

Discover Your Interests

Access to Focus 2

Part of knowing who you are is understanding your areas of interest. When you can articulate your interests and find a career that incorporates those interests, you will be happier and more motivated in your career.

Focus 2 is a FREE resource that has a basic interest inventory to help you narrow down your interests. Follow the steps below to get started and feel free access the other resources Focus 2 has to offer.

Access Focus 2:

1. Log in to <http://bit.ly/APUFocus>
2. Create a new account if you are a first-time user.
3. Fill out the form and create a username and password. Use the access code "cougar" when prompted.
4. Print out your account information to save it for later use. (You might need to log in to the Focus 2 website at other points in the course.)
5. Log in to the Focus website.

Take the Interest Assessments:

1. Locate the Self-Assessment section of the Focus website.
2. Complete the following assessments:
 - Work Interest Assessment
 - Personality Assessment
3. Click on the suggested occupation names at the end of each assessment.
4. Save occupations that sound interesting to you by clicking on the red disk icon.
5. After saving several careers to your profile, navigate back to the main menu.