Determining my career was not difficult because i was already aware of what sector (medical) I was interested in.

TFocus 2: Career Readiness

Please complete the Focus 2 assessment and complete the following worksheet. To access Focus 2, visit http://www.marymount.edu/Academics/Services-Resources/Center-for-Career-Services/Explore-Careers/Self-Assessment and click on "Create your free account." Use the access code "saints" to begin the form. Please allow 1.5 hours to complete this assignment.

1. Was determining your career/educational goals difficult? Why or why?

2. How can you use your academic strengths to help you achieve your career/educational goals?

I can use my academic strengths to help me achieve my career my continuing to strengthen my group work, and communication skills.

3. What academic skills might you want to focus on building up, keeping in mind your career/educational goals?

I would focus on building up my ability to work in groups because of the career goal I have.

4. How might your previous accomplishments and work/educational experiences support your career/educational goals?

My previous accomplishments such as getting a internship at NIH can support my career goal because it allowed me to observe the setting of a hospital helping me become more comfortable in that setting.

5. The area of career planning that you had the lowest score in is nothing I had equal scores in each category. **List three ways** you might increase your rating of this scale:

6. Based on the evaluation of your career readiness, **list** some "next steps" that will help you use Marymount student services to achieve your career/educational goals.

Sit down with a Career counselor

What can I do with a pre-med degree at Marymount? link

Focus 2: Self-Assessment

Table 1. ***Write*** *down your assessment results in the spaces provided.*

Top three **Work Interests**:   Top three **Skills**:   Top three **Values**:   Top three **Leisure Interests**:
1. Social   1. Fine Arts   1. Artistic   1. Inquiring
2. Enterprising   2. Persuasion   2. Independence   2. Sharing
3. Realistic   3. Social Perceptiveness 3. Risk Taking   3. Eager

Three words that describe your **Personality Type** are (in your words):
Sociable   Motivator   Systemic
_____   _____   _____

    1.   Do you think your top three **work interest** results accurately describe you? Why or why not?
No, because I don't enjoy working in groups and my top work interest result was Social "The Helpers". But it also consist of expressing themselves well which i feel like describes me well.

    2.   What do your top three **work interest** results tell you about the kind of majors/jobs you might enjoy?
Field Health Officer
Emergency Management Specialist
Business Professor

    3.   Do you agree with the description of your personality type? Why or why not?
Yes, because I feel like I am good at uplifting people in other aspects of my life and although I don't like working in groups I prefer to work in a group were everyone has defined roles and stick to them.

    4.   What are some of the challenges you may face at work or in school because of your personality type?

I would perform poorly when working alone because my personality type like to talk through things and discuss in groups

5. How can you use your personality type to your advantage at work and in school?
I can do well in group projects and lab

6. Why did you choose the skills you listed above as your top three?
I chose those because I work well with instruments and drawing things to learn or understand . I am also open minded and easy to persuade with facts and evidence.

7. What type of work/activities might you enjoy based on your top skills?
Arts, Entertainment, Sports, and Media

8. What do you think your top three values say about the kinds of work environments/activities you might enjoy?
I might enjoy skydiving and zipline. socializing

9. How might you incorporate your **leisure interests** into your career/educational goals? (*hint, activities, service opportunities, skill-building, etc.)
Volunteer work, charity fundraising

Focus 2: Majors and Careers

Table 2. *Write* your top three favorite majors and occupations returned from each assessment scale in the appropriate boxes below. *Circle* any majors/occupations that appear more than once on the table.

Scale Category	Work Interests	Personality Type	Skills	Values	Leisure Interests
Occupations	1. Chaplain	1. Academic Advisor	1.Arbitrator	1.Athletes Business major	1.Biopsychologist
	2. Camp Directo	2. Admissions Counselor	2.Art Therapist	2. Field Health Officer	2.General Internist
	3. Business Professor	3.Anthropologist	3.Artist Agent	3.Anti terrorism Intelligence Agency	3.Physician Assistant
Majors	1. Economics	1.Psychology	1.Political Science	1.History	1.Psychology
	2. Business	2.Biology	2.Psychology	2.Political Science	2.Biology
	3. Psychology	3.Physical Therapy	3.Business	3.Business	3.Sociology

10. What majors/occupations were listed most frequently on your table?
Biology,Psycholgy

11. What do the majors/occupations you listed have in common?
The occupations tend to have the same majors needed

12. Which majors/occupations do you feel most drawn to? Least drawn to? Why?
Least drawn to business not a good job outlook. Drawn to Biology I enjoy science

13. What might you do to learn more about these majors/occupations?
What advanced education is needed to accomplish

For more help understanding self-assessments and career development, contact Marymount Center for Career Services:
(703) 284-5960
career.services@marymount.edu