Q1. How good is your time management with respect to academics and other activities?

1. I focus mostly on academics and keep other activities at bare minimum.
2. I devote balanced time for studies and for other extra-curricular activities.
3. I spend most of my time on entertainment and study just before deadline.
4. I am addicted to playing games, watching movies and social media and can’t focus on academics.

Responses for Q1 respectively.

1. You are doing well in academics but you should also explore other fields by participating in sports and educational events.
2. You are managing your time efficiently, keep that up.
3. Try removing distractions like social media apps and games from your mobile, it will give you more time to study.
4. You are doing high dopamine producing activities which makes you addicted to them, you should stop doing these activities for about 21 days, it will bring your dopamine levels back to normal then you will be able to focus studies.

Q2. How much do you socialize with people around you?

1. I am an extrovert having many friends and actively participate in social events.
2. I make friends easily and participate in social events only when necessary.
3. I am a bit shy but I try to make friends.
4. I am an introvert and I mostly stay indoors either studying or playing games.

Responses for Q2 respectively.

1. You actively participate in social events which is very good, try not to involve yourself with bad company and maintain healthy relations.
2. You have a balanced social status and good communication skills. Keep it up and you will have no problem with your peers.
3. It’s good that you are trying to socialize, work on improving your communication skills and confidence and you will be fine.
4. You should go outside and socialize a little more. Participating in events and meeting new people also improves your overall personality.

Q3. How would you describe your mental state with respect to academics?

1. I feel happy and relaxed as I keep my work up to date.
2. I sometimes feel anxious and nervous as I manage to finish my pending work just before deadline.
3. I am mostly in stress and pressure because I can’t keep up with the assignments given.
4. I feel very troubled and depressed because my work keeps piling up.

Responses for Q3.

1. You are managing your work and assignments excellently. It will lead to a good mental health and you will enjoy your life in all aspects.
2. Try putting more time in understanding the concepts clearly so that you can finish your academic work in less time thus improving your mental health. Also develop a habit of prioritizing your assignments and doing them before any other activity.
3. (Same as 2) Try putting more time in understanding the concepts clearly so that you can finish your academic work in less time thus improving your mental health. Also develop a habit of prioritizing your assignments and doing them before any other activity.
4. You have a habit of procrastination that’s why your work keeps piling up. Keep your phone away from yourself whenever you receive an assignment and prioritize completing it first.

Q4. What are your plans after completing Bachelor’s degree?

1. I plan to do a job in a good core company.
2. I am planning to go for higher studies after completing bachelors’ degree.
3. I am planning to build my own startup.
4. I am planning to try for a government job
5. I have not decided yet, I am still exploring more options.

Responses for Q4.

1. So you plan to find a job in a good company, then you must focus on keeping your grades up and highly develop your skills in the field of your work.
2. So you are planning to go for higher studies after bachelor’s degree, then you should focus on keeping your grades up while parallelly studying for the entrance exam of the field you wish to study in master’s degree.
3. If you are planning to build your own startup, you should master your field of expertise and find a group of like-minded people to have a solid foundation for your own company. Also making connections with people already in the same business will help you in many ways.
4. If you wish to go for a government job then you should start studying for that job parallelly with your college academics. Start as early as possible to make sure you clear the exam and land the desired job.
5. Its ok if you have not yet decided your plans for your future, exploring yourself and your interests is an important phase of your life in which no one should rush. Find your passion and follow it with all you’ve got.

Q5. How would you describe your friend circle?

1. My friend circle has really good, helpful, fun and like-minded people who supports me whenever I need them.