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 [www.coastal.edu/career](http://www.coastal.edu/career) and click on the TypeFocus icon.
- Create an account by clicking on the “New Users Start Here” button. Use access code AD53F599. Remember your email address and password for future reference.
- 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 on your results. The Personality Assessment is based on Myers-Briggs Type Indicator (MBTI).

**Your 4-letter Type:**

<table>
<thead>
<tr>
<th>General Description:</th>
<th>Draw Your Preference Clarity Chart:</th>
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<table>
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<tr>
<th>Summary of Careers:</th>
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*Circle/underline careers that sound of interest.*

List characteristics from your type that sound like you:

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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: ___________________

☐ Circle the three boxes below that represent your Top 3 Interest Codes.
☐ Read the descriptions of each of your 3 Interest Codes. Then circle/underline words that sound like you. Also circle/underline careers that are of interest to you.

<table>
<thead>
<tr>
<th>REALISTIC</th>
<th>INVESTIGATIVE</th>
<th>ARTISTIC</th>
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<tbody>
<tr>
<td>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.</td>
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<tr>
<td>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.</td>
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<tr>
<td>People who have artistic, innovating, or intuitive abilities, and like to work in unstructured situations, using their creativity or imagination. Prefer working with self-expressive ideas.</td>
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<tr>
<td>CAREERS: Mechanic, Engineer, Forester, Electrician, Radiologic Technologist, Zoologist, Police Officer, Veterinarian, Pilot</td>
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<tr>
<td>CAREERS: Doctor, Psychologist, Medical Lab Technologist, Fire Investigator, College Professor, Intelligence Analyst, Computer Programmer, Coroner, Allergist</td>
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<tr>
<td>CAREERS: Journalist, Architect, Music Director, Public Relation Specialist, Librarian, Advertising Executive, Graphic Designer, Writer/Editor, Museum Curator, Translator, Attorney, Teacher</td>
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</tbody>
</table>

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. Usually do not prefer to work with things.

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.

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

CAREERS: Counselor, Dietician, Teacher, Social Worker, Trainer, Speech Pathologist, Minister, Human Resources Specialist, Health Educator, Therapist

CAREERS: Real Estate Agent, Politician, Financial Advisor, Sales Representative, Manager, Human Resources Specialist, Education Administrator, Event Planner, CEO, Lawyer, Judge

CAREERS: Accountant, Data Processor, Paralegal, Medical Records Technician, Computer Operator, Insurance Adjuster, Statistician, Librarian, Secretary, Economist, Dental Assistant

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

Lastly, 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 this section word-for-word 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 off 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](http://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: ____________________________

______________________________________________________________