

Career Discovery Report

Deep insights on your holistic profile and recommended career paths according to your strengths.



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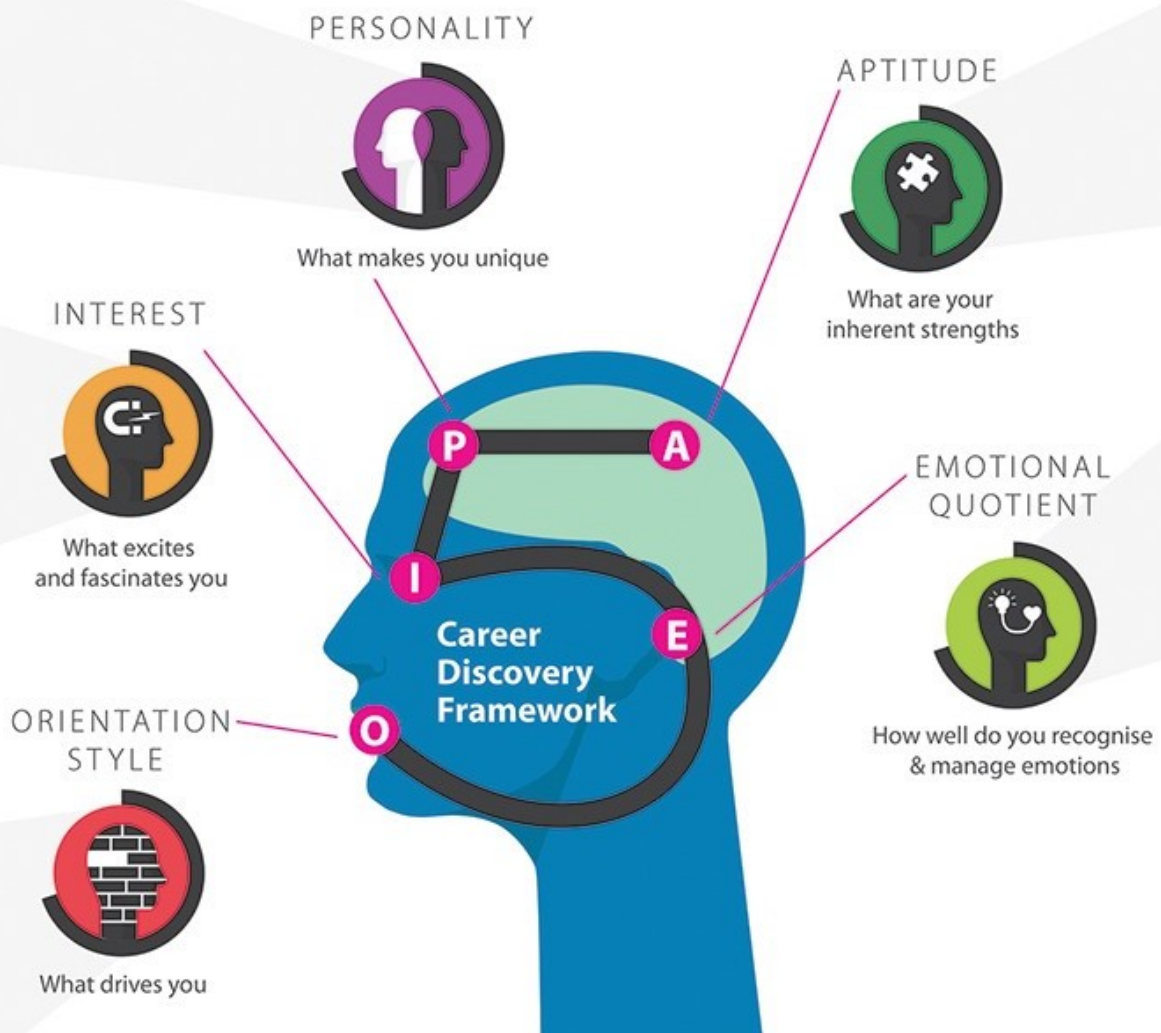
School:

Career Assessment Framework

Congratulations on completing the Career Assessment Framework! Your comprehensive career discovery report is now ready to give you your best-fit career matches.

Our award-winning career guidance framework and assessment tool have been developed by a team of some of the top psychometrists, industry experts and researchers in the world. It is the most accurate and valid career assessment, with a blend of advanced technology and millions of research data points collected from students from multiple demographics and cultures.

Our 5-dimensional framework, the first of its kind, has been tailor-made for students. These 5 dimensions together form the pillars of career guidance, and will help you make a scientific and accurate choice for career success.



Let's look at your results for each of these elements & help you discover your perfect career.

Your Orientation Style

What is **Orientation Style**?

Orientation style identifies what an individual is driven by. Understanding the orientation style will help you with career decision based on your dominant style of interaction with the surroundings.

Your Dominant Style



Administrative Orientation

The scores obtained on this style inventory indicate that you are administrative orientated. This means that you are good with work tasks in which you have to deal with facts, number, records, files and data. You prefer to work in an organized systematic manner paying close attention to details. You would be good in tasks which require a high sense of responsibility and rule-abiding norms. You are good in perceiving the practical aspects of problem and solving it through rulebooks and guidelines. You may be observed as being practical, realist and organized at the workplace.

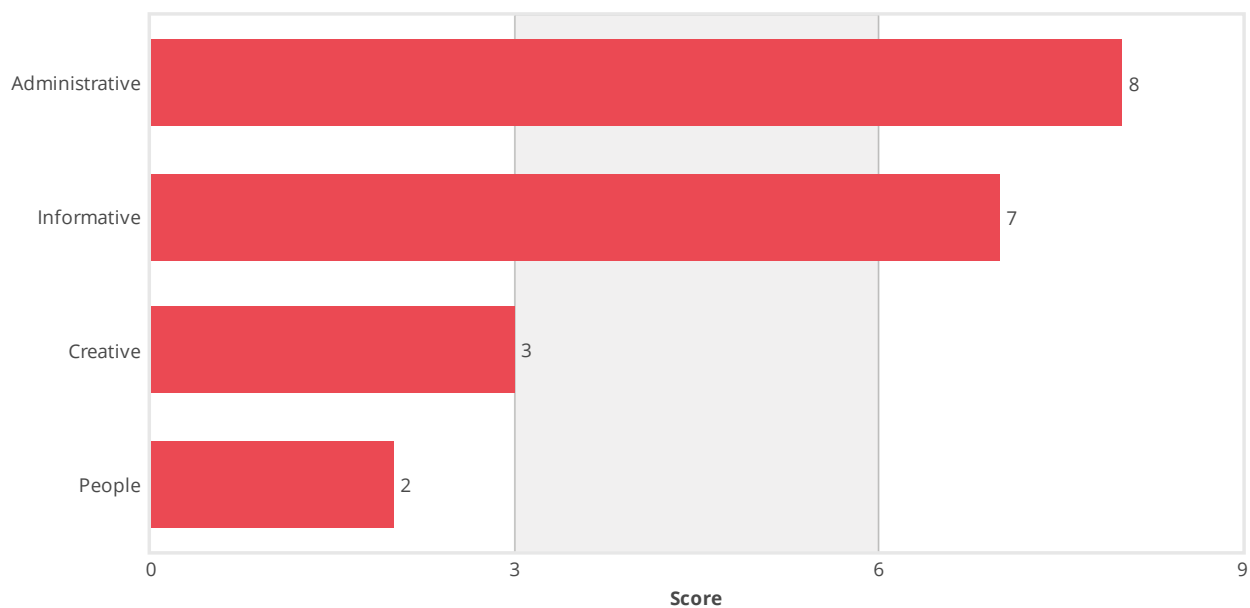
Your Secondary Style



Informative Orientation

The scores obtained on this style inventory indicate that you are information-oriented and like to operate with information, machines, instruments, books & gadgets. Your style indicates that you are assertive and believe in doing things rather than talking about them. You have an inquisitive, scientific and mechanical bent of mind. You may like to read, gather knowledge, solve problems and perform research & experiments. You may be observed as intellectual, precise and scientific in the workplace.

Your Orientation Style



Your Interest

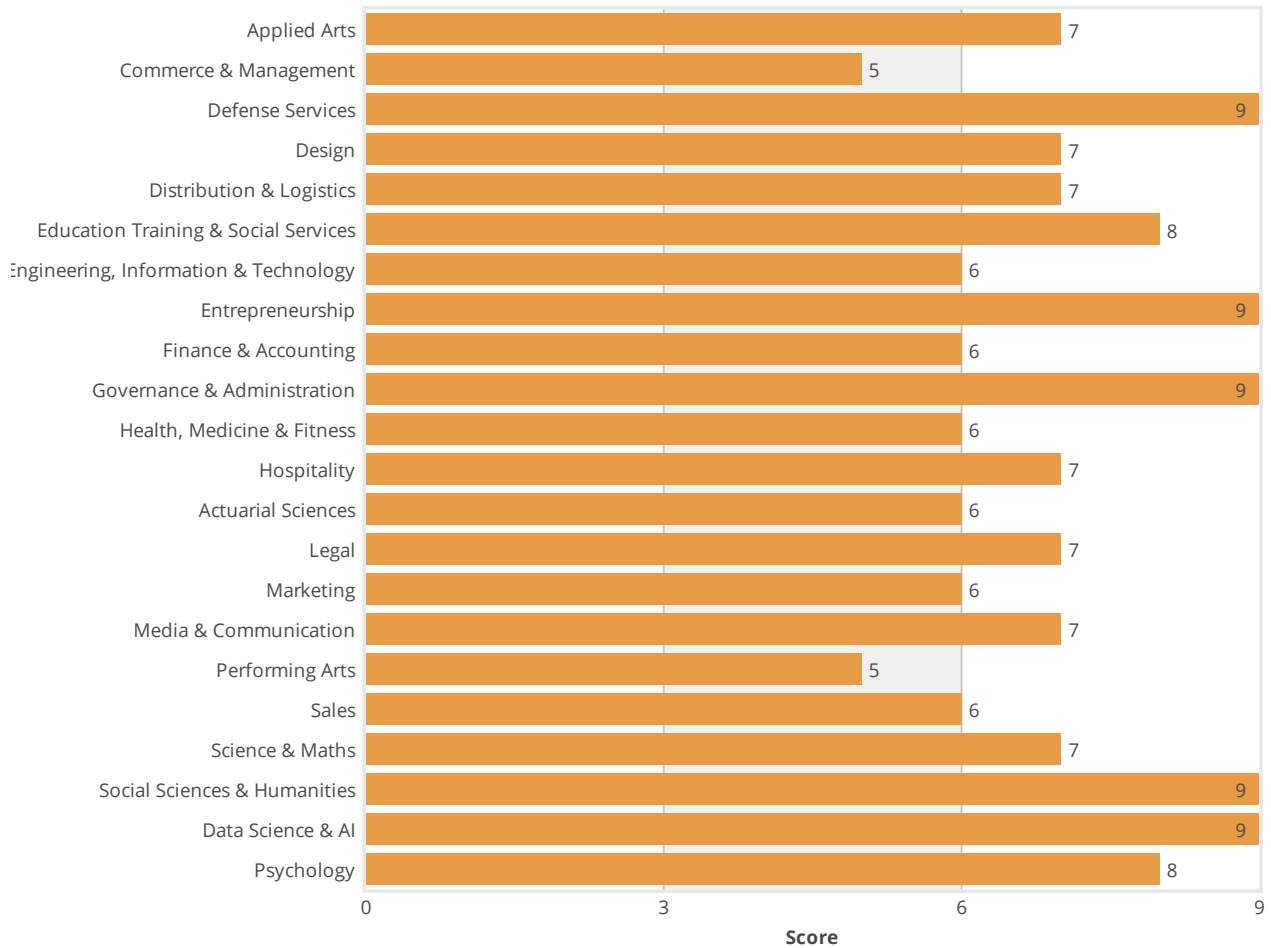
What is Interest?

Understanding your Interest will help you identify what work areas excite you and helps you identify career options which are personally rewarding. Interest assessment explores your interest across multiple career options to find the right match which shall keep you engaged.

Your Dominant Interest Areas



Your Interest

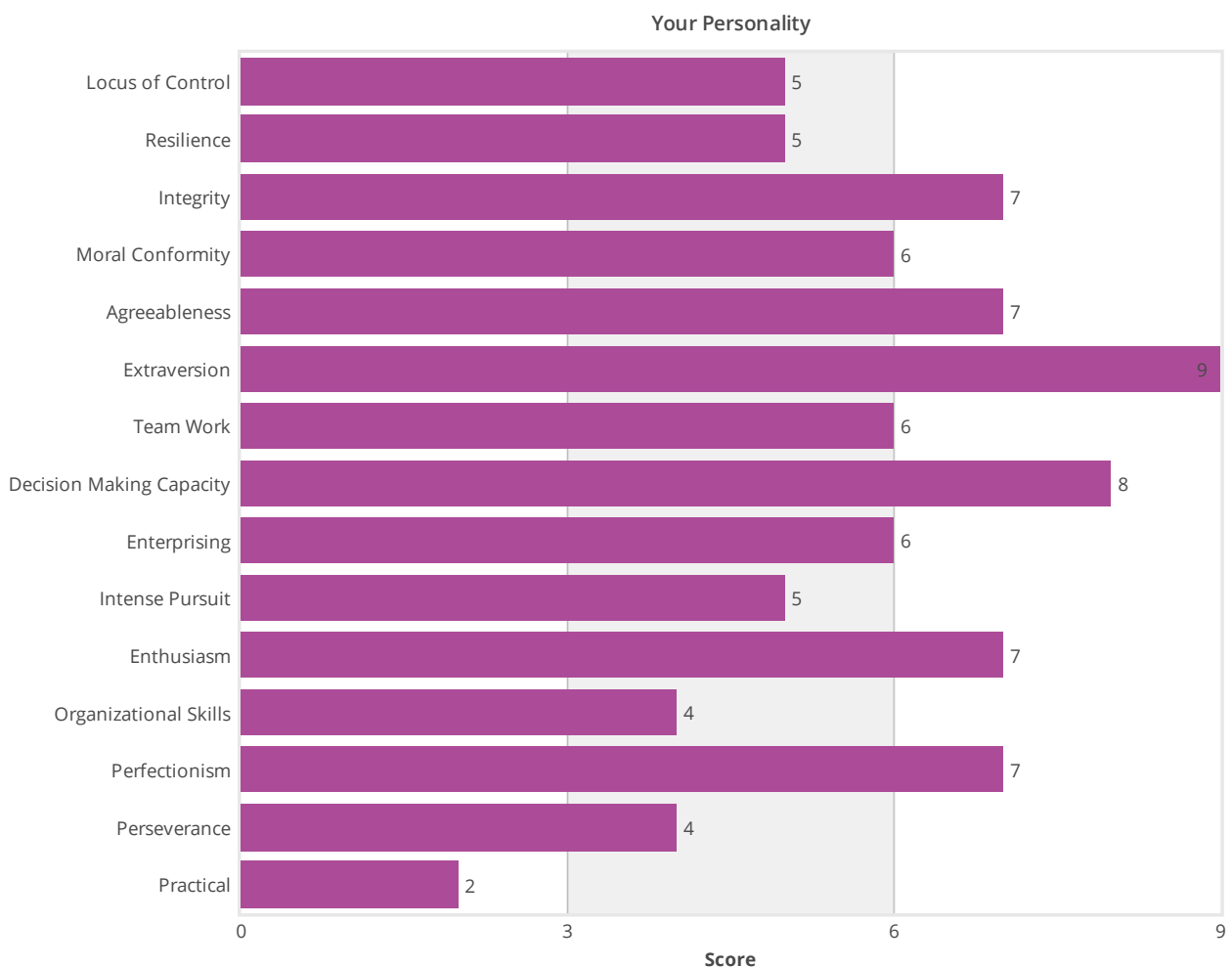


Your Personality

What is **Personality**?

Understanding your Personality will help you identify your consistent behavior patterns. Every individual is different due to their unique blend of attributes. Personality assessment identifies what career options suit your style and match your personal attributes.

Your Dominant Personality Traits



Your Personality in Detail



Locus of Control

1 2 3 4 **5** 6 7 8 9

Meaning

Locus of Control is the individual's perception of the power they have over events that happen in their lives. People with this trait believe that they have control over their own destiny and are convinced about their own skills

Expert Analysis

You feel that all your abilities, skills and reinforcement are dependent on your luck and external factors. You feel better when you get directive from others, as your decision-making may be low which makes you less of a leader and more of a follower. You are not very good in situations where initiative is to be taken and your dependency is high making you less independent in nature

Development Plan

You can improve your internal locus of control through following strategies -:

- **Be assertive:** You have to start speaking up your mind and take responsibility for your acts as blaming others would not work in life.
- **Develop trust:** After understanding your strengths, you have to start trusting yourself. Believe in whatever you do or perform. Strong level of trust in oneself makes a person confident and composed.
- **Stop being judgmental:** Stop judging all your actions and go easy on yourself. Demanding too much sometimes leads to drainage of strength and hence failures.
- **Be relaxed and rejuvenate yourself:** Sometimes too much of stress to excel leads to panic and then everything you work on gets spoiled. Take timeouts to start regaining confidence in yourself.



Resilience

1 2 3 4 **5** 6 7 8 9

Meaning

Resilience is the ability to pursue chosen path despite stress, high- risk status, challenges and hardships

Expert Analysis

Your responses indicate that though you have difficulty in stressful situations but sometimes you tend to handle it well. You may struggle in adapting to varied circumstances and sometimes may falter in sticking to your tasks or schedule. This makes you less productive in high stress situations and it becomes difficult for you to bounce back from setbacks or failures

Development Plan

You can improve your resilience by using the following strategies -:

- **Learn to be more flexible.** It is always better to embrace change and adapt as per the requirements. It helps in handling stress in a better manner and work more effectively.
- **Be optimistic & do not lose hope.** It is always better to be optimistic during hardships. A sense of optimism helps in dealing with difficult situations.
- **Learn to tackle your problems step by step.** Think of taking small steps while resolving problematic circumstances.
- **Develop a strong social network.** Being with people that are supportive and encouraging can be very helpful in facing hardships

Your Personality in Detail



Integrity



Meaning

Synonymous with honesty, principles, sincerity, scruples; integrity means being honest and living by universal principles of right and wrong

Expert Analysis

Ethics and standards play an important role in your life. You do face moral dilemmas at time but give priority to your set ethics and are ready to face difficulty and loss. You have a clear understanding about right and wrong and you always take decisions without compromising on the set criteria. You are honest with every aspect of your life and follow one universal principle for everybody

Development Plan

You have scored well in this trait



Moral Conformity



Meaning

Moral conformity implies standing by your principles & code of conduct rather than matching attitudes, beliefs, and behaviors to group norms so as to fit into the group

Expert Analysis

You have respect for the norms, values and ethics of the society but at times you take decisions on account of your own personal choice and interest. You believe in cooperation and coordination and value the sense of belongingness and need. But whenever you get a chance you don't hesitate to put forward your views and feelings

Development Plan

You can work on following strategies to work on improving moral conformity levels:

- **Be Assertive** –Make an attempt to put forward your point of view with conviction
- **Think of Long Term Impact** – Avoid short term gains or giving in to temptations
- **Right Associations** - Form Associations with people who have clear understanding of right and wrong
- **Learn to say 'No'**- Saying 'No' will not spoil your relationships with others, rather it will make help you make meaningful & stronger relationships.

Your Personality in Detail



Agreeableness



Meaning

Agreeableness is the ability to sympathize with others, trust them and be warm, concerned and cooperative towards them

Expert Analysis

You are warm, friendly and tactful in your approach in dealing with others. You are considerate and cooperative towards others. You are of the opinion that people are generally honest, sincere and trustworthy. You resolve your differences with others in a peaceful manner and avoid conflicts at all costs. You like to help people and are always willing to work towards maintaining social harmony. One of your key strength is that you do not carry any ill will towards others, and believe in forgiving them

Development Plan

You have scored well in this trait



Extraversion



Meaning

Extraversion is the ability to talk easily to others, assert viewpoints and prefer working in groups, rather than working alone

Expert Analysis

You take immense pleasure in social gatherings; enjoy spending time with people and dislike loneliness. You are energetic & have the ability to approach strangers with ease and can initiate conversation on a wide range of topics. You prefer working in groups rather than working alone. You eagerly share your opinions among group members and find it easy to assert yourself

Development Plan

You have scored well in this trait

Your Personality in Detail



Team Work



Meaning

Team work implies including not only your views but also the views of others while working towards a common goal. It involves working collaboratively with people and maximizing the team output

Expert Analysis

You have an above average ability to work collaboratively within a group of people in order to achieve a goal. You believe in partnerships and can relate to others quite easily. You have fairly good communication skills which help you to maintain good relationships with others. You tend to take the opinions of others while taking decisions most of the time. Such qualities help you work in teams with ease

Development Plan

Your scores indicate that you need to put some effort to develop your ability to work collaboratively within a group of people in order to achieve a goal. You can do this by:

- **Be an active listener:** Developing listening skills will help you to understand others viewpoints, provide you with learning opportunities and will also minimize misunderstandings. Wherever warranted, you need to express your views to others.
- **Add humor:** Adding humor in your day-to-day dealings with others will help you to keep a sense of perspective and will also work as a great bonding tool.
- **Group activity:** You need to try and engage yourself in more group activities wherein coordination and cooperation with members of the team will help achieve the common objective



Decision Making Capacity



Meaning

Decision making capacity is the tendency to choose effectively from alternatives through reasoning and critical thinking

Expert Analysis

You have skills that enable you to take the decisions at the appropriate time. By anticipating future perspective, you are able to take decisions at the earliest possible. You evaluate the pros & cons of a situation and look for a logical approach towards decision making. High decision making capacity makes you capable to learn from the past difficulties and apply those learning in the future

Development Plan

You have scored well in this trait

Your Personality in Detail



Enterprising

1 2 3 4 5 **6** 7 8 9

Meaning

Enterprising is being assertive, confident, high on risk-taking capacity, and having the ability to persuade others

Expert Analysis

You help people & groups, solve problems, and you very well know how to take advantage of the opportunities, which come across your way. Your credibility and creativity rules people's heart and your inner spirit to take charge of things without being asked to do so makes you a leader. You are not comfortable with stability; you are innovative and willing to take a calculated risk. You persistently set your goals and work hard to achieve them and use your imagination to solve complex troubles using novel ways

Development Plan

You can improve your enterprising skills through the following strategies:

- **Be willing to admit and learn from failures and weaknesses:** No one is perfect, and everyone makes mistakes. The most successful person is one who knows that the key to success is not in avoiding failures, but to learn from them. You should continue to improve yourself in every possible way.
- **Being confident:** Learning about any area/domain in detail helps you to become confident in that particular area. You can start by learning more about your hobby.
- **Maintain a positive attitude:** With a positive attitude, you are looking at the bright side of life. People are naturally attracted to you when you have a positive attitude. By being positive, you will lead a happier life, as well as be surrounded by other positive people.
- **Being passionate:** You need to be passionate about the work you do. Passion is contagious and it helps you in persuading others.



Intense Pursuit

1 2 3 4 **5** 6 7 8 9

Meaning

Synonymous with dedication, devotion & zeal; intense pursuit is having a clear intention, aim, interest, commitment and strong desire to pursue on a chosen path

Expert Analysis

You have a hard time maintaining your focus, passion and commitment to long-term goals. You tend to leave the task undone when the obstacles are difficult to overcome and are unable to persistently work towards a difficult task. Your initial excitement for a project soon vanes off, and your attention deviates to other exciting things happening nearby

Development Plan

You can develop intense pursuit by following strategies:

- **Writing it down:** This is as simple as it sounds. Have well defined time bound goals. Also make a "To Do" list on daily basis, to make sure that things are getting done.
- **Prioritizing your work:** You have to make a clear distinction about what is important & what just seems to be important. Focus your energy on what is critical and needs to be done.
- **Take responsibility for your goals:** Rather than making excuses for incomplete tasks, take up responsibility and make efforts to complete them. It will be difficult for you to pursue your goals, unless you take responsibility

Your Personality in Detail



Enthusiasm



Meaning

Synonymous with vitality, spiritedness & vigor, enthusiasm is having abundant or intense energy and curiosity to gather knowledge

Expert Analysis

You are full of excitement, optimism, curiosity & cheerfulness. You face challenges with a sense of enthusiasm that is contagious. Your inquisitiveness is endless; you continuously ask questions & persistently seek their answers. You are constantly seeking new experiences in order to grow & learn. People often seek your company, as you energize them with your presence and cheerful disposition. You are full of energy & vigor, which allows you to perform multiple tasks in the shortest possible time span

Development Plan

You have scored well in this trait



Organizational Skills



Meaning

Organization skill is the ability and style of an individual to structure plan and meet their goals in a systematic manner

Expert Analysis

You often find it difficult to meet your goals. You don't, fully utilize your time, energy, and resources in the tasks that you undertake. You also have difficulty in being systematic and in planning your work. You tend to act in a manner that may not always be responsible due to which you are unable to set very high standards and thus, unlikely to meet the goals that you have planned for yourself

Development Plan

You can improve your organization skills by using the following strategies -:

- **Set specific & realistic goals.** This will help you in being more systematic and efficient, which will enable you to achieve set tasks.
- **Prioritize your work.** Learn to understand the difference between tasks that are highly important and need to be done immediately and the tasks that can be done later. This will help you do your work on time and not be stressed.
- **Set proper timelines.** When you start a task, set a realistic timeline for the completion of your task. This will make you more systematic and help you to be more structured in doing your task

Your Personality in Detail



Perfectionism

1 2 3 4 5 6 **7** 8 9

Meaning

Perfectionism is the desire to strive for flawlessness and set high standards of excellence

Expert Analysis

You have intense desire to achieve high standards of excellence. Due to this, you tend to find faults with your own actions and strive to improve upon them until they are flawless. You act very responsibly and are curious about things happening around you. You have a tendency to work hard to achieve high standards. You work meticulously in any task that you undertake. Such perfectionism helps you to deal with challenges under different situations

Development Plan

You have scored well in this trait



Perseverance

1 2 3 **4** 5 6 7 8 9

Meaning

Perseverance is the determination of an individual to complete a task, irrespective of the obstacles

Expert Analysis

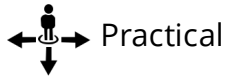
You tend to get influenced with failures and find it difficult to start again. You often see obstacles as barriers towards success and may underestimate your own potential to overcome them. Inadequate stress coping strategies interfere with your determination for work. You are often unable to deal with delays in success. You do have the potential to strive and reach your goals but low self esteem impacts your persistence

Development Plan

You can improve your perseverance levels by using the following strategies:

- **Strengthen the belief that nothing is impossible.** Everything is possible if you make constructive efforts to achieve it.
- **Running away from problems is not a solution.** Facing them and dealing with them will help you find a solution.
- **Learn from Failures.** Learning from failures rather than just getting emotionally driven will help build perseverance. A clear focus on the goal and ability to continue the pursuit should lead to success.
- **Create alternatives.** Try and use unconventional problem solving approach, whenever faced with dynamic situations and new complexities.

Your Personality in Detail



Meaning

Synonymous with pragmatic, real & hands-on; practical is being more concerned with practice than theory

Expert Analysis

You tend to overlook the realistic side of theory and rely more on bookish knowledge. You are unable to develop a relationship between what is real and what is theoretical. Your judgments tend to be affected by the theories you may have studied rather than experience. You are more inclined towards conventional ideas and resist making contemporary changes

Development Plan

You can improve your tendency of being more concerned with theory rather than with practice by following certain strategies such as –:

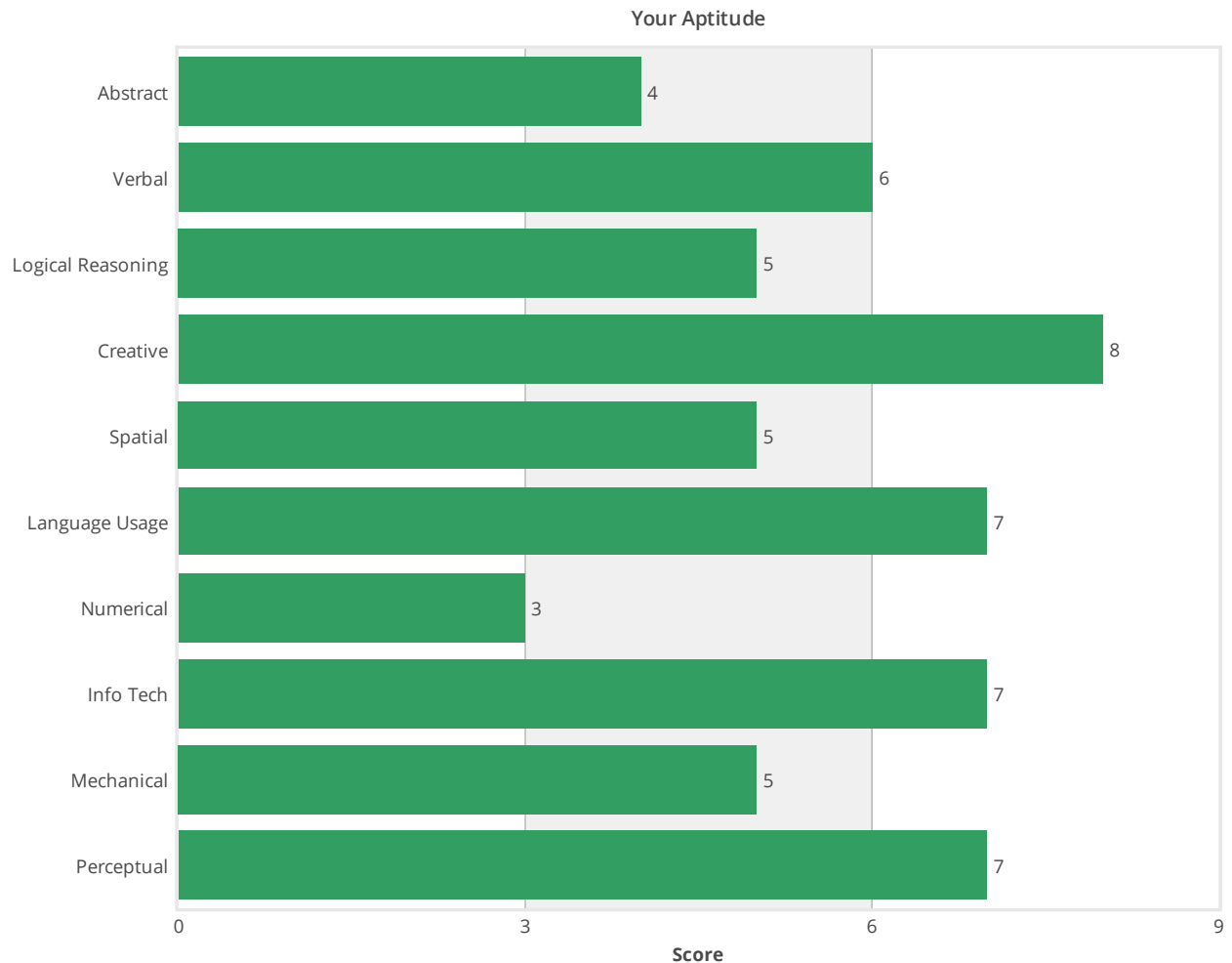
- **Try it out** - Hands on experience will help you in testing of assumptions and your own belief.
- **Visualize reality** - Try to visualize the practical aspects of theories in day to day situations.
- **Challenge the status quo** - Don't go by pre-set standards or assumptions. Try to challenge the existing way of doing things.
- **Functional Connect** - Develop a functional connect between theory and its practice so as to have a more realistic understanding.

Your Aptitude

What is **Aptitude**?

Understanding your Aptitude will help you explore your innate strengths. Every individual has a unique area of expertise and their own forte. Aptitude assessment predicts what is your innate ability and potential and helps you find career options that are in sync with your aptitude.

Your Dominant Aptitude Strengths



Your Aptitude in Detail

* Abstract

1 2 3 4 5 6 7 8 9

Meaning

Ability to work with new concepts, abstract ideas & recognizing patterns and similarities

Expert Analysis

You scores reflect that you are moderately skilled at working with new concepts, abstract ideas and recognizing patterns and similarities between them. Your scores also indicate that you are able to recognize the similarities and differences between ideas, or concepts which are not necessarily related at an average level. You are able to work out new concepts and deal with abstract ideas in most cases

Development Plan

Abstract aptitude can be developed by adopting following strategies:

- **Abstract ideas and concepts:** Give yourself a regular exposure to abstract ideas and concepts. Repeatedly examining information presented in abstract forms in books and newspapers will help you to develop a capacity for handling abstract information and looking for patterns. Try and solve puzzles, games and other forms of analytical material to enhance abstract way of thinking.
- **Patterns and relationships:** Purposefully seek patterns and relationships in things around you for enhancing abstract aptitude and outlook. You should also practice creating diagrams which represent relationships, connections and sequences

A Verbal

1 2 3 4 5 6 7 8 9

Meaning

Ability to comprehend words and sentences and deduce meaningful relationship from them

Expert Analysis

You have an average ability to understand the relationship between words and have a limited ability to convey the required information. You possess an average level of verbal skills like spell words correctly, use correct grammar, understand word meanings, and interpret word relationships. You are often, though not always, able to correctly analyze and understand textual information

Development Plan

You can use the following strategies to improve your verbal skills:

- **Reading:** You can start reading and analyzing texts, articles and newspaper columns. Challenge yourself with more and more complex material and continue even though you seem to be making little progress because over time, it will show results.
- **Drawing conclusions and inferences:** Try to deduce relationships among various components of the reading material. Try to look for relationships and patterns, drawing conclusions and making inferences.
- **Memorizing word-meanings:** Consciously memorizing word-meanings regularly will also help in broadening your vocabulary base.

Your Aptitude in Detail



Logical Reasoning



Meaning

Ability to identify and isolate components of an argument to arrive at a complete inference and reach a conclusion

Expert Analysis

You have an average ability to apply logical reasoning to solve problems. At times you find it hard to detect the stronger arguments from the weaker ones. At times when you cannot find logical reason to support your stand, you may lean on emotional reasoning or rely on instincts

Development Plan

You can develop logical reasoning by practicing following strategies:

- **Play mind games:** You should try playing mind games such as chess, Sudoku, word games and other mystery games and puzzles that are easily available online. This will give you an understanding of the patterns and their individual elements and will help you in developing logical reasoning.
- **Practice & Perform non-routine tasks:** You should regularly practice open-mindedness and must make conscious attempt to figure out relationships among related or unrelated stimuli. Read books on logical reasoning and improve your skills by practicing a wide range of problem types.



Creative



Meaning

Ability to develop novel and diverse ideas and solutions for a given problem

Expert Analysis

Your scores reveal that you have high capacity to develop new and diverse ideas and solutions for a given problem. You are able to look at the creative side of things more often than others. You like to have a fresh perspective to things and hence, try to innovate most of the times. You do not believe in going strictly by the rules and like to have alternatives wherever possible

Development Plan

You have scored well in this trait

Your Aptitude in Detail

Spatial



Meaning

Ability to manipulate shapes in two dimensions or to visualize three-dimensional objects presented as two-dimensional pictures

Expert Analysis

You have an average understanding of spatial relationships among objects. You are averagely skilled at mentally visualizing and manipulating objects in three-dimensional space. You are able to visualize and mentally rotate objects presented to you in two-dimension to understand it at a three-dimensional manner at an average level

Development Plan

There is a possibility to enhance your spatial understanding through practice, training, and leaning. You can use the following strategies in order to increase your spatial aptitude:

- **Studying Geometry:** Studying geometry has been found to improve spatial visualization skills. Pick up some good geometry textbooks and try to solve questions related to shape, size and relative positions of figures.
- **Games and Activities:** Pursuing certain activities such as Lego building (including computer versions), photography, doing jigsaw puzzles, playing chess, drawing, geography, studying origami, practicing visual memory games or playing computer games like Tetris can help to improve your ability at spatial visualization.
- **Practice Visualization and Spatial Thinking:** Regularly exposing yourself to three-dimensional spaces and environments along with paying conscious attention to these spaces can be of great help to develop spatial aptitude. This should progress from actual physical environments to the diagrammatic representations of these spaces

Language Usage



Meaning

Ability to understand and use words along with the grammatical rules and structures to produce meaningful-novel sentences

Expert Analysis

You have a high capacity to understand and use words along with the grammatical rules and structures to produce meaningful and complex sentences. You have a high ability to detect errors in grammar, punctuation, and capitalization and are able to formulate diverse combinations of words and sentences

Development Plan

You have scored well in this trait

Your Aptitude in Detail

Numerical



Meaning

Ability to quickly grasp mathematical functions and to use them to analyze and solve mathematical problems

Expert Analysis

You are not able to use numbers & numerical operations rapidly and accurately. You are rarely able to quantify many features of the problem. You find it difficult to quickly grasp mathematical functions and to use them to analyze and solve mathematical problems with high accuracy

Development Plan

You can develop numerical ability by adopting following interventions:

- **Mental Imagery:** You have to try making mental imagery of the problems in terms of the numerical values of the elements involved in the problem. Constant effort will be helpful in enhancing numerical/ mathematical ability.
- **Practice and increase comfort with numbers:** You must progressively keep taking different tests on numerical ability to know your current level and further try to progress to a higher level.
- **Computer-simulated mathematical games:** You can try different computer applications, games and mobile apps that are known to enhance numerical ability

Info Tech



Meaning

Ability to grasp and use principles and concepts of technology and computer programs to solve problems

Expert Analysis

You have a very good understanding of the principles and concepts of technology. Your responses indicate that you have high awareness about the basic computer programs and its applications. You are quite comfortable when it comes to dealing with computer software. Your awareness about latest technologies and software is also very high. You are extremely comfortable when it comes to learning about the working of new gadgets or software

Development Plan

You have scored well in this trait

Your Aptitude in Detail



Mechanical



Meaning

Ability to grasp and use mechanical concepts and principles to solve problems

Expert Analysis

Your ability to understand and apply mechanical concepts and principles is average. You could easily grasp and apply mechanical principles with which you are familiar. However, you are not very confident of applying your mechanical knowledge to new challenges or problems. With adequate training and effort, you can improve your mechanical aptitude

Development Plan

You can think of developing mechanical abilities by adopting following strategies:

- **Developing sense of physical world:** You should be observant to perceive the physical world around and understand the principle through practical demonstration. You may take coaching or practical science training in subjects like Physics.
- **AV media and 3-D programs:** You can take help of the audio-visual media with 3-D programs to understand scientific principles in depth and learn to apply them to real world problems.



Perceptual



Meaning

Ability to accurately and quickly compare similarities and differences among sets of pictures, patterns, objects, letters or numbers.

Expert Analysis

You are quite capable of working with rapid speed and accuracy in tasks which do not necessarily require high intellectual activity. You take less time to respond to external stimuli of varied nature like pictures, patterns and objects. You can swiftly perceive a whole stimulus when parts of it are missing. You are effective where a quick and precise decision is required

Development Plan

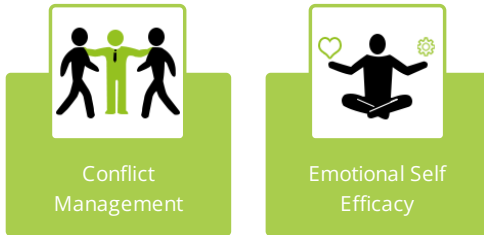
You have scored well in this trait

Your Emotional Quotient

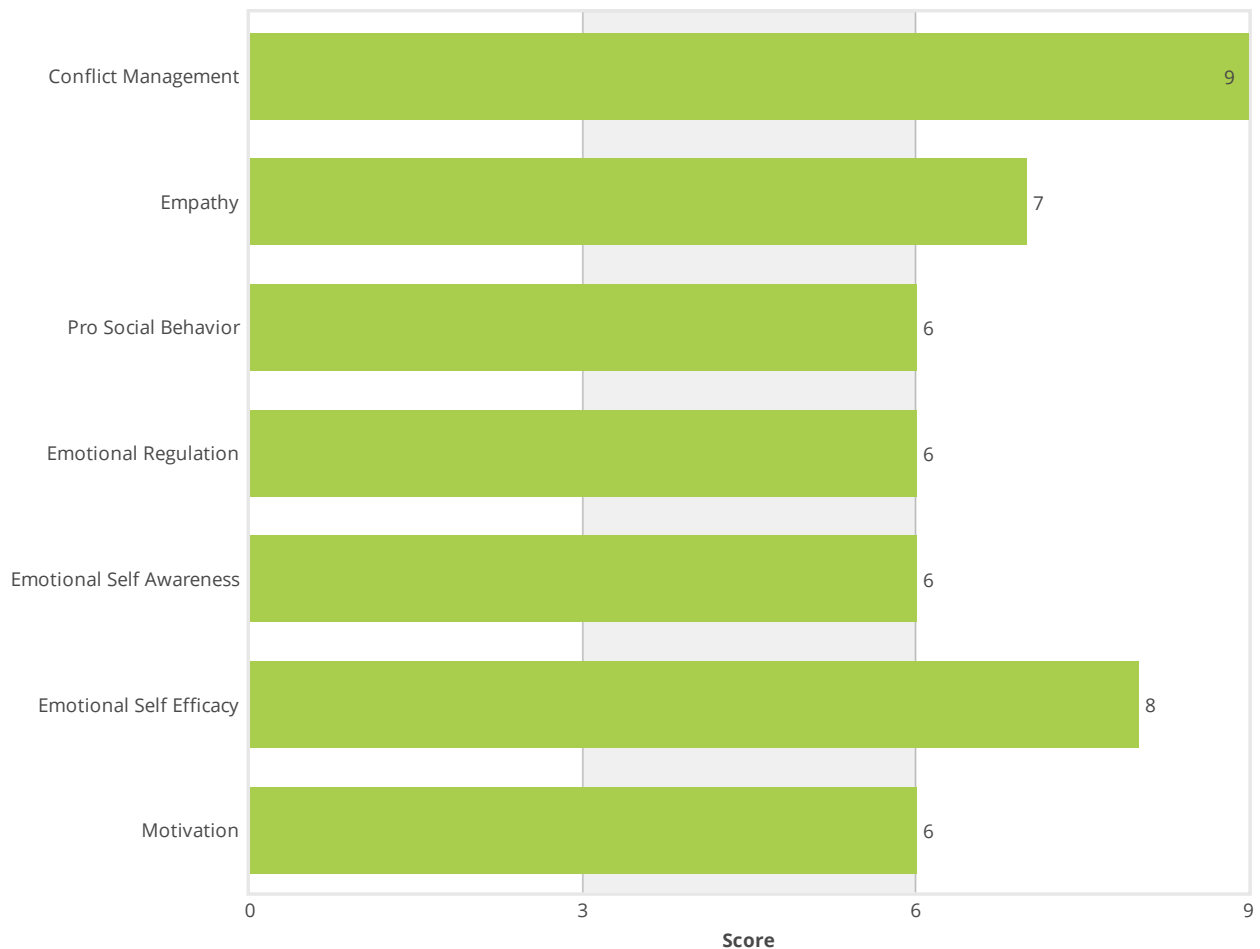
What is Emotional Quotient?

Understanding your Emotional Intelligence will help you understand your effectiveness in social situations. Emotional Intelligence assessment identifies how well do you recognize and handle your own emotions and interpersonal relationships.

Your Dominant Emotional Quotient Strengths



Your Emotional Quotient



Your Emotional Quotient in Detail



Conflict Management



Meaning

Ability to resolve conflicts through negotiations

Expert Analysis

You strongly believe that great results can be achieved by mutual consent of the parties involved. You are very good at understanding your own need and that of the others involved in the conflict. You are a good listener, and listen to both sides before resolving their differences and aligning their interests. Your ability to pay attention to the non-verbal behavior makes you an effective listener. You are confident of maintaining your emotional composure in stressful situations. This allows you to bring humor into the conflict resolution process, whenever things start to get difficult. You have a readiness to forgive, compromise and move on and this allows you to focus on mutual benefits of the parties involved. You are known for your integrity, which make you a trustworthy person

Development Plan

You have scored well in this trait



Empathy



Meaning

Perceiving and being aware about emotions of others, including being sensitive to a diverse population

Expert Analysis

You have a high ability to understand and identify with the feelings of others. You are highly sensitive to understanding the emotions shared by others and in helping them resolve those emotions. You are a good listener and adept at understanding non-verbal cues. As a result, you can easily understand both pain and joy of others. You can intuitively sense what the other person is going through. One important reason for this is that you have high awareness of your own emotional experiences. You show a deep insight into other person's problems and have the ability to "walk in their shoes". You also have the skill to communicate in an objectively explicit manner to express your understanding of the other person's problem. Your deep compassion for those you come across makes you a great friend to have

Development Plan

You have scored well in this trait

Your Emotional Quotient in Detail



Pro Social Behavior

1	2	3	4	5	6	7	8	9
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Meaning

Having the motivation to help others without any personal gain

Expert Analysis

Your responses indicate that although you are motivated to help others, you also have a cautious attitude. You want to help others in need but do not go rushing to help. You tend to think of the consequences of the act and may not volunteer to help when you perceive that there are others to do the needful. However, you have a sense of social responsibility and the inclination to help others. Your score also indicates an average degree of interpersonal trust

Development Plan

Helping others in distress is a social duty and responsibility. Researchers have suggested that five things must happen for a person to take action. These key things are:

- **Notice what is happening around you:** you can keep yourself alert so as to notice things happening and avoid being self absorbed.
- **Interpret the event appropriately as to whether it is an emergency or not:** you can make a realistic assessment of the situation to see whether there is actually a need for assistance.
- **Experience within yourself a sense of social responsibility:** you can use the norm of social responsibility which supports helping those who are less fortunate.
- **Assess whether you have the skills to help or not:** after assessing the situation, you can see whether you possess the skills needed to help in that particular situation.
- **Make a conscious decision to extend your help:** after appropriate assessment of the situation, make a conscious effort to help in whichever way you can.



Emotional Regulation

1	2	3	4	5	6	7	8	9
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Meaning

Managing one's constructive as well as destructive emotions well. Ability to manage stress, anger and anxiety

Expert Analysis

You are mostly comfortable with handling your emotions. You are able to manage your anxiety and assert yourself in most situations. Usually, you are able to use appropriate emotional strategies to deal with varied situations. You can sustain attention on the task assigned to you and can manage distractions quite well. This gives you strength to achieve your goals. You can express your emotions appropriately in interpersonal interactions and this helps you to maintain healthy relationships in your life. You have a good understanding of the consequences of various emotional responses which helps in effective management of your emotions. However, there are a few instances, where you may face some difficulty in coping with emotional needs

Development Plan

You can improve emotional regulation by following strategies.

- **Reappraisal:** This involves reinterpreting the meaning of an event so as to alter the emotional impact. For example, this might involve reinterpreting an event by broadening one's perspective and looking "at the bigger picture."
- **Distancing:** This involves that you that you don't evaluate situations according to your emotions
- **Humor:** You can also make use of humor to effectively manage emotions

Your Emotional Quotient in Detail



Emotional Self Awareness



Meaning

Being aware of and recognize one's own emotions

Expert Analysis

Your score indicates that you do understand and recognize your emotions most of the time. However, sometimes you face problems in understanding the feelings associated with the emotions that you experience. This negligible gap in emotional self-awareness may sometimes prove to be a hurdle in understanding the reasons for your actions. It may also act as a minor impediment in understanding how your emotions drive your behavior. However, you are able to identify the negative emotions and thereby stop them from harming you or your decision-making capacity

Development Plan

- **Identify your feelings:** Be open to identifying and naming your feelings. This will help you to understand yourself better and also be aware of the feelings that led to specific behaviours.
- **Identify causes for negative feelings:** You must realistically evaluate as to what led to negative feelings and be aware of factors that overpower you capacity to make the right decisions.



Emotional Self Efficacy



Meaning

Belief in one's capability to understand and deal with one's emotions

Expert Analysis

You have a strong belief in your potential to understand and deal with your own emotions. Your perceived capacity to deal with negative emotions is high. Also, you strongly believe in your ability to understand and regulate your emotions. You believe that you have control over your emotions. This enables you to manage them internally by solving problems in difficult situations, without being affected by them. You also take ownership of your emotions and clearly understand that they reflect your personal and subjective experience

Development Plan

You have scored well in this trait

Your Emotional Quotient in Detail



Motivation

1 2 3 4 5 6 7 8 9

Meaning

Having achievement drive, optimism, and being committed to one's values, needs and goals

Expert Analysis

You find it easy to initiate goals and you have no problems in sustaining them. You seek the help of others, think positively about your ability to achieve goals and this acts as a source of strength when you are faced with problems and challenges. With some effort you are able to sustain constant attention on your goals; you also have various strategies to ward off distractions which come in the way of attaining your goals. Although, when the challenges are too overpowering, you find it hard to maintain your drive in some situations. Most of your goals are intrinsically fulfilling, which is a big source of your drive. You also have a good range of skills that you can use to lift your morale when you are feeling low

Development Plan

- **Set SMART goals:** Goals that are specific, measurable, achievable, realistic and time bound.
- **Reward yourself:** Reward yourself each time when you achieve a small goal. This will motivate you to set goals in the future.
- **Ask for help:** You also need to ask for help whenever you face a challenging situation and feel like giving up.

Your Dominant Style



Administrative
Orientation



Informative
Orientation

Your Dominant Interests



Data Science & AI



Governance &
Administration



Defense Services



Entrepreneurship



Social Sciences &
Humanities

Your Dominant Personality



Extraversion



Decision Making
Capacity



Agreeableness

Your Dominant Aptitude



Creative



Language Usage



Info Tech

Your Dominant Emotional Quotient

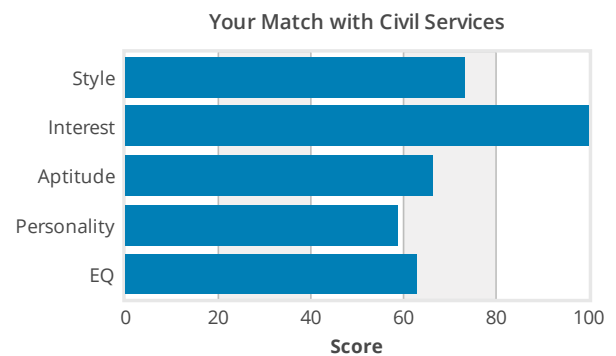


Conflict
Management



Emotional Self
Efficacy

Career Match with Civil Services



The civil service system is the backbone of the administrative machinery of the country. The Union Public Service Commission conducts a nationwide competitive examination for recruitment to various Civil Services of the Government of India. Civil Services offer an attractive and challenging career to the ambitious, aspiring and the talented youth of the country. The wide variety of jobs within the fold of the Civil Services have relatively greater sphere of authority and power than any other services in India.

It is considered to be one of the toughest examination in India with success rate of 0.1%-0.3% with more than 900,000 applicants. The challenging aspect of this exam is that aspirants must complete a three-stage process, requiring in depth knowledge, rational thinking, drafting skills, creativity, language competency, a can do and empathetic personality.

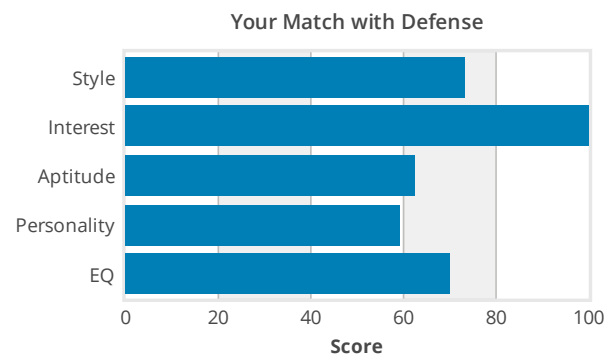
The candidate applying for civil services examination must hold a degree of any central, state or deemed university. There are certain restrictions on age limit and number of attempts.

Jobs in civil services are symbols of great power, social recognition and affluence. A wide variety of work domains are associated with civil services, like maintenance of law and order, developmental work, disaster management, representing India on international forums, administration, and empowerment of marginalized sections of society etc.

Trending fields: Indian Administrative Services, Indian Foreign Service, Indian Police Service.

[Read more about Civil Services >](#)

Career Match with Defense



A career in defense forces promises one of the most prestigious and respected positions in the country. The Indian Armed Forces are the military forces of India, which consists of four professional uniformed services: The Indian Army, Indian Air Force, Indian Navy and Indian Coast Guard. The various paramilitary organizations and various inter-service institutions also help the Indian Armed Forces. The Ministry of Defense is responsible for the management of armed forces in India.

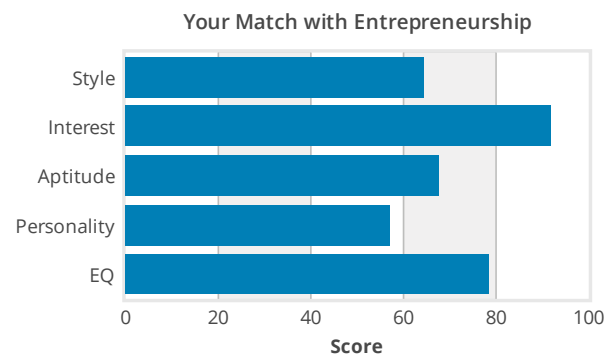
Armed forces offer very exciting career to young men and women in several fields. Career in the forces promises a life full of adventure. To ensure that appropriate candidates are chosen, a comprehensive selection process is adopted by the armed forces through Service Selection Board (SSB) Interview.

Selection procedure involves three phases: Objective test, Interview and medical examination. Candidates applying for Air force and Navy must have Physics and Maths in the +2 level exam. Students can apply after class 12 (NDA) or after graduation (CDS) for defense services.

Candidates finally selected by SSB are absorbed by armed forces. Individuals are exposed to various forms of training and promotions at different levels.

[Read more about Defense >](#)

Career Match with Entrepreneurship



Entrepreneurs are leaders willing to take risk and exercise initiative. They look to take advantage of market opportunities often by innovating or improving existing products & services.

Developed countries are moving from 'managerial' to 'entrepreneurial' economies. India, as an emerging economy, is ensuring that entrepreneurship is embraced as a career choice for the young. The ecosystem for Entrepreneurship commonly known as Start-Ups is at its brightest.

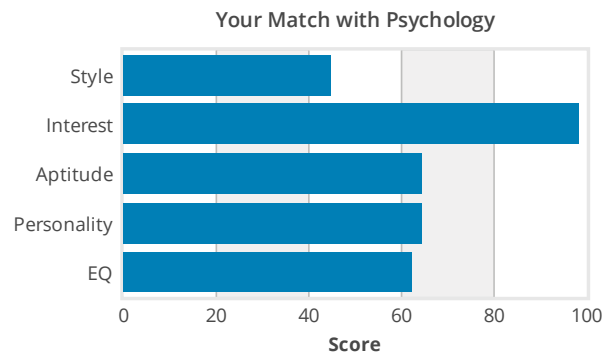
While no specific education or training is required to start a business venture of your own, the odds of success increase exponentially when entrepreneurs have a solid education background. With the popularity of entrepreneurship rising, many universities/ institutes offer programs to groom budding entrepreneurs. These programs are available both at undergraduate (BBS, BBA) and post graduate levels (MBA). Most top business schools also provide courses for entrepreneurship.

Entrepreneurs are job creators rather than job seekers. They create products and services. Other than the path of owning one's own business, participating in a family business or starting a partnered venture, entrepreneurs also take up roles in the field of business consulting, sales, research and development, not-for-profit management, and mid-level management.

Trending Fields: E-Commerce, M-Commerce, EduTech, FinTech, Healthcare

[Read more about Entrepreneurship >](#)

Career Match with Psychology



Psychology is a lucrative field that seeks to understand the mind & behaviour. Students pursuing this career field are expected to study the mind in relation to various factors such as mental processes, brain functions, and behaviour.

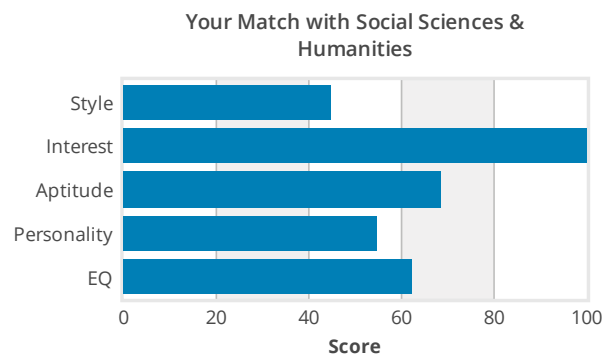
To get admissions in this field, students can apply to different colleges and universities after class 12. It is suggested to study Psychology at high school. Many universities accept admission either through a merit-based system or through a specific university-based entrance exam.

Psychologists are often required in Hospitals, Schools, Private Organisations, NGOs, and more places where well-being and people skills are required.

Trending fields: Clinical Psychology, Developmental Psychology, Behavioural Neuroscience, Industrial Psychology, and Psychometry.

[Read more about Psychology >](#)

Career Match with Social Sciences & Humanities



Social Sciences and Humanity is a science that deals with understanding various aspects of human development. It includes a vast domain of career options such as psychologist, sociologist, historian, political scientist, archaeologist, anthropologist amongst others.

While a career in engineering and medical field is becoming a traditional and obscure concept, competition in these fields is fast increasing. Securing a seat in good social science colleges requires outstanding marks at the +2 level. On the other hand some universities are conducting entrance tests and personal interviews as a selection process.

Although it will be quite helpful to take up stream of humanities/social sciences/arts in 10+2 examinations, but there has also been an influx of science and commerce students in the field of social sciences at the under graduation level. A Bachelor's degree in psychology, sociology, political sciences and anthropology is a benchmark in career qualification. One may further go for masters degree and PhD for better career prospects.

Jobs opportunities can be found in Private Sector, Government Sector, Judiciary sector amongst others depending upon the area of specialization.

Trending Field: Counsellor, Archaeologist, Anthropologist

[Read more about Social Sciences & Humanities >](#)

GOT ANY QUESTIONS?

Consult with our experts



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