

Focus Exercise

Career Services
Georgia Southern University

Complete Focus which can be found at <http://www.focuscareer.com>. Make a print out of the results in case you want a one-on-one session with a career advisor. Answer the following questions:

1) List your three strongest orientations indicated by the printouts? Do you agree? Why or Why not?

2) Of the occupations listed which match your interests and work-related values, list the ones which you have an interest.

3) How are the occupations you listed in question 2 related? Not related?

4) Pick the top three occupations you have the most interest in and answer the following questions for each:

a) What do you like and dislike about the job duties?

b) What do you like and dislike about the job work conditions?

c) Do you have any concerns about the work condition trends?

d) What is the occupational outlook of these occupations?

5) Develop a career plan of how you are going to get into one of the occupational career fields.

Include the Following:

- 1. Your goal and objective*
- 2. Steps to obtain goal (education, ways to obtain experience)*
- 3. Time frame to accomplish goal*