username and password correctly.

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.
Complete Career Assessment & Explore Your Results

1. Complete all the Career Planning Foundations & all 5 Self Assessments to begin learning more about yourself.

2. You can explore your assessment results & career matches after taking each individual assessment.

3. Combine your Results: we recommend you Combine Assessments to narrow down your career matches.

   NOTE: As you explore your career matches, use the following Educational filters & Click on “Update”. Job Family will help you by grouping jobs by industries.

4. You can explore all the majors at Fresno State here and learn about potential careers related to each major.

5. As you learn about majors and careers, “Save this Occupation” and “Save this Major” to store your selections. You can view all your saved occupations/careers and majors here!
Begin Understanding Your Career Matches

The Holland Hexagon – Work Interests & Leisure Interests Assessments:

Most career interest assessments are based on the Holland Hexagon. If you discover your “Holland Code,” this might help your understanding. The hexagonal model shows the relationship between the personality types and environments. Notice that the personality types closest to each other are more alike than those farther away. You can see this most clearly, when you compare the personalities opposite each other on the hexagon.

Investigate: Majors & Careers

Explore the Fresno State Majors using our academic catalog: www.fresnostate.edu/catalog

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

- Scroll to the Web-Based Resources at the bottom of our home page, click on the “What Can I do with this Major?” icon and begin exploring major to career options.
- Use the “Print Version” to view the information in an easier to read format.
- On the website version, scroll to the bottom of the webpage to find additional web career resources

Job Options and Outlook Sheets by Major: www.fresnostate.edu/careers

- Scroll to the Web-Based Resources at the bottom of our home page, click on the “Fresno State Majors & Job Outlook” icon and begin exploring major to career options specific to Fresno State majors.
- Explore potential careers, learn about salaries and job outlook, and scroll to the bottom of each sheet to learn about recent graduates’ jobs and average starting salaries.

Learn more about careers (job duties, how to become..., job outlook, earnings/pay, skills, etc.):

- O*Net: www.onetonline.org
- CareerOneStop: https://www.careeronestop.org/

FRESNO STATE
Career Development Center
Thomas Building, Room 103 • 559.278.2381
www.fresnostate.edu/careers