

College Discovery Report

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



APT GURU

For Aptitude & Career Test



Name:

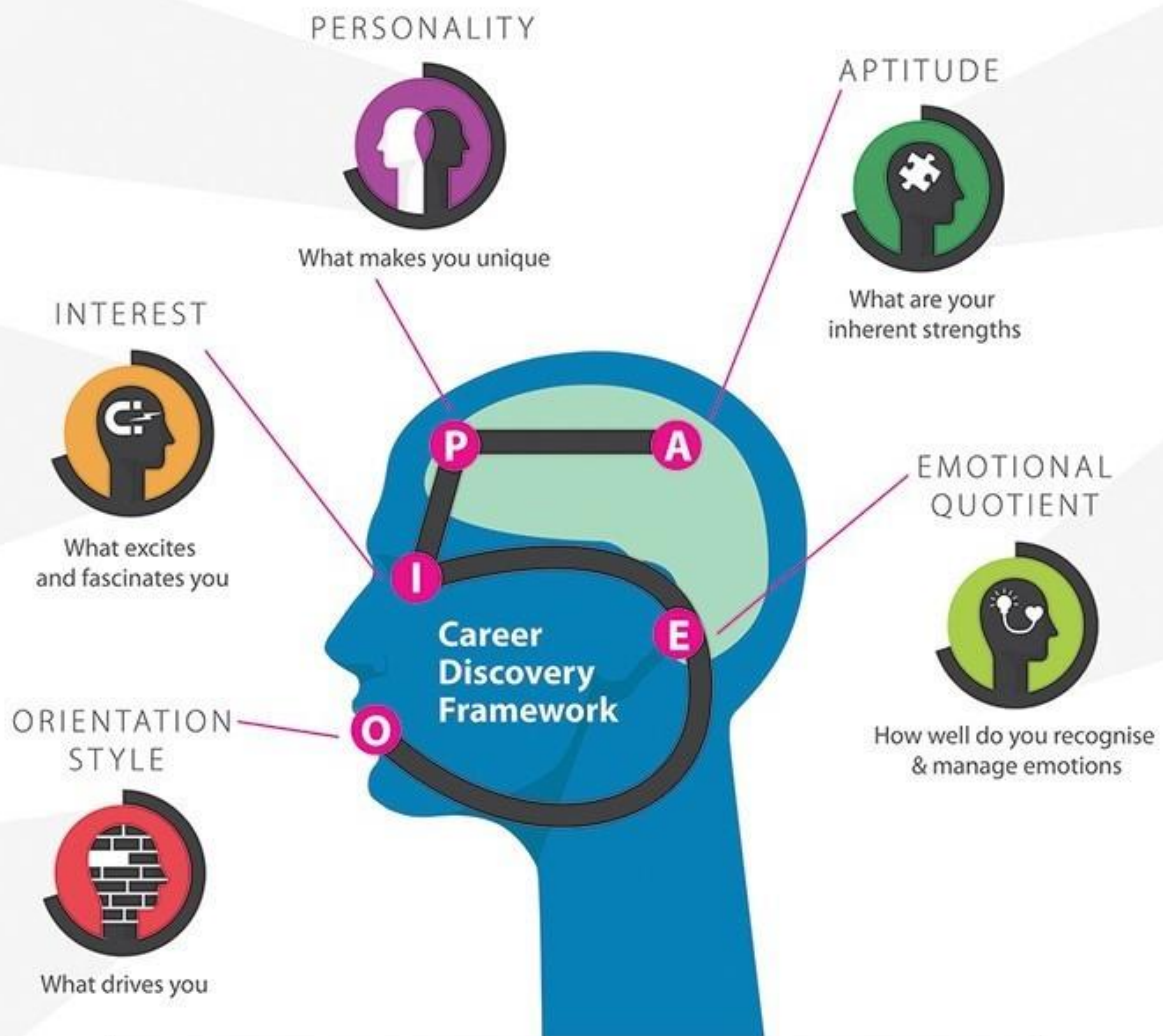
School:

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 psychometricians, 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



People Orientation

The scores obtained on this style inventory indicate that you are people-oriented. This means that you like to interact with people and have an understanding of their problems and needs. You are drawn more to seek close relationships with others. Your style indicates that you will be good in tasks in which you have to lead, direct and persuade others. You cooperate well with others and can express yourself clearly. You make friends easily and are observed as trustworthy, social and helpful at the workplace.

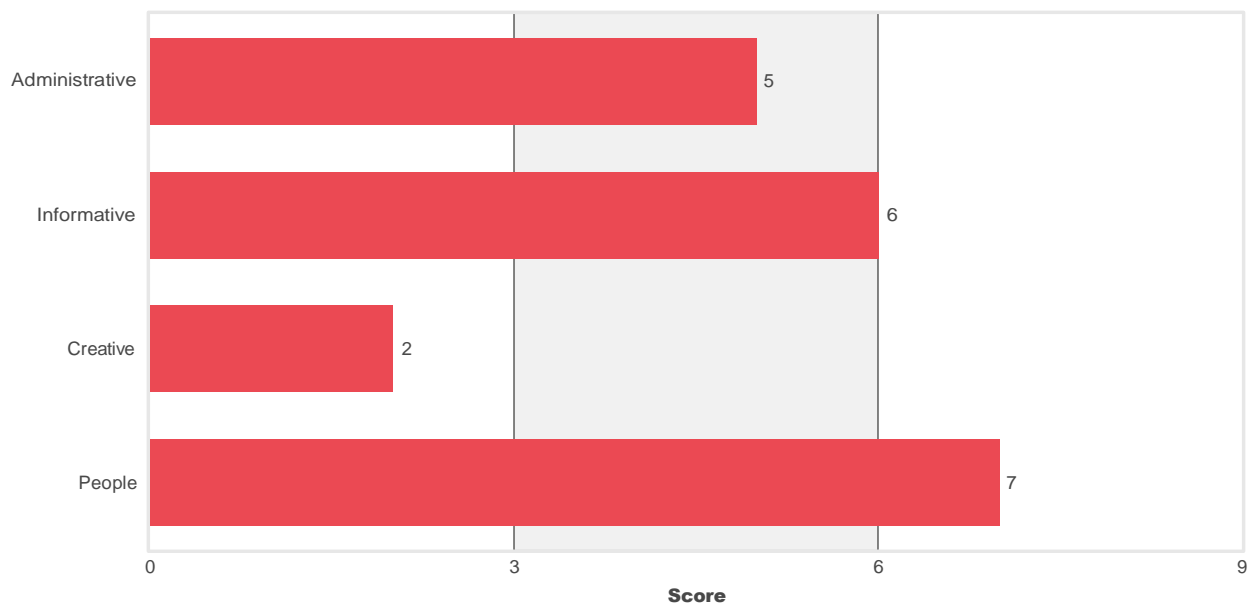
Your Secondary Style



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

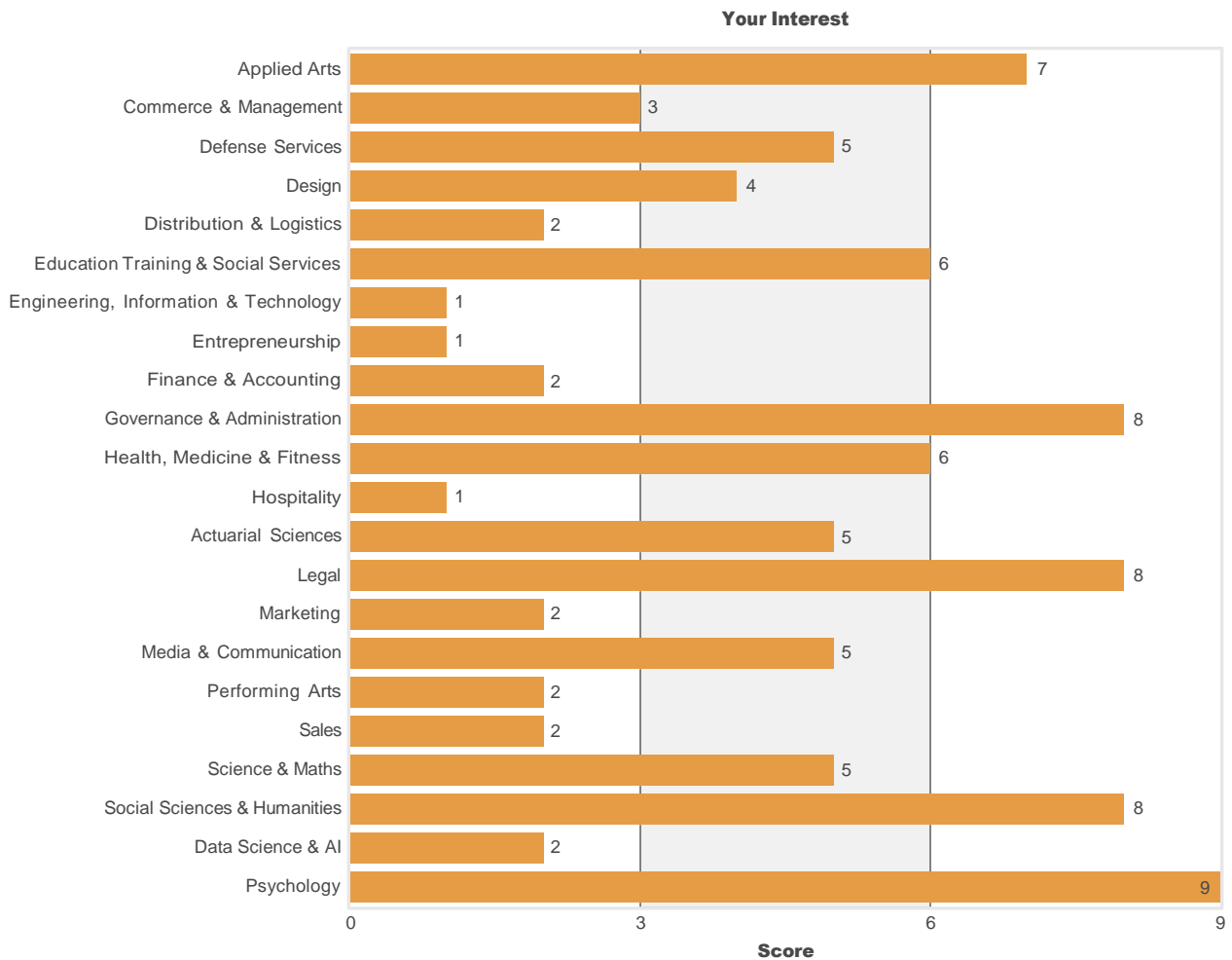
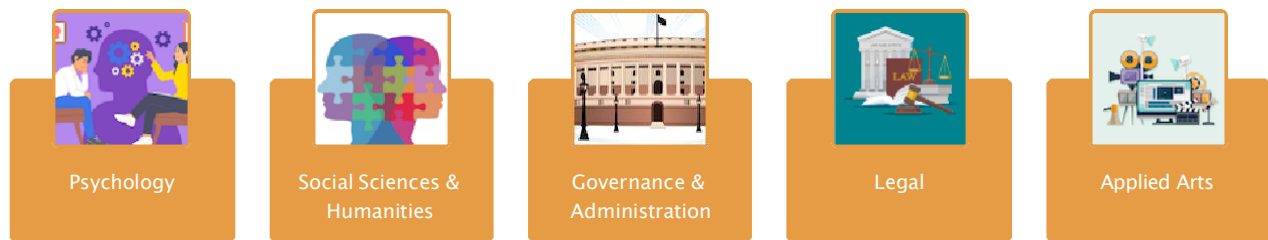


Your Interest

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

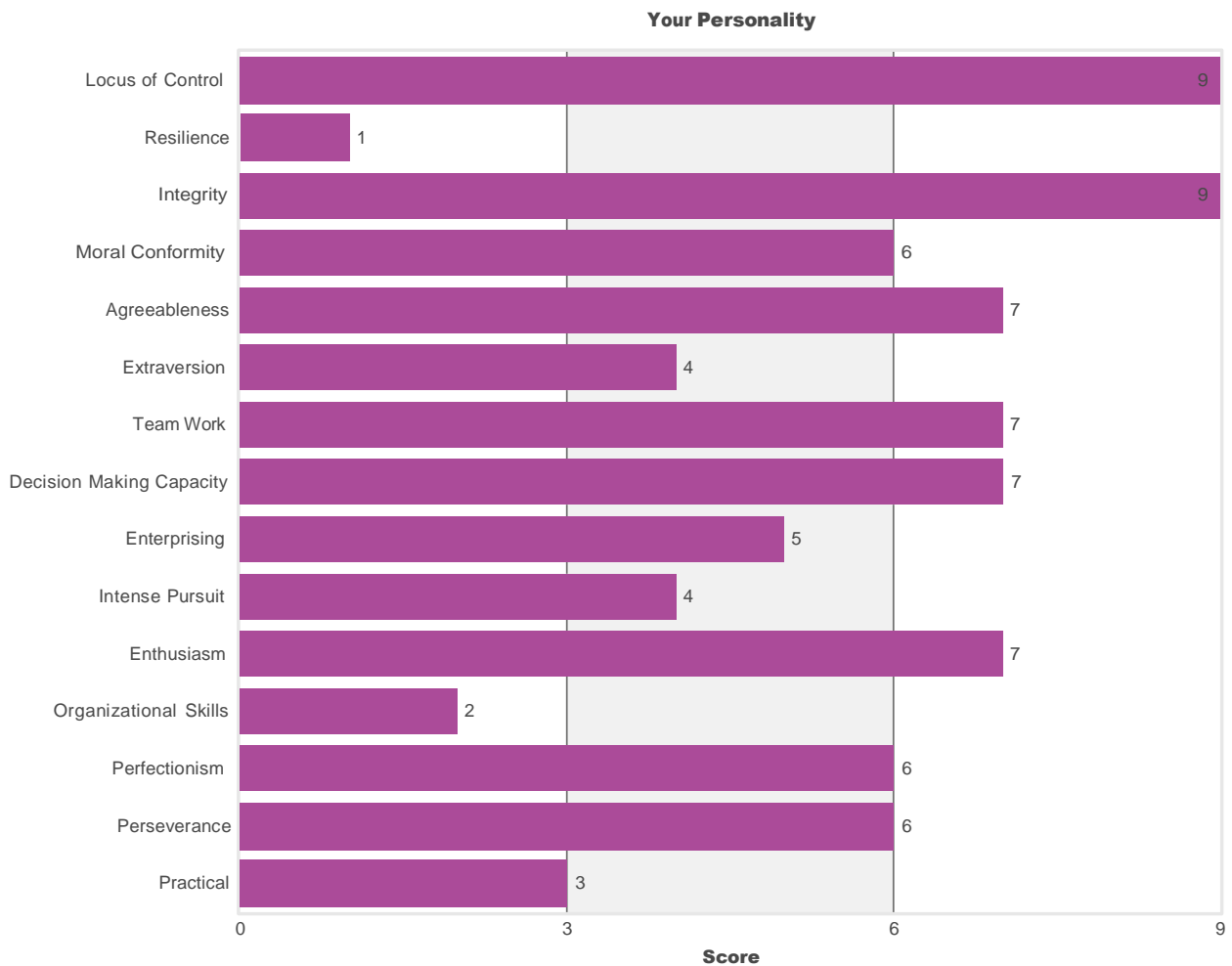


Your Personality

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
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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 emphasize on building your destiny through your persistence and perseverance. Belief in your abilities and skills enables you to shine in different situations and makes you an enterprising person. You like to take responsibility, work in a team, manage people, influence others and set a path for attaining your goals. Your strong perception towards yourself is contagious and it places you on a higher pedestal in others viewpoint

Development Plan

You have scored well in this trait



Resilience

1	2	3	4	5	6	7	8	9
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Meaning

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

Expert Analysis

Your responses indicate that you don't exhibit competence under stressful conditions and hardly display courage, adaptability, and endurance. You tend to avoid challenges and see them more as a burden rather than excitement or an opportunity to grow. You are likely to falter when it comes to sticking to your tasks & defined schedule. You may also find it difficult to bounce back from setbacks or failures. You generally prefer to choose a safe path

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

1	2	3	4	5	6	7	8	9
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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

1	2	3	4	5	6	7	8	9
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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

1 2 3 4 5 6 7 8 9

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

1 2 3 4 5 6 7 8 9

Meaning

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

Expert Analysis

You mostly prefer to avoid social gatherings & feel uneasy in the presence of too many people around you. You hesitate in approaching strangers, even when your concern is genuine; especially when the person is from a different background than yours. Sometimes you are unable to assert yourself and hesitate to share your opinions and ideas when working in a group

Development Plan

You can look to increase your extraversion level by using the following strategies -:

- **Developing interpersonal skills:** Try to communicate with people around you. This might be difficult at first, but you can keep trying and soon you will learn how to initiate a conversation and how to go about the whole process of communicating and sharing your views.
- **Find social activities you enjoy:** Sign up for hobby classes or volunteering activities or associate with new groups of people. Its easier to connect with people if you have a shared interest.

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 excellent ability to work collaboratively within a group in order to achieve a common goal. You strongly believe in partnerships and find it very easy to relate to others. Your outstanding communication skills allow you to effectively communicate with others as well as to develop and maintain good relations with them. While taking a decision, you consider not only your own views but also that of others. All such qualities help you to work in harmony with others

Development Plan

You have scored well in this trait



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



Meaning

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

Expert Analysis

You do take initiative to perform tasks but you lack the assertiveness needed to put across your ideas and thinking. You are not much of a risk taker and enjoy being in the zone of comfort and safety. You like being a follower rather than a leader. This does not mean that you do not stand out in situations or groups; it just means that you prefer doing things the conventional way and hence the creative and novel aspect in problem solving is less

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



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

Your tendency to not work in a systematic and coordinated way puts a lot of stress on you when it comes to achieving tasks in a specific period of time. You are unable to utilize your time, energy, and resources, in an effective manner and therefore not able to meet your goals at times

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



Meaning

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

Expert Analysis

Your score indicates that you have an above average desire to strive for high standards of excellence. This means that you try to pay attention to minute details while performing a task and try to ensure that it is flawless as far as possible. This leads you to find faults in your own as well as others' actions. Based on this, you try to improve on the weaknesses and bring almost perfect output. You work in a meticulous manner most of the time

Development Plan

You need to develop a sense of high standards of excellence. You can do this by:-

- **Detailing:** Break down a task into smaller steps and pay attention to minute details in every step. You can reward yourself for successfully completing every step with perfection.
- **Evaluate your performance:** Be honest while evaluating your performance and work on the areas wherein improvement seems necessary.
- **Set high standards:** You should make an attempt to set high standards of excellence for yourself. This will motivate you to work hard and ultimately perform better



Perseverance



Meaning

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

Expert Analysis

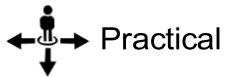
You remain persistent on a task although it may be surrounded with difficulties. You do not take failures as the end but believe in working towards the goal, on most occasions. You remain hopeful in tough circumstances and do not give up most of the time. You frequently show self-confidence in your ability to deal with failures and work towards the completion of the task

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 –:

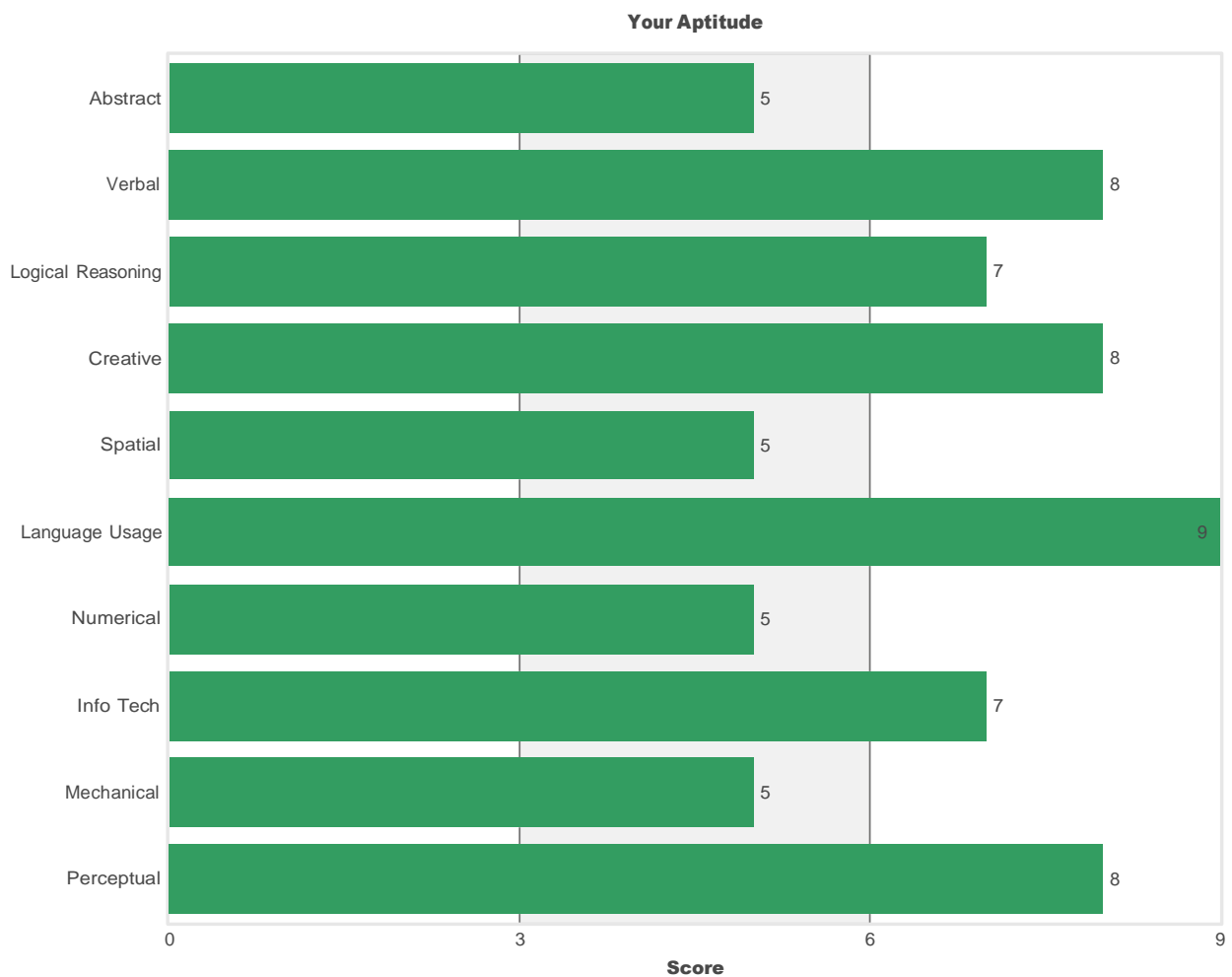
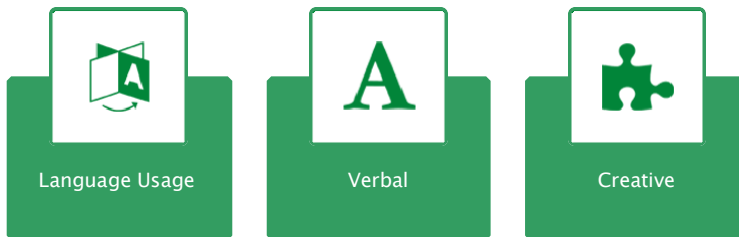
- **Try it out** - Hands on experience will help you in testing of assumptions and your own belief.
- **Visualize reality** - Try to visualize the practical aspects of theories in day to day situations.
- **Challenge the status quo** – Don't go by pre-set standards or assumptions. Try to challenge the 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

Your 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

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 are proficient at verbal skills such as correct usage of words, grammar, word meanings, and understanding word relationships. You are usually good at finding the right words to explain ideas and are able to interpret written and spoken instructions. You are also able to absorb communication without losing concentration or becoming confused or left behind. You can learn or extract new information quite fast

Development Plan

You have scored well in this trait

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 are capable of effectively identifying various components of argument and isolating them to arrive at a complete inference and a consolidated conclusion. You are confident of figuring out relationships among unorganized or seemingly unrelated stimuli. You are good in information processing and have an eye for detail

Development Plan

You have scored well in this trait



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

Your ability to deal with numbers is average. You are quite confident with your basic arithmetic abilities; however, with higher mathematical functions you may face some challenges. You are able to manipulate numbers with ease, however, with increased pressure you make mistakes and your ability to manipulate numbers diminishes

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

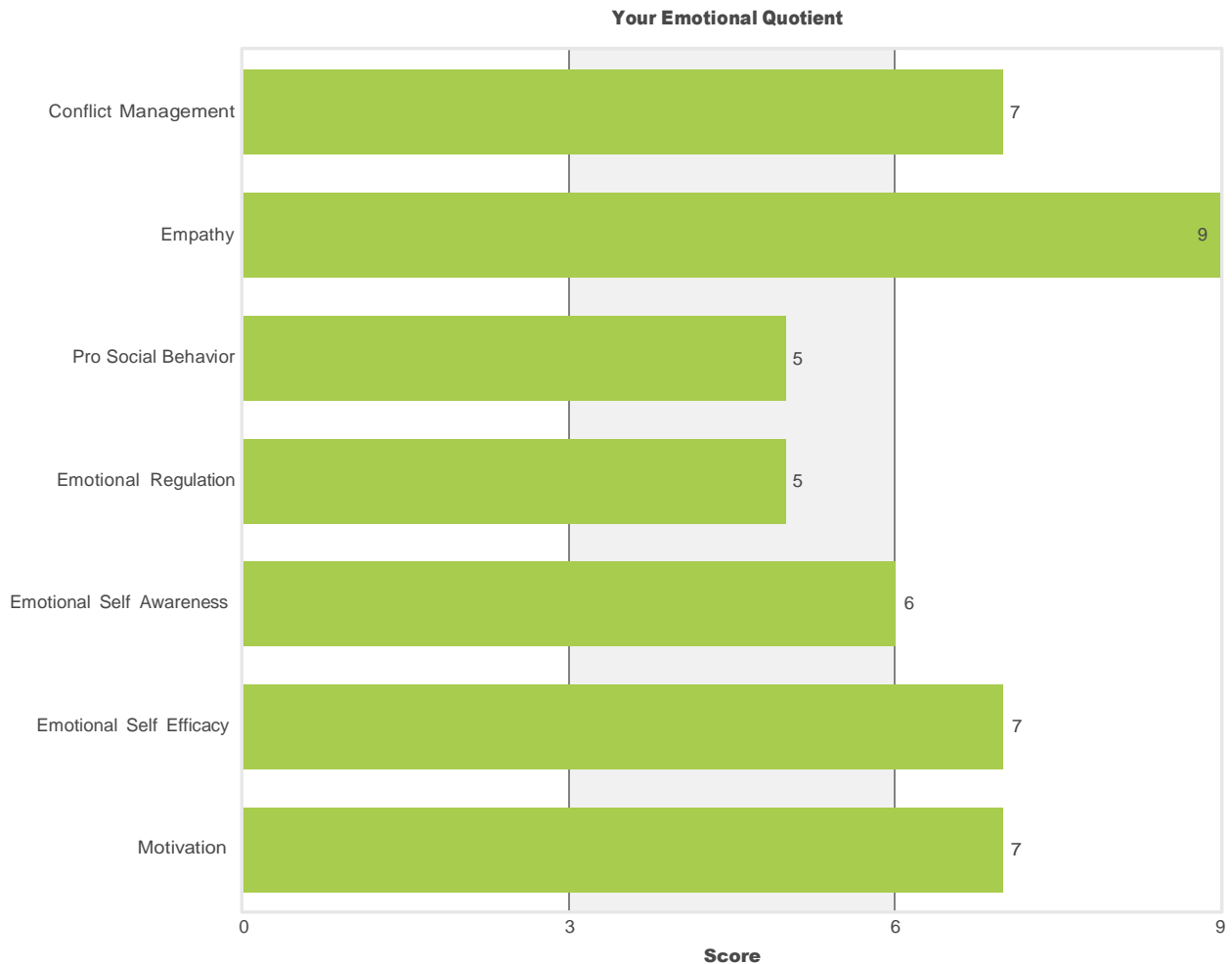
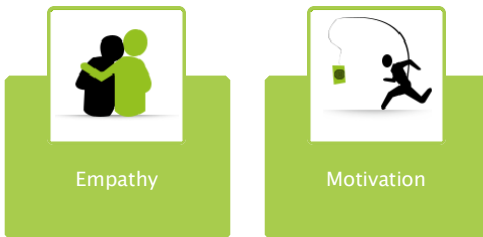
You have scored well in this trait

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 in Detail



Conflict Management

1	2	3	4	5	6	7	8	9
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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

1	2	3	4	5	6	7	8	9
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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



Meaning

Having the motivation to help others without any personal gain

Expert Analysis

Your score means that although you do like to help others but not at a cost to yourself. There are instances where you help but the reasons are not always altruistic. Your prosocial behaviour may be motivated by egoism, long term gains, or social approval. You are sometimes plagued by moral dilemmas where your own interests may be in conflict with the needs of the others. You may find it difficult to put the interest of others before your own. Your prosocial behaviour is often motivated by extrinsic rewards and fear of punishment

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



Meaning

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

Expert Analysis

Your score indicates that you may find it hard to manage your emotions. If the pressure is high, it may interfere in your ability to give your best. You also have difficulty asserting yourself, and there are situations in which you find you are being taken advantage off. If a performance in a particular situation is too important for your future, you may find the anxiety unmanageable. Your inability to manage your emotions may also cause problems in some of your interpersonal relationships. When faced with a setback or a failure you may find it hard to deal with it

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 set goals and achieve them. You can easily initiate and sustain a task you find important and meaningful. You face challenges & think positively in the direction of overcoming them. You are flexible in your approach and as a result you are able to achieve most of your goals. You have a wide range of strategies to lift your morale when you are feeling low. When a problem seems overpowering, you see it as a challenge, which allows you to come up with a right strategy to solve that particular problem. You are also able of focus on the task and avoid all distractions which are a hindrance to the goals you are seeking

Development Plan

You have scored well in this trait

Your Dominant Style



People
Orientation



Informative
Orientation

Your Dominant Interests



Psychology



Social Sciences &
Humanities



Governance &
Administration



Legal



Applied Arts

Your Dominant Personality



Locus of Control



Integrity



Agreeableness

Your Dominant Aptitude



Language Usage



Verbal

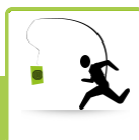


Creative

Your Dominant Emotional Quotient

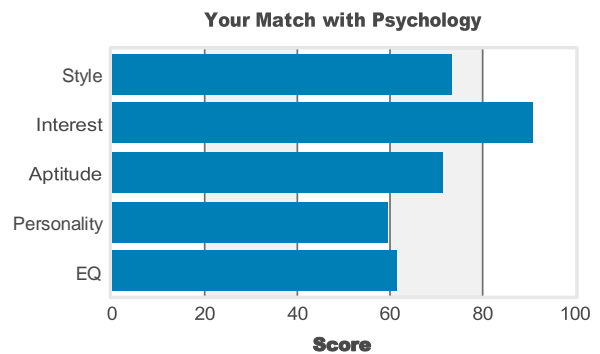


Empathy



Motivation

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.

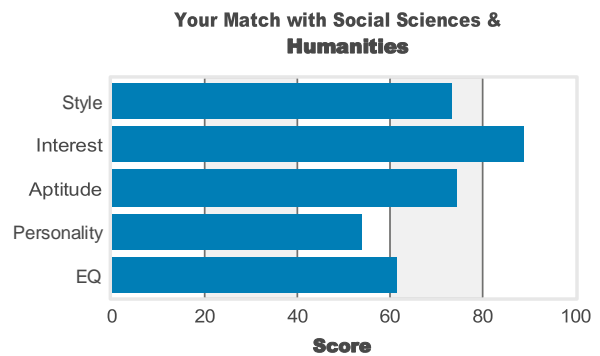
To get admissions in this field, students can apply to different colleges and universities after class 12. It is suggested to study Psychology at high school. Many universities accept admission either through a merit-based system or through a specific university-based entrance exam.

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.

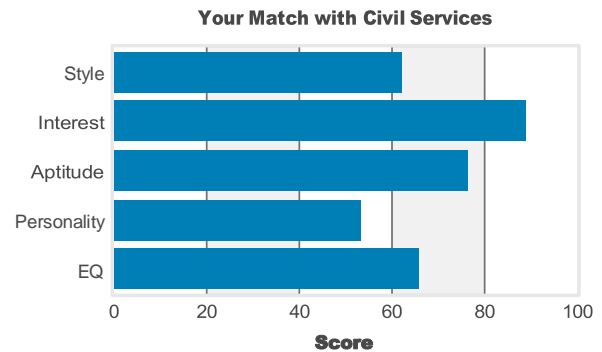
Although it will be quite helpful to take up stream of humanities/social sciences/arts in 10+2 examinations, but there has also been an influx of science and commerce students in the field of social sciences at the under graduation level. A Bachelor's degree in psychology, sociology, political sciences 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 >](#)

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.

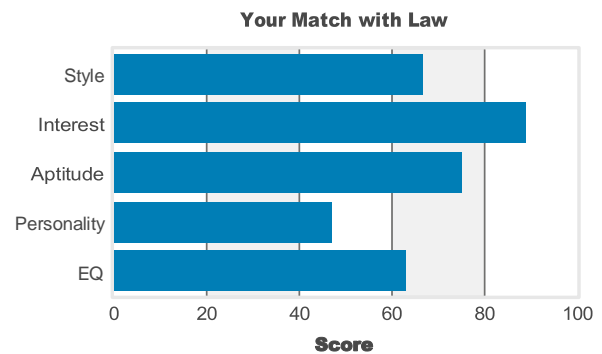
The candidate applying for civil services examination must hold a degree of any central, state or deemed university. There are certain restrictions on age limit and number of attempts.

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 Law



A law degree arms one with serious advocacy skills, enabling one to argue in favor of any cause. Lawyers advice clients and provide solutions to legal issues at both private and public level.

They interpret laws, rules and regulations and prepare legal documents. They argue and debate at the courts and take decisions on legal matters. As a lawyer one is expected to apply abstract law theories to solve problems of clients in diverse set of situations. India has over twelve lakh lawyers but according to reports only one fifth of them are capable to practice law in the courts. Thus there is a huge demand of well-trained & skilled lawyers. With the increase in the number of premier law colleges in the country and the increasing demand from the industry; a career in law is an extremely lucrative option for the youth. Today ,a huge range of specialization options has also emerged for lawyers such as International Taxation Law, Cyber Law, Environment Law, Sports Management Law, IPR, Aviation Law and Mergers & Acquisitions Law etc.

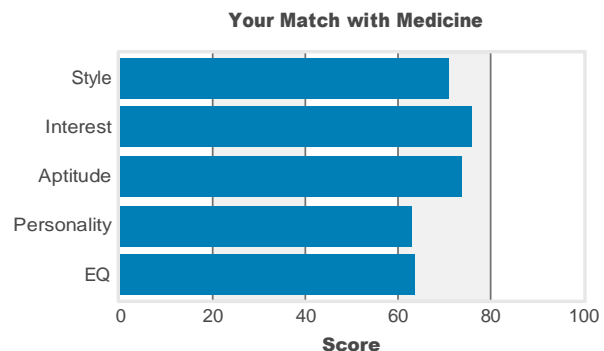
Students interested in making a career in law can either do a 5 years' course straight after 12th class or a three-year law course after graduation in any discipline. After graduation one can further specialize by pursuing an LLM from an Indian or global university/college. People in the field of law, work at various corporate houses, law agencies, law firms, litigation, and administrative services amongst others. Today leading law firms are the most sought after destination for Law Graduates.

Some of the top law firms in the country are: Amarchand Mangaldas, AZB & Partners, J Sagar Associates, Khaitan & Co, Luthra & Luthra.

Trending Fields: Corporate Law, International Taxation, Cyber Law

[Read more about Law >](#)

Career Match with Medicine



Medicine is one of the most valuable and sought after career for those interested in science. There is immense scope for medicine as a professional career. It is a very challenging profession and requires utmost patience to excel. Career gestation period in medicine is relatively longer than other career options as specialization post the MBBS degree is highly recommended. Intricate and fast lifestyles have given rise to multiple new diseases, which the general doctors armed with a MBBS degree find difficult to deal with. This makes specializations a necessity in this field.

Specialization may include General Surgery, General Medicine, Pediatrics, Obstetrics, Gynecology, Neurology, Ophthalmology, Cardiology, Dermatology, anesthesiology etc.

Other systems of medicine like Homeopathy, Ayurveda, Unani, Dentistry & Veterinary Science are also fast emerging fields with excellent career opportunities.

Medical Science courses are offered at undergraduate, postgraduate and doctorate levels. At the undergraduate level, an MBBS degree is awarded in allopathic system of medical science, whereas in Homeopathic, Unani System and Ayurvedic System of Medical science, BHMS, BUMS and BAMS degree are awarded. A BDS degree is awarded at the undergraduate level in dental science. For veterinary science, BSc degree is awarded.

The competition environment in the field of Medicine is extremely vigorous as the number of seats in premier institutes is significantly less in comparison to the aspiring candidates. However with the increasing focus on healthcare, the number of medical colleges in the country is rapidly increasing.

Candidate seeking admission in the field of medicine should have had the subject combination of Science with Biology at 10+2 level.

Entrance test like: NEET (National Eligibility cum Entrance Test) is the gateway to various medical colleges across the country, both private as well as public.

Top recruiting companies include- Fortis, Apollo and Max amongst others.

Trending fields include- Cardiologist, Surgeon, Psychiatrist, Neurologist

[Read more about Medicine >](#)

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GOT ANY QUESTIONS?

Consult with our experts



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