Focus

People who are especially talented in the Focus theme can take a direction, follow through, and make the corrections necessary to stay on track. They prioritize, and then act.

I am (being) \(\rightarrow\) intensely and intentionally single-minded
I will (doing) \(\rightarrow\) persevere until the goal is reached
I bring (contribution) \(\rightarrow\) clarity through concentration and direction
I need (requirement) \(\rightarrow\) a goal to establish priorities
I love (value) \(\rightarrow\) to begin with the end in mind
I hate (value) \(\rightarrow\) going off on misdirected tangents
Metaphor/Image \(\rightarrow\) “in the zone”

Barrier Label \(\rightarrow\) destination mentality may limit enjoyment of the journey

Career Development Tips

- Set specific goals for your career planning. What do you want to achieve by the time you graduate? This attention to your destination and how you will get there will be very engaging and will provide great benefits. Meet with someone in your college’s Career Services to help you get organized, and manage your Graduation Planner to make a timeline for yourself. Track your progress with the Academic Progress Audit System (APAS).
- Spend some dedicated time reading about careers that interest you and following up with internet searches. Your ability to concentrate on a task will stand you in good stead as you research career possibilities. Go further, and conduct an Informational Interview with someone in a career you have researched.
- Although your Focus talents can reveal themselves through highly proactive goal setting, you might sometimes need to have a target identified for you.
- You are capable of prolonged concentration and persistence, which flourishes in environments with few interruptions and little need to multi-task.
- Structured environments that are predictable, detail-oriented, and reward your dependability and follow-through are likely to bring out your best.
- You might be most satisfied in roles that have identifiable goals, purposes, and objectives, and that provide opportunities to meet your own long-term goals.

General Academic Life Tips

- Use your Focus to link class-related assignments to the knowledge and self-management skills you’ll need to be successful in your future career.
- Use your focus to help groups stay on track in classroom discussions or meetings.
- If you feel an assignment has no practical value to you, develop one that better fits your goals, and request permission from your professor to use it. Explain the potential benefits.
- When working with others in a small group, help them see how the pieces of a project fit together to accomplish the overall objective.

Extracurricular Activities

- Look for an internship on GoldPass in an area related to your career goals.
- Select class-related and extra-curricular activities related to your career goals. Find opportunities through Student Unions & Activities.
- To build on your Focus talents and not “spread yourself too thin,” be selective in the range of activities you are involved in.
- Look for Leadership opportunities and consider adding a Leadership Minor to develop your goal-reaching skills.

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