

FocusTM 2 5 Self-Assessments

1 Create Your Account

- Go to www.oswego.edu/focus2
- Click “Register”
- Access Code: laker
- Use your Oswego email address

2 Complete the 5 Self-Assessments in Focus2

3 Review your results

Top 3 Work Interests _____

Summary of your Personality Type _____

Top 3 Skills _____

Top 3 Values _____

Top 3 Leisure Interests _____

4 Reflect

List any words, phrases or characteristics that describe you well:

List all the occupations/careers that interest you:

You can book an appointment at majorexploration.youcanbook.me to review your results.