

Step 1: Register for your free Focus2 account. Go to the Boston College [Focus 2 platform](#), click and fill out the quick form.

- Note: You'll need to enter the **Access Code: Eagles**

Step 2: Complete the following self-assessments within the Focus 2 platform:

- **"My Academic Strengths"** -- Recognizing your academic strengths will bring you one step closer to pursuing a satisfying area of study and career path. A key part of career planning is finding a career that is a good fit with your personal attributes.
- **"Work Interest Assessment"** -- The Work Interest Assessment will identify occupations that provide the kinds of work related activities and tasks you most enjoy doing. Your top three work interests can be matched to occupations and majors that will typically appeal to you.
- **"Personality Assessment"**-- The Personality Assessment will match your personality type to occupations compatible with your personality preferences. Your personality type describes how you react to certain situations/people, make decisions, organize information and go about solving problems.
- **"Values Assessment"** -- The Values Assessment will identify occupations that are compatible with your work values. Your work values are job-related beliefs and ideas that are important to you.
- **"Skills Assessment"**--The Skills Assessment will identify occupations that match your skills profile. Skills can be learned or be the result of natural abilities and talents for doing certain tasks. It is important to explore occupations that you have the ability to do or plan on becoming more proficient in.

Step 3: Once you've completed all the self-assessments, click the "Combine the Results" button. Select different assessment results (Work Interest, Skills, Personality, Values) to uncover potential BC-specific majors and occupations that could be of interest to you.

***Note:** Results are a mere starting point. Suggested occupations and majors are not exhaustive and should be viewed as inspiration for further discussion and exploration.*

Step 4: Explore, rate, and save the occupations and majors. The Focus2 platform should be an ongoing resource where students can explore majors and occupations as well as update and review results.

Any student who wishes to debrief their results should plan to schedule a meeting with an [Exploration Career Coach](#) at the Boston College Career Center