Major Career Exploration

What is Focus2?
Focus2 is an online, self-guided assessment and planning system designed to help you explore majors and careers. Assessments are short (10-15 minutes each) and offer immediate results which can be shared with academic advisors, career counselors, or campus mentors.

Log in with your SJSUOne ID
- Currently registered students have access to Focus2.
- To log in, go to sjsu.edu/careercenter, click on Explore Majors & Careers, and click on Focus 2.

Complete the Self Assessments

My Career Planning Readiness
measures your current strengths and weaknesses in preparing to launch your career exploration journey.

The Work Interest Assessment
measures your interests related to occupational themes (RIASEC Holland codes) to identify work-related activities and occupations that align with your top three themes.

The Personality Assessment
measures how you like to approach work and life based on your personal preferences utilizing research from the Myers-Briggs Type Indicator (MBTI). Occupations that most closely match your preferences are listed in your results.

Explore the Possibilities
If you already have a major or career of interest, use this section to find more information about requirements.

What can I do with a major in ... Offered at San Jose State University?
Explore any Occupation
Compare 2 Occupations Side by Side

Take Action
Once you narrow down your major or career options, start building the skills and experiences you need for educational and career success.

My Education action plan outlines helpful resources for your next steps while on campus, such as: leadership development, extracurricular activities, and career research.

My Professional Development action plan offers helpful resources for your next steps in professional development, such as: internship search, resume writing, and interview preparation.

Keep your results and ideas organized. Review your Saved Occupations and Saved Majors. Build Your Portfolio by combining your assessment results and action plans into one report to share with advisors, career counselors, and campus mentors for additional support.

Keep in mind...
- Focus2 saves your latest assessment results, which are always available to you and your advisor/career counselor to review.
- If your results don’t match your career interests or for additional help with creating a career plan, schedule an appointment with a Career Center counselor in SJSU Handshake (http://bit.ly/SJSUHandshake).

Tip: Save majors and occupations to review them later.