

## Career Exploration Exercise - Choosing a CNM Major

This activity will take approximately 15 minutes and will introduce you to the FOCUS-2 program. The results will help you begin to narrow down your occupational choices and corresponding CNM majors. The Work Interest Assessment can be completed from any Internet accessible computer. For assistance with the assessment, students can visit or the Career Resource Center (CRC) at the CNM Main Campus in the Student Service Center (SSC), Room 203 (ph. 224-4000 x-52956) or at the Montoya Campus CRC in the TW Building, Room 105 (ph. 224-4000 x-52642).

### Instructions:

- [Click here to create and login to your FOCUS-2 account.](#)
  - Access Code: *Suncat*
  - Select “*Bridge Project*” as your graduating year
- Go straight to the assessment section
- Complete the Work Interest Assessment

The worksheet below is an *optional* guide to help you narrow down your assessment results. To complete the worksheet, return to the FOCUS-2 Main Menu and click on the “PRINTABLE REPORT” link on the right side of the Work Interest Assessment. Students are encouraged to complete the worksheet and bring it to their academic advisement meeting. Academic Advisors will use the information to best guide you in selecting a major that corresponds with your careers of interest. [For help using FOCUS-2, click here.](#)

List your scores below using the Work Interest Profile Summary:

Social \_\_\_\_\_ Conventional \_\_\_\_\_ Enterprising \_\_\_\_\_  
Artistic \_\_\_\_\_ Investigative \_\_\_\_\_ Realistic \_\_\_\_\_

Which degrees or certificates offered at CNM will help prepare you for these occupations? Review the “Careers That Match Your Work Interests” at the bottom of your profile. List your top three career choices below and discuss them with your Academic Advisor.

Occupation: \_\_\_\_\_ CNM Major: \_\_\_\_\_

Occupation: \_\_\_\_\_ CNM Major: \_\_\_\_\_

Occupation: \_\_\_\_\_ CNM Major: \_\_\_\_\_

Were you surprised by any of the occupations / career paths that match your Work Interest assessment?

\_\_\_\_\_

Did your Work Interest assessment results suggest career options that you had not previously considered?

\_\_\_\_\_