

## Focus 2 Career Planning Worksheet

### Step 1: Log in to [Focus 2](#) or scan QR code and create your account

- Click on Register to create an account
- **Access code: stormer**
- Follow instructions to create your account
- Record your Username and Password



Username: \_\_\_\_\_ Password: \_\_\_\_\_

### Step 2: Review Career Planning Foundations

- My Career Planning Involvement
- My academic strengths
- Am I career ready?

### Step 3: Complete Self Assessment

Complete **Work Interest Assessment** and record your scores (36 questions)

My Holland Code (three letter code) \_\_\_\_\_

**\*\*Optional for a more detailed overview of your interests, complete: Personality, Leisure, Values and Skills Assessment.**

### Step 4: Review Your Results

Once completed with the **Work Interest Assessment**, click on Continue. This will generate occupational results that best align with your preferences. Click on the occupation to obtain information about job tasks, skills required, work conditions, educational requirements, labor market information, earnings, etc.

#### Supporting Majors/Programs at MATC

Please note that some of your occupational results may not always match to MATC programs. Those results that **do** match will show a link that directs you to the MATC program page.

[Child Care Worker](#)

### Step 5: Save and Record Results

As you explore occupations, make sure to **SAVE** those occupations that interest you, as well as record below. All saved results in Focus2 can be reviewed in your Focus2 Portfolio for future reference.

Save This Occupation

--	--	--

### Step 6: Develop an Action Plan

- Complete additional assessments in Focus 2.
- Continue to use Focus 2 to research careers and programs of interest.
- Schedule informational interviews and/or pursue job shadowing opportunities.
- Meet with a MATC Career Coach to discuss your results and explore your options.  
Schedule an appointment using the [Career Coach Booking Link](#) or the QR Code
- Apply to a program at MATC. <https://www.matc.edu/apply/index.html>

