Career Discovery Report

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

Mind Vision



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Class: 11th

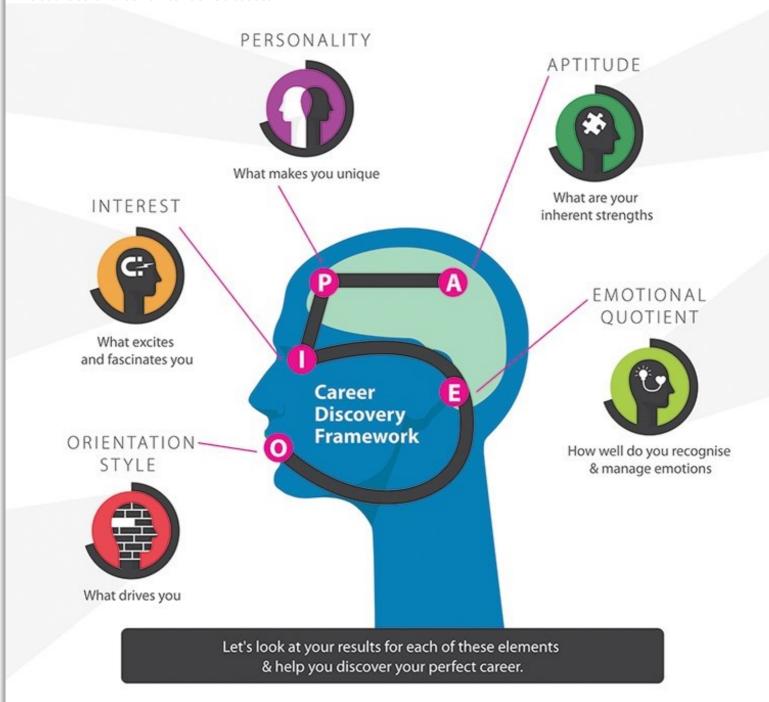


Career Assessment Framework

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 psychometriddls, 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.





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.

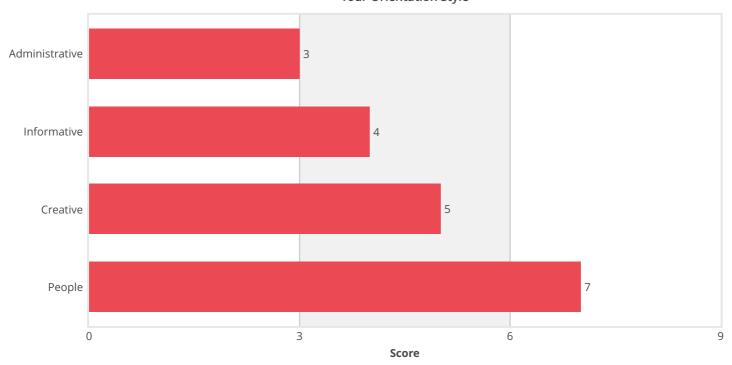
Your Secondary Style



Creative Orientation

The scores obtained on this style inventory indicate that you seek novelty and like to work with your ideas. You are curious to understand the know-how of things and their functioning. You wish to have your own ways of doing things with unique ideas. You like to feel free to create, discover and synthesize new products from abstract notions and concepts. You may prefer to work in unstructured situations where you can experiment with your intuitive ideas. You may be observed as independent, original and expressive at 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





Marketing

Sales

Performing Arts

Science & Maths

Media & Communication

Social Sciences & Humanities





6

6

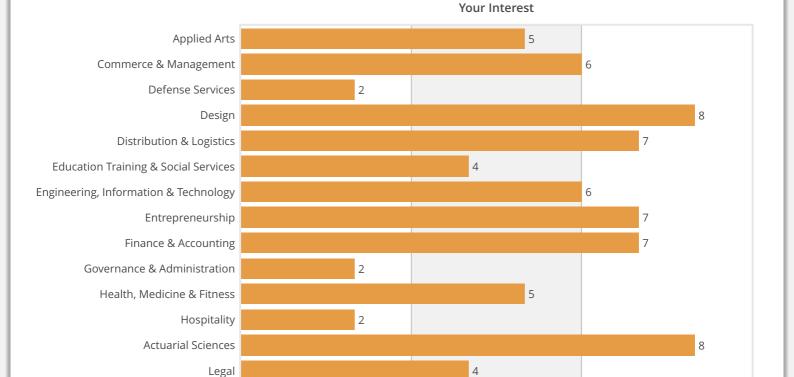
6

5

Score



8



3



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.

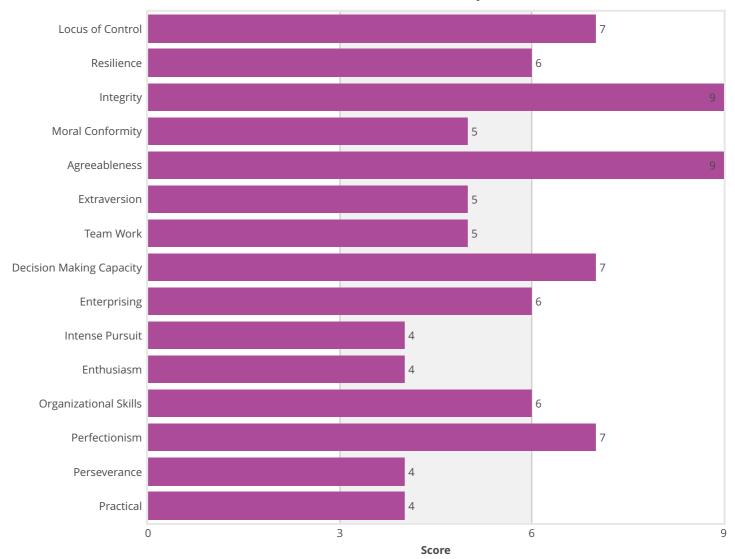
Your Dominant Personality Traits







Your Personality







Locus of Control

1 2 3 4 5 6 7 8 9

Meaning

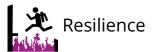
Locus of Control is the individual's perception of the power they have over events that happen in their lives. People with this trait believe that they have control over their own destiny and are convinced about their own skills

Expert Analysis

You 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



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

You are fairly competent under stress and mostly achieve good outcomes in times of highly stressful circumstances. You have above average skills of adaptability and endurance. You usually stick to your chosen path, because you are quite confident of overcoming odds and bouncing back from challenges. You also often tend to see challenges as opportunities of personal growth

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





1 2 3 4 5 6 7 8 9

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



1 2 3 4 5 6 7 8 9

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

Your attitude and behavior is tilted towards what others believe rather than sticking by your principles of morality. You don't mind ignoring your own values to fit into your peer group. Though you believe in the society, cultural norms, rules, and interests of the society but on various counts your acts are not in conformity with the societal norms and consensus

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.





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.





Team Work

1 2 3 4 5 6 7 8 9

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 may find it difficult to work with others in a team. You face some difficulty in communicating your views with other members of your team. This interferes with your ability to work with a group of people, in order to achieve a goal. This also makes it difficult for you to establish and maintain new relations. You tend to ignore the views of others while making decisions most of the time

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

1 2 3 4 5 6 7 8 9

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





Enterprising

1 2 3 4 5 6 7 8 9

Meaning

Enterprising is being assertive, confident, high on risktaking 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





1 2 3 4 5 6 7 8 9

Meaning

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

Expert Analysis

You are not very enthusiastic to gain more knowledge from your surroundings. You tend to avoid new experiences and do not feel very energetic in general. Your energy levels are low most of the times and you are reserved in your interaction with others. If at the start of a project or goal you meet with setbacks, you may feel the urge to give up. This restricts you from questioning about your surroundings and consequently seeking answers

Development Plan

You can increase your enthusiasm by using following strategies:

- **Develop a sense of humor:** People with high enthusiasm, have a contagious sense of humor. Sulking about your life will further lower your spirits. Start looking at your problems as opportunities for new learning and experiences. When engaged in heated arguments, try to use humor to lighten the situation.
- Start questioning: You need to question the various happenings around you. This will help you to make efforts to seek answers to those questions. Do not hesitate to question and remember that nobody knows everything.
- Healthy Lifestyle: If you are exhausted, with too much work, it is impossible to radiate enthusiasm. Take frequent breaks between your work schedule and have adequate sleep at night. Take a balanced diet along with physical workout on regular basis



Organizational Skills

1 2 3 4 5 6 7 8 9

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 have above average abilities to use your time, energy, and resources in an effective way, which enables you to achieve the things you want to achieve. You are above average in being systematic and being responsible. You tend to be flexible when it comes to structuring and planning your work in order to meet your goals

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





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.





1 2 3 4 5 6 7 8 9

Meaning

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

Expert Analysis

You tend to hold on to theoretical assumptions and do not focus too much on its practical application. You may lose efficiency as a result of the gap between theory and practice. You also have a tendency to dismiss the role of experience and focus more on achieved qualifications. You may have many interesting ideas but they may lack realistic application

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

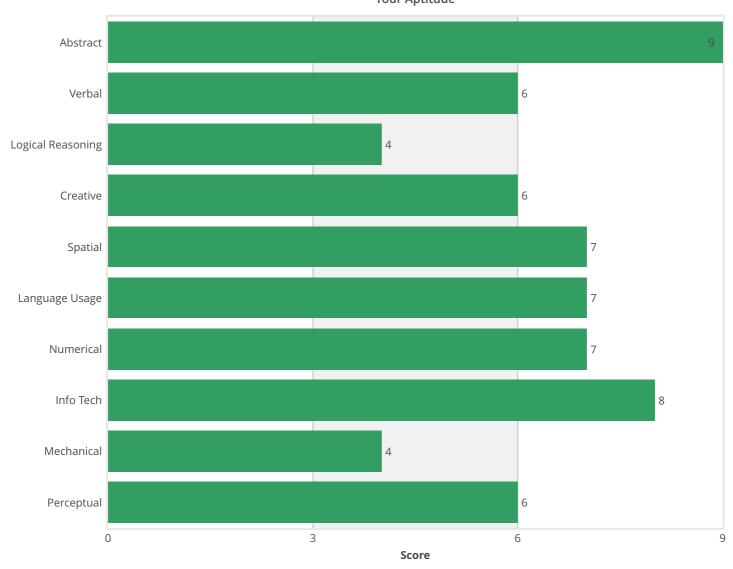
What is **Aptitude**?

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.

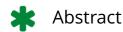
Your Dominant Aptitude Strengths



Your Aptitude







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 score indicates that you are skilled at working with new concepts, abstract ideas and recognizing patterns and similarities between them. High abstract aptitude enables you to analyze and understand non-verbal or visual information. It also means that you are able to easily recognize the similarities and differences between ideas, or concepts which are not necessarily related

Development Plan

You have scored well in this trait



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.





Logical Reasoning

1 2 3 4 5 6 7 8 9

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

1 2 3 4 5 6 7 8 9

Meaning

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

Expert Analysis

Your responses indicate that you have an average capacity to develop new and diverse ideas and solutions for a given problem. Your creative aptitude enables you to find unique ways of finding solutions to problems in most but not all cases. At times you are tempted to use out-of-the-box solution but usually tend to follow the conventional way of thinking

Development Plan

Adopting following interventions will aid you in developing a creative way of thinking:

- Openness to new experiences: You require an open minded approach and willingness to explore new ideas around you. Constant exposure to creative ideas and information enables an individual to develop an aptitude for creativity.
- Constant Experimenting: Experimenting and modifying ideas will train you to have an open mind, which in turn, will stimulate creative thinking. Try and absorb newer ideas in your surroundings from all possible sources.
- **Generate ideas in a group setting:** Surround yourself with creative people. Generate and discuss diverse ideas as much as possible, and with as many people as you can.





Spatial

1 2 3 4 5 6 7 8 9

Meaning

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

Expert Analysis

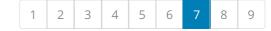
You are skilled at mentally visualizing and manipulating objects in three-dimensional space. You are able to effectively visualize and mentally rotate objects presented to you in two-dimension. This means you can easily rotate an image or object in your mind without actually turning or rotating them. This enables you to mentally re-arrange objects even without physically touching them

Development Plan

You have scored well in this trait



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





Numerical

1 2 3 4 5 6 7 8 9

Meaning

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

Expert Analysis

You are skilled at making use of numbers and numerical operations rapidly and accurately. You have the capacity to quickly grasp mathematical functions and to use them to analyze and solve mathematical problems with high accuracy

Development Plan

You have scored well in this trait



Info Tech

1 2 3 4 5 6 7 8 9

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





Mechanical

Meaning

Ability to grasp and use mechanical concepts and principles to so 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

Your ability to recognize, learn and recall pattern is moderate. At times you may face challenges with recalling a pattern among several patterns available. You have an average reaction time to respond to external stimuli of varied nature like pictures, patterns and objects. In pressure situations, you may be unable to make decisions and identify the patterns crucial to solving the problem at hand

Development Plan

You can develop perceptual speed aptitude by following the given interventions:

- Computer/ Mobile games: You should try various games that require speed and precision. Computer applications that are known to enhance perceptual ability can be used on regular basis to progressively increase your ability.
- Be alert and show presence of mind: You should consciously try being alert and keep presence of mind. Be very vigilant of the information in your surrounding environment and show interest in it. Use connecting dot strategy where you can apply information learnt from one aspect to the other to quickly understand the meaning of events around you



Your Emotional Quotient

What is **Emotional Quotient**?

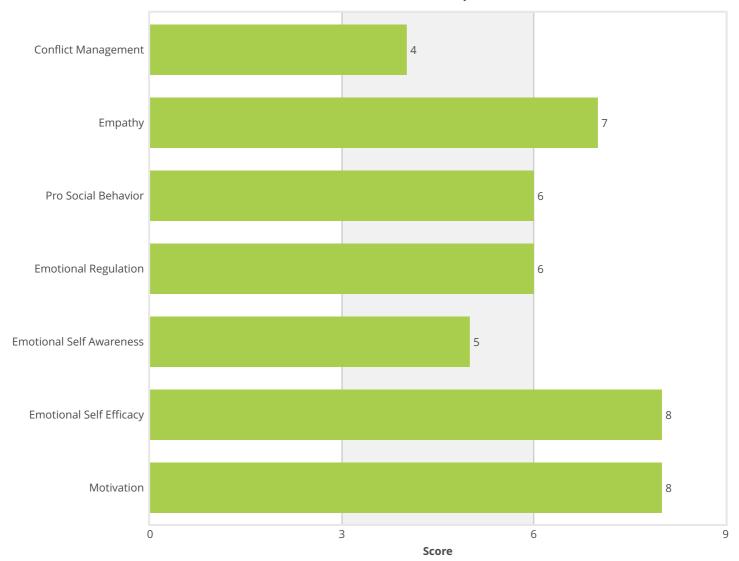
Understanding your Emotional Intelligence will help you understand your effectiveness in social situations. Emotional Intelligence assessment identifies how well do you recognize and handle your own emotions and interpersonal relationships.

Your Dominant Emotional Quotient Strengths













1 2 3 4 5 6 7 8 9

Meaning

Ability to resolve conflicts through negotiations

Expert Analysis

You have difficulty in changing your stand and in controlling your emotions under pressure. You often fail to notice the non-verbal signs, and usually take people's word at face value. You see conflict situations as unpleasant and unrewarding. You believe that people seek their self interest in conflict situations. You fail to appreciate the humor in important matters being discussed. You believe that compromise is sign of a weakness and do not prescribe to the statement, that people should be forgiven without paying the price for their mistakes. You feel inadequate at times with regard to the issues that arise in a conflict situation

Development Plan

You can improve conflict management by using the following strategies

- Wait and watch: You can choose to wait for a few days, if you find conflict is beyond your control at present. Waiting for a few days often allows you to come up with appropriate strategies to resolve the conflict. This strategy can diffuse the tense situation.
- Working with a role model: You can greatly improve your conflict management skills by working with a person who is good at resolving conflict. By observing how this individual deals with various challenges in the conflict management situations, your self-belief in regard to developing these skills would increase.
- **Right preparation:** You can increase your confidence in resolving conflict by thorough preparation. This means you collect all the evidence pertaining to the issue involved. Preparing extensively would make you realize the loopholes, which you can overcome in advance.



Empathy

1 2 3 4 5 6 7 8 9

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





Pro Social Behavior

1 2 3 4 5 6 7 8 9

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

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





Emotional Self Awareness

1 2 3 4 5 6 7 8 9

Meaning

Being aware of and recognize one's own emotions

Expert Analysis

You find some difficulty in understanding the emotions that you experience. As a consequence, you also face some difficulty in understanding what you think and do as a result of those emotions. This limited awareness restricts your ability to understand how your emotions drive your behavior. Moreover, you may be carried away by your negative emotions at times and it may interfere in your capacity to make the right decisions and take the right action

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

1 2 3 4 5 6 7 8

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





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



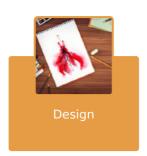
Your Dominant Style

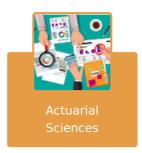




Your Dominant Interests











Your Dominant Personality







Your Dominant Aptitude







Your Dominant Emotional Quotient

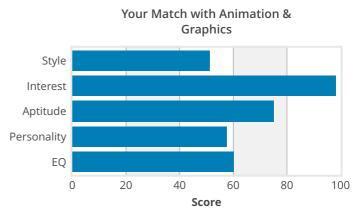






Career Match with Animation & Graphics





Animation and graphics is the combination of art with technology to produce movies, websites, digital content, video games etc. This domain requires having basic knowledge of fine arts along with ability to use computers and technology for creating digital special effects, producing 2D and 3D programs, creating graphics for websites, logos, illustrations etc. UI/UX designers are at the helm of this work. This can be an ideal job for people who have a creative bent of mind and are also tech savvy.

Along with the right education in the field, one should have an attitude and passion to excel in animation graphics.

Bachelor's degree in graphic designing, graphic arts or visual communication is available in various universities and institutes. One can also pursue bachelors in fine arts and then apply for a certificate or diploma course in animation. If one's interest lies in UI/UX design, then computer science is an important subject for them.

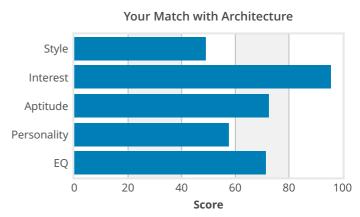
Job opportunities are available in Top Design Firms, Adverstising Agencies, MNCs, Website and App Development Agencies, Electronic Industry, Entertainment Industry amongst others.

Trending Field: Character Animator, UI/ UX Designers, Graphic Designers



Career Match with Architecture





Architecture is a highly ambitious field these days as structural designs and modern buildings are taking over not just the city, but the country's infrastructure is also getting a facelift and new avenues are opening up for the hopeful students. Architecture fields include Landscape Design, Urban Design and Planning, Ecological Management, Urban Conservation, Heritage Management amongst many others.

While many people find this career fascinating and therefore lakhs of candidates apply and compete to get through the premier institutions through the entrance-test.

It is recommended that aspirants take Maths, Physics, Chemistry and Engineering Drawing at 10+2 level for this course. There are multiple entrance tests such as NATA which is National Aptitude Test of Architecture and on the basis of ranking /marks obtained in these entrance tests, the students are selected for college courses.

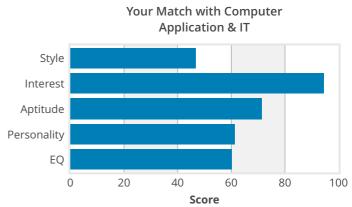
Top recruiting firms- Architecture Design Firms, Real Estate Firms, Engineering Firms, Government Bodies

Trending fields - Landscape Designer, Interior Designer, Urban Design and Planning



Career Match with Computer Application & IT





In today's techno-savvy world, no industry survives without adopting the latest technology & hence graduates in the field of computer applications are always in demand. Bachelors in the computer application is a mainstream career option and a very sought-after course amongst students. A degree in computer application creates substantial scope for an excellent career.

Entry to premier colleges requires students to pass an entrance exam. Considering the fast pace growth of this sector, lots of students are pursuing this career path thus making it increasingly competitive. Graduates in this field need to constantly upgrade their skill set to keep up with the rapidly changing technology. For a career in Computer Application one can do BCA, a three year bachelor program and follow it up with MCA, a masters program. While its imperative to have Mathematics at 10+2 level, it's also recommended that the candidate chooses a combination of Science (Physics, Chemistry, Maths) with Computer Science as it increases the odds of grasping concepts faster.

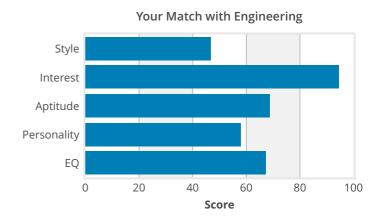
While demand for Computer Application Graduates is becoming sector agnostic, companies like Accenture, TCS, TechMahindra, IGATE and StartUps like Flipkart & UBER continue to be the top recruiters.

Trending fields: Web/ Mobile Design Engineer, Web/ Mobile App Developer, UI/UX Designers, Technical Writers



Career Match with Engineering





Engineering is one of the most versatile degrees spanning multiple domains ranging from aerospace to automobiles to healthcare to business & many more. Engineers are at the center of innovation and one of the most sought after professionals in the country. They provide technological solutions to the problems, issues and ideas that affect every area of our lives and are responsible for technological advancements. Depending upon one's interest, one can specialize in multiple fields of engineering such as Electronics, Computer Science, Mechanical, Civil & Aerospace amongst others.

With increasing competition in the field, huge numbers of engineering colleges have mushroomed across the country. However, competition for the premier colleges remains extremely high.

A four year Bachelor's degree in Engineering can be quite rewarding if completed from the marque colleges of the country. In order to build a career in Engineering and Technology, one should have a combination of PCM (Physics, Chemistry and Mathematics) at the 10+2 level.

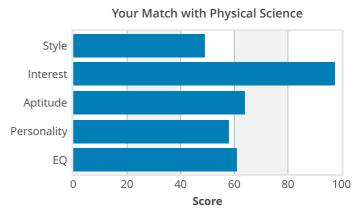
An engineering degree from the coveted colleges opens doors for some of the top companies in the world like Google, Facebook, Amazon, Microsoft amongst others recruiters.

Trending fields: Computer Science Engineering, Electronic & Communication Engineering, Sound Engineering, Marine Engineering



Career Match with Physical Science





Physical Science deals with the study of nature and the properties of the non-living matter and energy. It encompasses wide variety of fields such as astronomy, earth sciences, geology, physics, chemistry and oceanography. The researchers in this field, design and conduct experiments to collect the observable physical evidence of the natural phenomenon.

More and more people are trying to get in the field of physical sciences for research purposes. Physical Science graduates can even join IIT through GATE exam. Physical Science is also an optional in civil service main exam.

Candidate should have Science (Physics, Chemistry) and Mathematics at 10+2 level to take up any physical science career field at undergraduate level.

Top job recruiters' include- BHABHA ATOMIC RESEARCH CENTRE, IISER, DRDO, Indian Institute of Science etc.

Trending fields - Environmentalist, Astronomy, Space Researcher



GOT ANY QUESTIONS?

Consult with our experts



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