

Name:

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Focus2Career Reflection Worksheet

Accessing the Assessment

The [Focus2Career Assessment](#) will help you learn more about your interests, skills, personality, and values related to careers. Following your career coach's instructions to register an account. Please complete the assessment in one sitting without interruptions or distractions, which should take approximately 30-45 minutes. When making a selection for each question, you should strive to choose your first, authentic reaction or "gut response."

Complete all 5 assessments, and then click "Combine Results" to finalize your assessment. You will be able to view your results immediately upon completion. Use your results to complete this worksheet.

Work Interests

List your top themes (RIASEC) below. Read any associated information about the themes in the assessment and jot down any words or phrases that speak to you.

Theme 1:	
Theme 2:	
Theme 3:	

Skills

List your top skills, as determined by the assessment. In each corresponding box to the right, list 2 examples of an experience or opportunity that you think has strengthened this skill. For instance, if one of your identified skills is creativity, have there been particular student clubs or jobs that you feel have helped you grow your creative strengths?

Skill:	
Skill:	
Skill:	

Values

List your top values, as determined by the assessment. In the corresponding boxes, jot down your ideas of job duties or components that you feel meet those values.

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Value:	
Value:	
Value:	

Compatible Results

Review the listed occupations from your assessment, starting with jobs that overlap the most with your 5 assessments. Select 5 occupations that interest you most.

Job Title	What do you like about this job?	Which majors relate to this job?	Which of your 5 assessments match this?

Majors/Minors of Interest

You may see a few of the same majors pop up multiple times across your assessment. There may be some majors that you have not yet heard of but grab your attention. Search the [Undergraduate Academic Programs](#) to find 3 majors or minors of interest and why. Next, visit the [2025-2026 Undergraduate Bulletin](#) to access the corresponding course descriptions for each major. List 2 courses associated with that major that interest you.

App State Academic Major	Interesting Characteristics	Interesting Courses
Major 1:		
Major 2:		
Major 3:		

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