Reasons for high school students to use FOCUS:

- Understand the career planning process
- Learn about your interests, skills and values
- Explore majors that match your interests and support your career goals
- Explore career fields and occupations that appeal to you
- Make informed decisions about your major and career
- Develop an action plan

How to set up your account

Go to www.calu.edu/findyour major, and click on the link to FOCUS, then click on the link to “Create a new account”.

In the “Your Access Code” field, type: Vulcans

Enter your personal information

In the “First Year Seminar (FYS), Upward Bound, or Career Planning Class Section:”, select the first option on the dropdown list, “High School Junior or Senior”

Then you can do any of the following:

- Do a self-assessment (we recommend the Work Interest and Skills Assessments). Once completed, you can view occupations that match your interests and skills by clicking on the link “See your top career choices” on the Main Menu. Click on each occupation name for detailed information about that occupation.
- Research occupations by major, industry, or specific occupation name
- Contact the CAL U Career & Professional Development Center with questions and to review your results!

Things to Keep in Mind

- Use FOCUS online on any PC or MAC computer or IPAD anywhere, anytime.
- FOCUS always saves your results.
- Use FOCUS as often as you wish.
- You can change your mind about earlier choices, or repeat a section.
- Use the system features in any order.

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