



True Minds Counseling & Consultation

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Empowering Youth for Ecstatic Tomorrow

- . Career Counseling for : Std 8 th to 12 th, College Students and Professionals
- . Computer based scientific Career Assessments
- . Know your Personality type, Cognitive - abstract - analytical abilities, Interest, Values, PCI & Learning style.
- . Career suggestions, Career awareness, stream selection, Career cluster mapping and student dash board.
- . Parenting Counseling and scientific assessments for Positive parenting.
- . Child Development Counseling.
- . Pre & Post Marriage Counseling.

VISIT: www.truemindscc.com

CAREER EXPLORATION & COUNSELING

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PERSONALITY TYPES

SL	PERSONALITY TRAIT	PERSONALITY TRAIT	CAREER OPTIONS
1	EXTROVERSION (E) - ENERGY	INTROVERSION (I) - ENERGY	CAREER
	<p>Sociable: Extroverts are generally outgoing, social, and expressive. They tend to enjoy being around people, seeking out social interactions, and engaging in group activities.</p> <p>Energized by Interaction: They often gain energy from being in the company of others.</p> <p>Talkative: Extroverts may be more inclined to speak their minds, share thoughts and feelings, and be comfortable in the spotlight.</p> <p>External Stimulation: They often seek external stimulation, enjoying a variety of experiences and new situations.</p> <p>If they are isolated or inactive, their motivation tends to decline.</p>	<p>Reserved: Introverts are typically more reserved, reflective, and prefer spending time alone or with a small, close-knit group of friends.</p> <p>Energy from Solitude: They recharge by spending time alone and may find too much social interaction draining.</p> <p>Thoughtful: Introverts often prefer to think before they speak and might not readily share their thoughts and feelings.</p> <p>Internal Stimulation: They tend to be more internally focused, enjoying solitary activities, hobbies, and deep thinking.</p> <p>Prefer solitude & reflection over socialization & action</p>	<p>EXTROVERSION: Sales, Public Relations, Event Planner, Teacher/Trainer, Marketing</p> <p>INTROVERSION: Writer/Editor, Programmer/Software Developer, Accountant/Financial Analyst, Graphic Designer/Illustrator, Research Scientist</p>
PERSONS FALLING IN THE MIXED SPECTRUM OF BOTH THE TRAITS EXTROVERSION & INTROVERSION ARE CALLED AMBIVERT			
2	SENSING (S) – INFO PROCESSING	INTUITING (In) – INFO PROCESSING	CAREER
	<p>Concrete Information: People who prefer sensing tend to focus on concrete and tangible information. They rely on their five senses and pay attention to details in the present.</p> <p>Practical: They often prefer dealing with facts, specifics, and real-world experiences. They are inclined towards practical applications and are attentive to what is immediately observable.</p> <p>Methodical: Sensing individuals are often systematic and prefer step-by-step approaches to tasks. They are thorough in their work and attentive to details.</p> <p>Look for present, tangible, and concrete information. Prefer details and facts</p>	<p>Abstract Information: Those who prefer intuition often focus on abstract and conceptual information. They look beyond the immediate details and are more interested in patterns, connections, and possibilities.</p> <p>Innovative: They are imaginative and tend to think about future implications, seeing the big picture rather than focusing on specific details.</p> <p>Adaptable: Intuitive individuals are often comfortable with ambiguity and change. They are inclined to explore new ideas and unconventional approaches.</p> <p>Look for ideas, patterns & possibilities. They believe in theories & principles</p>	<p>SENSING: Accountant, Engineer, Healthcare Professional, Chef/Culinary Specialist, Mechanic/Technician</p> <p>INTUITING: Strategic Planner, Research Scientist, Artist/Designer, Entrepreneur, Writer/Philosopher</p>

SL	PERSONALITY TRAIT	PERSONALITY TRAIT	CAREER OPTIONS
3	THINKING (T) - DECISION MAKING	FEELING (F)- DECISION MAKING	CAREER
	<p>Logic-Oriented: People who prefer thinking often prioritize objective logic and analysis when making decisions.</p> <p>Focusing on Truth: They tend to base decisions on facts, cause-and-effect reasoning, and principles.</p> <p>Impersonal: Their decision-making process is often more detached and focused on the situation itself rather than personal emotions or concerns.</p> <p>Base their decisions on logical and rules</p>	<p>Values-Oriented: Individuals who prefer feeling tend to prioritize personal values, emotions, and empathy when making decisions.</p> <p>Considerate of Others: They are often more concerned with the impact of decisions on people and relationships.</p> <p>Empathetic: Their decision-making process is often influenced by personal values and the emotional context of the situation.</p> <p>Base their decisions on empathy towards and consideration of people involved</p>	<p>THINKING: Engineer , Financial Analyst, Scientist/Researcher, IT Specialist/Programmer, Judge/Lawyer</p> <p>FEELING: Counselor/Therapist, Teacher/Educator, Human Resources Professional, Social Worker, Artist/Writer</p>
4	JUDGING (J) - MANAGING EXTERNAL WORLD	PERCEIVING (P) – MANAGING EXTERNAL WORLD	CAREER
	<p>Organized and Structured: People who prefer judging often like to have things planned, organized, and settled.</p> <p>Decisive: They prefer closure and are comfortable making decisions. They like to follow schedules and have a clear plan of action.</p> <p>Goal-Oriented: They tend to be focused on achieving goals and may work methodically towards them.</p> <p>Focus on closures, emphasize planned & organized working</p>	<p>Flexible and Spontaneous: Individuals who prefer perceiving often prefer to keep their options open and are adaptable to change.</p> <p>Explorative: They enjoy exploring possibilities and keeping decisions open-ended.</p> <p>Adaptable: They can adjust to new information and changes in plans.</p> <p>Remain open to information, are spontaneous.</p>	<p>JUDGING: Project Manager, Accountant/Financial Planner, Administrator/Executive Assistant, Lawyer/Legal Assistant, Operations Manager</p> <p>PERCEIVING: Freelancer/Consultant, Entrepreneur/Startup Founder, Artist/Graphic Designer, Journalist/Blogger, Sales</p>

16, PERSONALITY TYPE INDICATOR:

SNO	TYPE INDICATOR	CAREERS
1	ISTJ (Introverted, Sensing, Thinking, Judging)	Accountant, Financial Analyst, Engineer, Project Manager, Administrator
2	ISFJ (Introverted, Sensing, Feeling, Judging)	Nurse, Teacher, Social Worker, Office Manager, Counselor
3	INFJ (Introverted, Intuitive, Feeling, Judging)	Counselor/Therapist, Writer, Humanitarian, Psychologist, Artist
4	INTJ (Introverted, Intuitive, Thinking, Judging)	Scientist, Architect, Strategist, Lawyer, IT Professional
5	ISTP (Introverted, Sensing, Thinking, Perceiving)	Mechanic, Pilot, Carpenter, Forensic Scientist, Computer Programmer
6	ISFP (Introverted, Sensing, Feeling, Perceiving)	Artist, Musician, Graphic Designer, Chef, Counselor
7	INFP (Introverted, Intuitive, Feeling, Perceiving)	Writer, Psychologist, Counselor, Graphic Designer, Social Worker
8	INTP (Introverted, Intuitive, Thinking, Perceiving)	Scientist, Software Developer, Engineer, Professor, Architect
9	ESTP (Extraverted, Sensing, Thinking, Perceiving)	Salesperson, Entrepreneur, Paramedic, Athlete, Marketer
10	ESFP (Extraverted, Sensing, Feeling, Perceiving)	Actor/Actress, Event Planner, Real Estate Agent, Chef, Nurse
11	ENFP (Extraverted, Intuitive, Feeling, Perceiving)	Journalist, Marketing Specialist, Actor/Actress, Counselor, Entrepreneur
12	ENTP (Extraverted, Intuitive, Thinking, Perceiving)	Lawyer, Consultant, Entrepreneur, Psychologist, Engineer
13	ESTJ (Extraverted, Sensing, Thinking, Judging)	Manager, Administrator, Police Officer, Accountant, Military Officer
14	ESFJ (Extraverted, Sensing, Feeling, Judging)	Teacher, Sales Representative, Event Planner, Healthcare Administrator, HR
15	ENFJ (Extraverted, Intuitive, Feeling, Judging)	Teacher, Counselor, Sales Manager, HR Manager, Event Coordinator
16	ENTJ (Extraverted, Intuitive, Thinking, Judging)	CEO, Manager, Entrepreneur, Judge, Consultant

RIASEC MODEL STREAM SELECTION AND CAREER OPTIONS

S	INTEREST TYPE	DETAILS	CAREER OPTIONS
1	REALISTIC (R) STREAM: Engineering (especially Mechanical, Civil, or Electrical), Agriculture, or Vocational courses	Realistic individuals are practical, hands-on, and enjoy working with tools, machines, or physical tasks. They prefer tasks that involve physical strength, dexterity, and practical problem-solving. Examples of careers aligned with this type include carpentry, engineering, mechanics, or farming.	Carpentry, Construction, Engineering, Farming, Mechanic, Electrician, Firefighting, Architect, Physical therapist, Pilot, Sports coaching.
2	INVESTIGATIVE (I) STREAM: Science (Physics, Chemistry, Biology), Mathematics, Information Technology (IT), Research, or Medicine (aspiring doctors or scientists).	Investigative individuals are analytical, curious, and enjoy solving complex problems using critical thinking and analysis. They prefer tasks involving research, science, and intellectual challenges. Careers in science, research, IT, or academia often attract those with investigative tendencies.	Science (physics, chemistry, biology), Research roles, Engineering (especially research and development), Computer programming, Forensic science, Data analysis, Psychology, Academia (professorship), or Medical professions.
3	ARTISTIC (A) STREAM: Fine Arts, Design (Graphic, Fashion, Interior), Media Studies, Performing Arts, Literature, or Journalism	Artistic individuals are creative, expressive, and enjoy working in unstructured environments where they can use their imagination. They prefer tasks that involve artistic expression, such as writing, painting, music, design, or performing arts.	Graphic design, Fashion design, Interior design, Photography, Music, Writing (author, poet, journalist), Acting, Animation, Advertising, Creative director
4	SOCIAL (S) STREAM: Humanities, Psychology, Sociology, Education, Social Work, Counseling, or Languages.	Social individuals are empathetic, cooperative, and enjoy working with people to help and support them. They prefer tasks involving social interaction, counseling, teaching, healthcare, or community services.	Counseling, Social work, Teaching, Nursing, Psychology (counseling), Human resources, Community service, Healthcare (nursing, healthcare administration).
5	ENTERPRISING (E) STREAM: Commerce, Business Studies, Entrepreneurship, Marketing, Management, Economics, or Law	Enterprising individuals are ambitious, persuasive, and enjoy taking on leadership roles. They prefer tasks involving business, sales, entrepreneurship, and networking. Careers in management, marketing, or business development are often appealing to those with enterprising characteristics.	Sales (business development, retail), Marketing, Entrepreneurship, Management, Event planning, Public relations, Real estate, Politics, Leadership roles, Business consulting
6	CONVENTIONAL (C) STREAM: Accounting, Finance, Administrative Studies, Statistics, Computer Science, or Library Sciences	Conventional individuals are detail-oriented, organized, and prefer working with structured tasks and established procedures. They enjoy tasks involving data analysis, administration, finance, or clerical work.	Accounting, Finance, Administrative roles (secretary, office manager), Data analysis, Banking, Library science, Auditing, Project management, Clerical work.

VARK LEARNING PREFERENCES

S	LEARNING STYLE	DETAILS	CAREER OPTIONS
1	VISUAL (V) STREAM: Science (with visual demonstrations), Computer Graphics, Geography, or subjects involving diagrams and visual aids	Visual learners prefer information presented in visual formats such as diagrams, charts, graphs, maps, images, and videos. They learn best by seeing and observing visual representations of information. Visual learners benefit from colorful presentations, mind maps, and visual aids that help them comprehend and retain information.	Graphic design, Architecture, Filmmaking, Photography, Interior design, Animation, Web design, Marketing (especially visual marketing), Engineering (particularly design-based roles), and any profession that involves creating or interpreting visual information.
2	AUDITORY (A) STREAM: Languages, Literature (listening to audiobooks), Music, or Oral Communication subjects.	Auditory learners absorb information more effectively through auditory means, such as listening to lectures, discussions, podcasts, verbal explanations, or recorded materials. They comprehend and learn well through spoken instructions, group discussions, or audio-based resources.	Broadcasting, Radio/TV presenting, Podcasting, Public speaking, Teaching (particularly through lectures), Audio engineering, Music production, Speech-language pathology, and any profession involving verbal communication or instruction.
3	READ/WRITE (R) STREAM: History, Literature, Mathematics (with textbooks), or subjects that involve reading and writing	Reading/Writing learners grasp information best through written materials. They prefer reading textbooks, written instructions, and taking notes. They understand and retain information by writing summaries, making lists, or engaging in activities that involve reading and writing.	Writing (journalism, content creation, authorship), Editing, Law (research and legal writing), Academia (professorship, research), Blogging, Technical writing, Copywriting, Translation, or any career that heavily involves reading, writing, and textual analysis.
4	KINESTHETIC (K) STREAM: Physical Education, Biology (with practical experiments), or any subject that involves hands-on activities	Kinesthetic learners learn best through hands-on experiences and physical activities. They understand information better when they can touch, manipulate objects, or engage in practical tasks. Kinesthetic learners benefit from interactive activities, experiments, role-playing, or real-world applications of knowledge.	Sports coaching, Physical therapy, Personal training, Dance instructor, Skilled trades (carpentry, plumbing, electrician), Laboratory work, Acting, Culinary arts, Healthcare (especially roles involving hands-on patient care), or any career that involves physical activity or hands-on tasks.