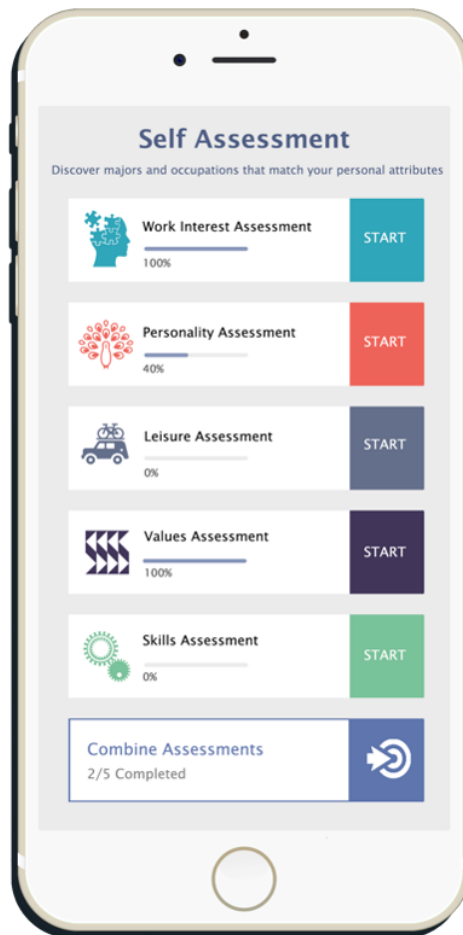


FocusTM 2

The University of Redlands Office of Career & Professional Development sponsors Focus 2, a platform that guides students through professional and educational exploration & planning. Get a head start on your future today!



Accessing Focus 2 is EASY! Use a computer, smart phone, or any other smart device to complete your assessments and start planning your major, education, and career!

- Step 1:** Go to <https://www.focus2career.com/Portal/Login.cfm?SID=826>.
- Step 2:** On the login page, choose the “Register” button to create your profile.
- Step 3:** When creating your profile, use the access code “**bulldog**” and your **redlands.edu** email address.
- Step 4:** Complete your profile. Your “Year of Graduation or Status” is “2023” unless you are a transfer or continuing student planning to graduate sooner. In this case, select your year of degree completion.
- Step 5:** Get started thinking about your major and potential career paths!

FocusTM 2



FOCUS 2 will guide you through a reliable academic and career decision making model to help you:

- Increase self-awareness - learn about your personality, skills and interests through the assessments
- Explore majors at the UofR that match your interests and support your professional goals
- Research occupations and fields that appeal to you
- Understand the professional planning process
- Make informed decisions about your major, education, and professional path
- Develop an Action Plan

New Student Requirement:

New students are required to complete all 5 assessments (i.e. Work Interest, Personality, Leisure, Values, and Skills) under the “Self-Assessment” section within Focus 2. This can usually be completed in approximately 45 minutes. It is important to answer each question as honestly as possible. Focus on the preferences of the person you are today, not the person you might be in the future. This will ensure the most accurate results are delivered.

Once completed, a good strategy moving forward is to explore the University of Redlands majors and browse the occupations and professional pathways generated by the assessment. Think about and discuss your results with your family, friends, and your faculty advisor. You can also work with a counselor in Career & Professional Development by booking an appointment or joining an event. Find us under ‘Career Center’ on [Handshake](http://redlands.joinhandshake.com) (redlands.joinhandshake.com).

FOCUS 2 saves all your results so you can log back into your account anytime to review your results, or, download your original results and ‘start over’ to see how your interests changed over time.