

Self Assessment

Self-assessment is the first step in the career planning process. While assessment tools cannot tell you what career or major discipline you should choose, they can help you learn more about yourself so you're able to make more informed decisions.

Do you need help choosing a major or clarifying a potential career path? FOCUS 2 is a self-paced online career and education planning tool designed to help you make decisions about career goals and education plans. FOCUS 2 provides five self-assessments to help you identify your:

- top work interests
- values
- skills
- personality type
- leisure time interests

FOCUS 2 allows you to explore potential careers and majors guided by your self-assessment results. You can research careers by name, industry, compare any two occupations side by side, and explore careers based on UNC majors or minors.

[Take me to FOCUS 2!](#) [1] - Access code: *tarheels*

The CliftonStrengths Assessment assists individuals in discovering what they naturally do best and how to develop their greatest talents. Completion of this assessment will provide you with improved self-awareness, which will also help you to identify and explore potential careers and experiences that will bring out the best in you. Learn more [here](#) [2].

Source URL: <https://careers.unc.edu/students/exploring-majors-and-careers/self-assessment>

Links

[1] <https://careers.unc.edu/students/resources/focus-2>

[2] <https://careers.unc.edu/students/resources/cliftonstrengths-assessment>