Need Additional Assistance?:

If you need additional assistance, consider talking with an advisor or counselor at the following resources:

- Warrior Success Center: Maxwell 314, 457-5878, [www.winona.edu/wsc](http://www.winona.edu/wsc)
- Rochester Career Services, Student Services 125; 507-280-5079
- Counseling Services: 222 Integrated Wellness Complex, 457-5330 [www.winona.edu/counselingcenter](http://www.winona.edu/counselingcenter)

Advisors and counselors can help you work through your self-assessment information and make more connections between your interests, skills, values, and possible career areas. Advisors and counselors can connect you with other valuable resources to help you further in your career exploration process:

- **FOCUS 2**: FOCUS 2 is a computer-assisted career development program to help you make career and educational decisions. This instrument offers five valid assessments (Work Interest, Personality, Skills, Values, Leisure Interests) to help you explore career options, choose a major, and set career goals and make decisions about your future. As a participant, you will create a username and password, which will allow you to build a portfolio and action plan. You will also be able to save and print assessment results and job and career favorites throughout your WSU academic career. Obtain a USER ID for the program at any of the above resources.

- **STRONG INTEREST INVENTORY**: The Strong Interest Inventory is designed to help students gain information about their pattern of interests and how these interests compare to those of people already employed in a wide variety of occupations. Although it will not tell you what you “should” be (as with all the other assessments and inventories), it will provide you with a list of occupations that seem to match your interests. In addition to specific occupations, the Strong Interest Inventory will suggest possible majors, student organizations, internships, and courses to consider. Schedule an appointment at any of the above resources to take the Strong Interest Inventory and meet with an advisor or counselor to review your results.

- **STRENGTHSQUEST**: StrengthsQuest assesses your strengths and helps you understand ways you can apply your strengths in academic and career settings. Make an appointment to take StrengthsQuest at the Warrior Success Center.