Focus 2 Self-Assessment Review and Next Steps

After completing the Focus 2 Self-Assessment, refer to the Occupation Overview and complete the chart below to summarize and process your findings.

<table>
<thead>
<tr>
<th>Careers You Found Interesting</th>
<th>What Appealed to You</th>
<th>Concerns</th>
<th>Estimated Salary in State of Choice</th>
<th>Related Major(s)</th>
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Next Steps
Select one or two next steps that you will commit to complete within the next month to help explore potential majors and careers.

- [ ] Schedule an appointment with ECU Career Services to discuss career opportunities, internships, student employment, and volunteer opportunities.
- [ ] Talk with professors who work within the area of interest.
- [ ] Volunteer in an organization that relates to your area of interest.
- [ ] Follow or join a professional organization to gain insight on a specific career.
- [ ] Observe professionals in an occupation of interest through a job shadowing experience.
- [ ] Contact a professional or two in the field of interest and ask questions about their career path.
- [ ] Attend workshops, webinars, or seminars to hear what experts are talking about.
- [ ] Join an ECU club or organization related to your interest.