LEARNING OUTCOMES

First Year Seminar students who engage in FOCUS will be able to:

• Restate how their values, interest and personality relate to possible careers
• Identify career target areas for further exploration
• Prepare exploration plans using the resources located in FOCUS

ACTIVITY IN CLASS

<table>
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<th>TOTAL TIME</th>
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<td>45min</td>
<td>15min</td>
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PREPARATION

FOCUS Tip Sheet #2

PRINCIPALS OF UNDERGRADUATE LEARNING

• Core communication and quantitative skills
  - make effective use of information resources and technology

DEBRIEF

Q: Were you surprised by any of your FOCUS results? If yes, why?

a. FOCUS is one tool of many that you should use to determine the best fit for a major and your first career. It’s not perfect!

However, if lists that are generated from it seem very different than what you are considering, you need to ask why.

Are you pursuing something you have the capacity for? Would you truly enjoy the time you will need to invest during college (maybe graduate school) and years of continual knowledge growth?

Did you start considering a major for a reason other than fit? Money? Pressure from family? Other reasons?

REFLECTION

1. What did you learn about yourself through your FOCUS self-assessment?

2. How will these new insights be helpful in your career exploration and choice of a major?

3. How has what you have learned about yourself through FOCUS affected your choice of major and career goals?
1. **Introduce How To Use FOCUS**

Go To GO.IUPUI.EDU/FOCUS

Create a new account-
access code: jaguars

Complete FOCUS

What occupational patterns are you seeing in your results?

What keywords stood out to you?

Put a star by those that are really interesting to you.

What are the supporting majors for some of the occupations you find interesting?

What new questions come to mind after taking the assessment and considering the results?

What would you like to explore in more detail?

*Feel free to use the FOCUS Reflection Sheet to help introduce the assessment to students and help them with the reflection process.

2. **FOCUS Limitations**

Focus is not a crystal ball! Life is not as easy as answering some questions, being told what to “be when you grow up” and then living happily ever after!

FOCUS is one tool to help give students a language for their values, interests, personality and skills. That language can help find appropriate resources for additional research, conversations with professionals and advisors or discuss them more in depth with a career counselor.

3. **Putting it all together**

Being prepared for the world of work and finding fulfillment there takes effort and reflection on students’ parts. It also requires regularly “checking-in” with employment trends, qualities employers seek and choosing paths throughout one’s career that are realistic and balance their lifestyle values.

FOCUS can help students start to explore or confirm where their unique experiences, interests and skills can be a good fit for the major they choose and their first (of many!) careers.