

TypeFocus Assessment Worksheet

TypeFocus is an online self-awareness assessment tool that allows you to **investigate your personality, interests, and values and search for potential career paths**. By researching recommended career paths that fit with your unique interests, personality, and values, you are able to make a more informed decision about your major selection and career path.

INSTRUCTIONS

- Visit <https://typefocus7.com/userLogin>.
- Create an account by clicking on the "Register" button. Use access code 3FD2GC88.
You must use your CCU email.
- Once logged in, click on the "Self Assessments" tab. Watch the 1-minute video. Then complete three assessments: Personality, Interests, and Values. Each assessment takes 5-10 minutes to complete.

REVIEW YOUR ASSESSMENT RESULTS: PERSONALITY

Under the "Self Assessments" tab, click on the "**Personality Assessment**" link. Complete the section below based off your results. **You can copy/paste right from Typefocus for many items.** The Personality Assessment is based on Myers-Briggs Type Indicator (MBTI).

Your 4-letter Type: _____

General Description:

Summary of Careers:

Preference Clarity: for each letter of your type, how strong is your preference? Make **RED** to select

First letter: _____	Somewhat?	Clear?	Very Clear?
Second letter: _____	Somewhat?	Clear?	Very Clear?
Third letter: _____	Somewhat?	Clear?	Very Clear?
Fourth letter: _____	Somewhat?	Clear?	Very Clear?

List characteristics from your type that sound like you:

REVIEW YOUR ASSESSMENT RESULTS: INTERESTS

Next, click on the “**Interests Assessment**” link under the “Self Assessments” tab. The Interests Assessment is based on Holland Codes, which is compiled of six interest or occupational themes known as RIASEC: Realistic, Investigative, Artistic, Social, Enterprising, and Conventional. Review your results (you should have 3 interest codes, listed in order of most importance to you) and complete the following:

Interest #1: _____ **Interest #2:** _____ **Interest #3:** _____

- Read the descriptions of each of your 3 Interest Codes. Then, **Underline** words that sound like you in your 3 Interest boxes. Select & **BOLD** sample careers that are of interest to you in those boxes too.

REALISTIC

People who have athletic or mechanical ability, prefer to work with objects, machines, tools, plants or animals, or to be outdoors. Preference for working with things as opposed to ideas or people. Prefer concrete problems over abstract problems. Action focused.

CAREERS: Engineer, Park Ranger, Marine Scientist, Athletic Trainer, Zoologist, Police Officer, Veterinarian, Pilot, Recreation Aide

INVESTIGATIVE

People who like to observe, learn, investigate, analyze, evaluate, or solve problems primarily of a scientific or mathematical nature. Prefer working with ideas as opposed to people. Do not like highly structured settings.

CAREERS: Doctor, Psychologist, Researcher, Marine Biologist, Systems Analyst, Mathematician, Intelligence Analyst, Programmer, Data Analyst, Investigator, Actuary

ARTISTIC

People who have artistic, innovating, or intuitional abilities, and like to work in unstructured situations, using their creativity or imagination. Prefer working with self-expressive ideas.

CAREERS: Journalist, Digital Creator, Music Director, Public Relations, Librarian, Advertising Exec, Graphic Designer, Marketing, Writer/Editor, Museum Curator, Translator, Teacher, Event Planner

SOCIAL

People who like to work with people – to inform, enlighten, help, train, or cure them, or to help them live up to their potential. Prefer solving problems through discussion. Enjoy helping others.

CAREERS: Counselor, Advocate, Teacher, Social Worker, Trainer, Speech Pathologist, Human Resources, Health Educator, Therapist, Advisor, Community

ENTERPRISING

People who like to work with people – managing, influencing, persuading, or leading them for economic gain or for the goals of an organization. Enjoy leadership positions and dislike details.

CAREERS: Realtor, Political Analyst, Financial Advisor, Sales Representative, Manager, Human Resources, Recruiter, Educational Administrator, Event Planner, Lawyer, Marketing Coordinator

CONVENTIONAL

People who like to work with data, have numerical or clerical ability, carrying things out in detail for following through on other’s instruction. Prefer structured situations over ambiguous ones.

CAREERS: Accountant, Patient Representative, Paralegal, Actuary, Tech Support, Insurance Adjuster, Statistician, Librarian, Administrative Assistant, Data specialist, Loan Processor

Source: iusb.edu/career-services/rsrc-holland.php

Research more careers based on your Interest results at onetonline.org/find/descriptor/browse/Interests/

REVIEW YOUR ASSESSMENT RESULTS: VALUES

Review your **Values Assessment results** by clicking on “Values” under the “Self Assessments” tab. Record your top 3 values below and describe each value (you can either copy/paste this section or paraphrase.)

Value #1:

Description:

Value #2:

Description:

Value #3:

Description:

EXPLORE OCCUPATIONS

Now it's time to explore occupations based off your assessment results. Under the "Explore Occupations" tab, click on the "Assessment Results" link. Take time to explore occupations based on each of your three assessment results. **Record occupations that sound of interest to you below.** Be sure to explore occupations under both "Education Needed: Four Year Degree" and "Education Needed: Graduate Degree or Higher." You can further research occupations of interest at Occupational Outlook Handbook's website, www.bls.gov/ooh.

Occupations of Interest that Match My **PERSONALITY** Results:

Occupations of Interest that Match My **INTERESTS** Results:

Occupations of Interest that Match My **VALUES** Results:

My Top 3 Occupations

From all of your occupations of interest recorded above, list your top 3 occupations below.

1) _____ Reason: _____

2) _____ Reason: _____

3) _____ Reason: _____
