

Career Discovery Report



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

SAMPLE REPORT

Name:
Class:
School:

Congratulations!

You have reached the 1st milestone in your Career Success Journey.

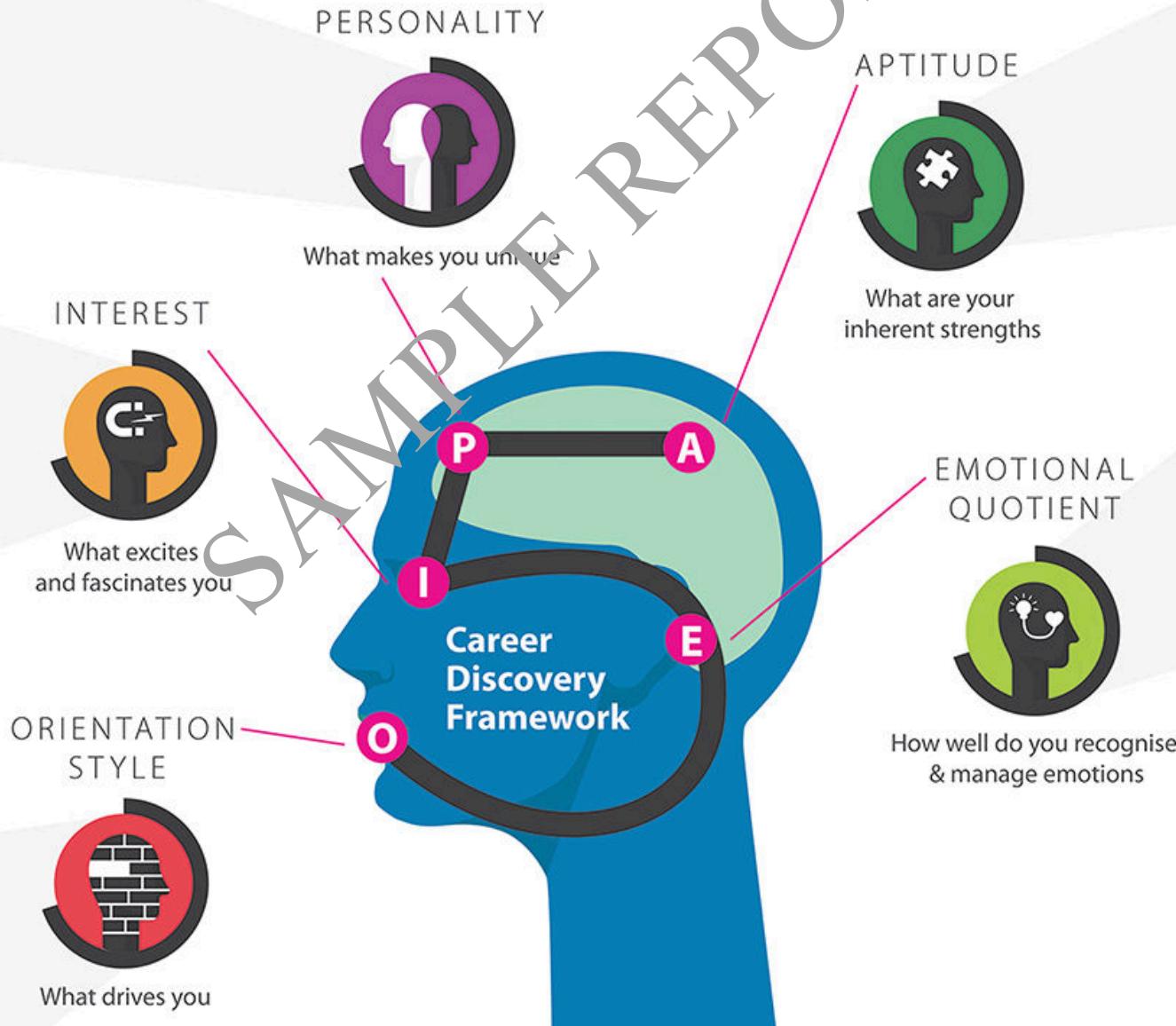


Mindler Framework

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

Mindler's 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



Administrative Orientation

Your Secondary Style

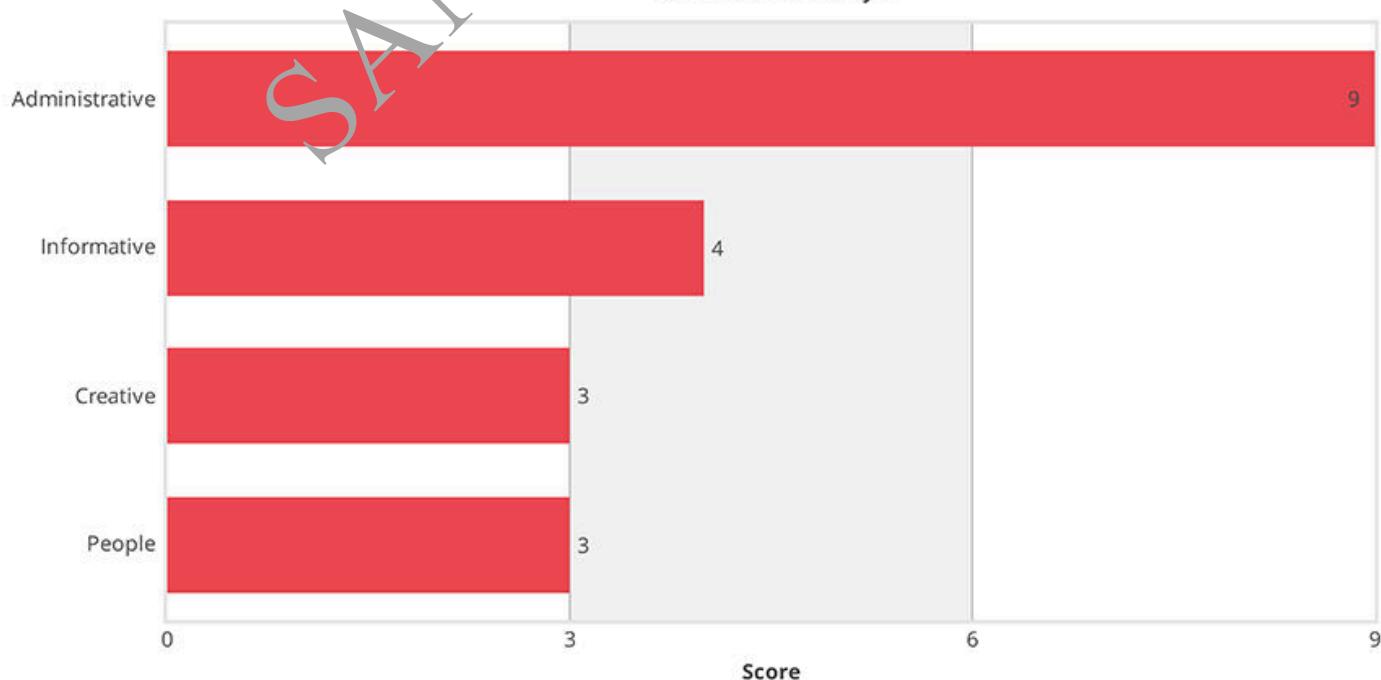


Informative Orientation

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

The scores obtained on this style inventory indicate that you are informative-oriented and like to operate with machines, instruments, books & gadgets. Your style indicates that you are assertive and believe in doing things rather than talking about them. You have an acquisitive, 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

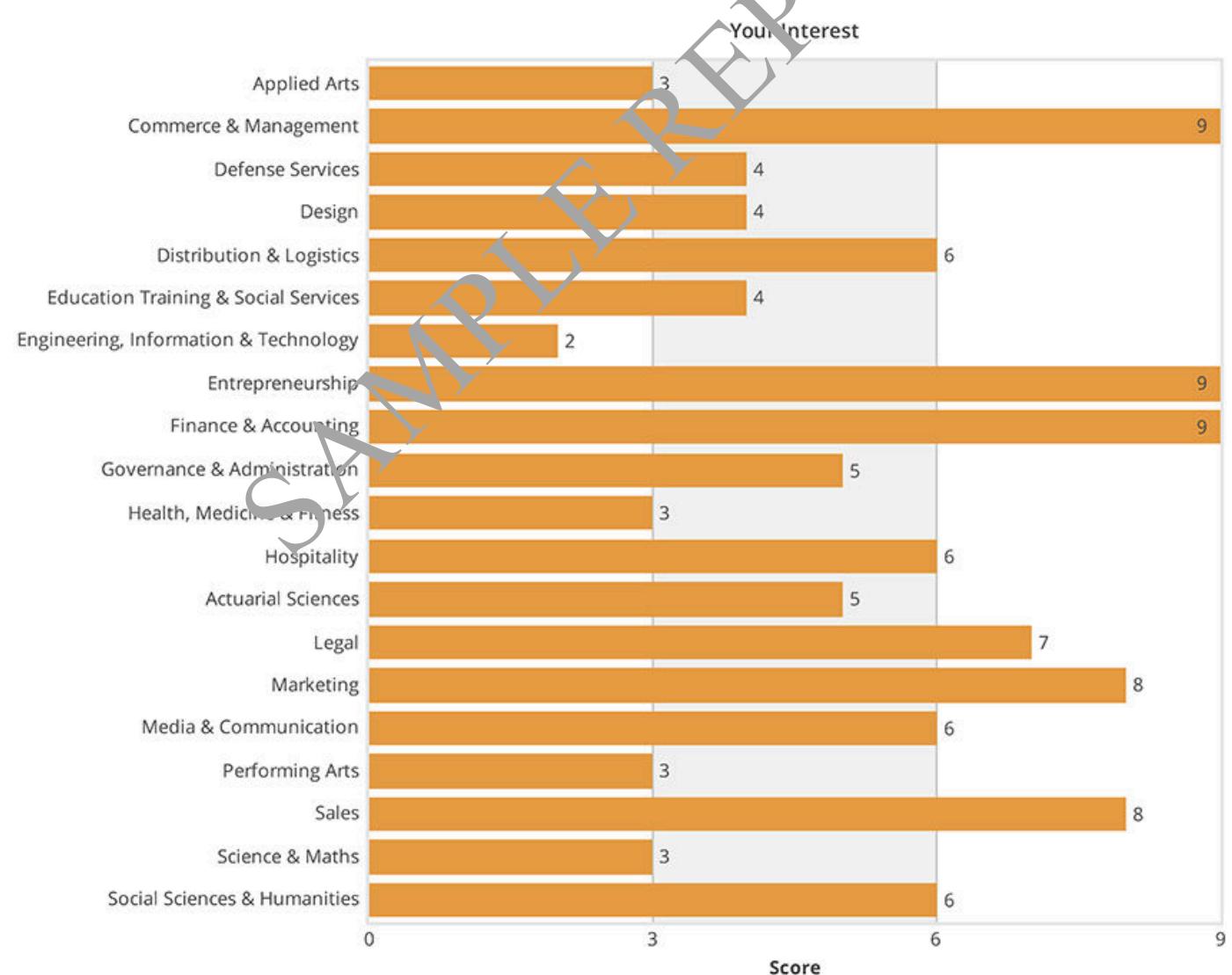


Your Interest

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

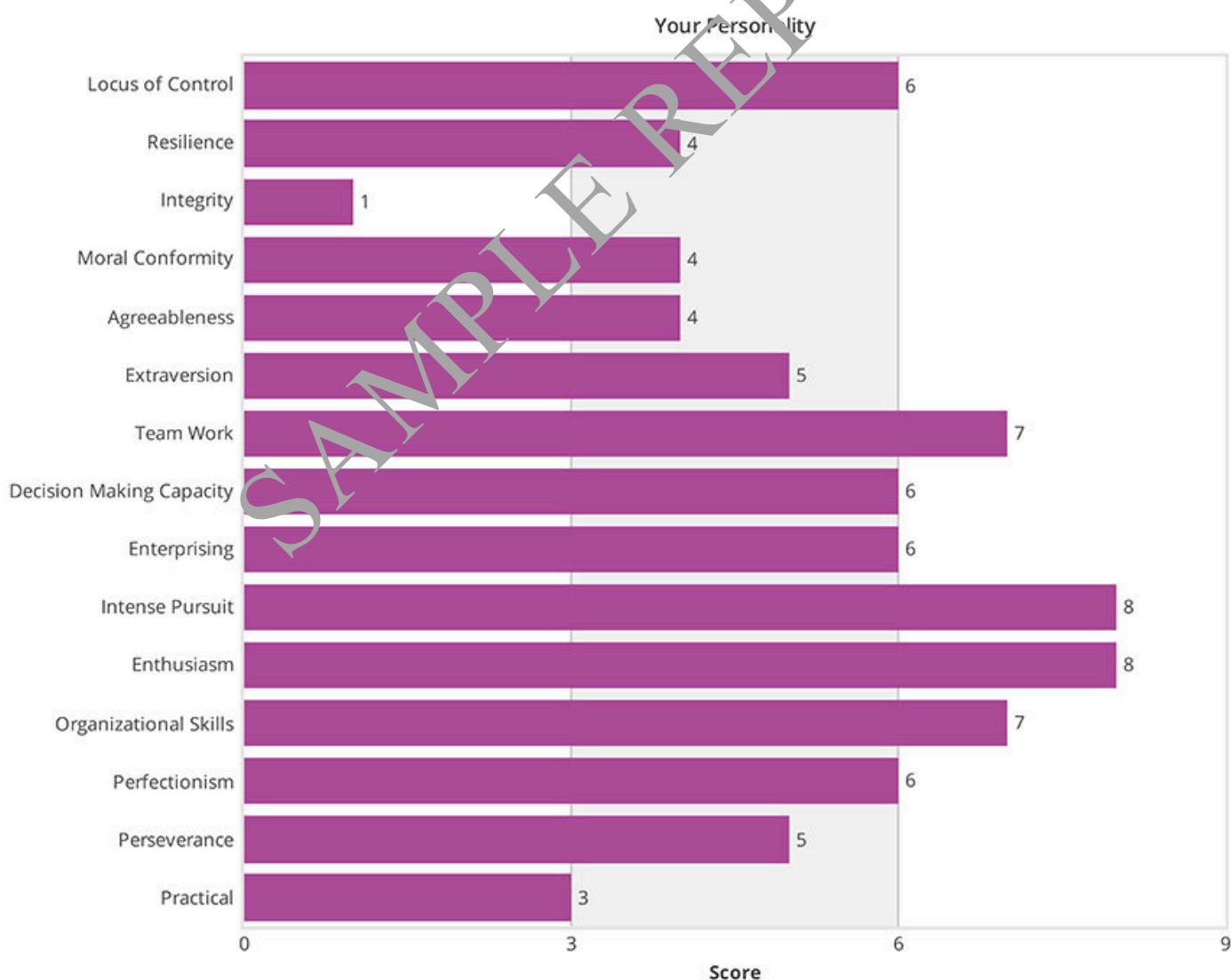


Your Personality

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

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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

Your faith in your skills & abilities makes you feel that your future is in your own hands and your own choices lead to success or failure. You are highly motivated and success-oriented. An internal locus of control has been shown to develop along with self-regulatory abilities; hence, you have high self-efficacy.

Development Plan

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

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



Resilience

1	2	3	4	5	6	7	8	9
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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 though you have difficulty in stressful situations but sometimes you tend to handle it well. You may struggle in adapting to varied circumstances and sometimes may falter in sticking to your tasks or schedule. This makes you less productive in high stress situations and it becomes difficult for you to bounce back from setbacks or failures.

Development Plan

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

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

Your Personality in Detail



Meaning

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

1	2	3	4	5	6	7	8	9
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Expert Analysis

You are low on integrity and you have a issue in establishing set ethical norms for your different dimensions of life. You perceive rules are not that important and live your life on practical terms and values. You can break the rules if they are not convenient for you. You put your own personal gains above set moral norms.

Development Plan

Think of working on following strategies to improve on your integrity levels:

- Right vs. Wrong Dilemma: You should learn how to develop the difference between right and wrong and how you can deal with conflicting situations.
- Place a rule book in your life: Start afresh with new norms in your life. Start with simple tasks and complete them on set timelines and gradually move to the bigger tasks. Give importance to rules and strictly follow those rules. Be aware of your decisions and recognize your mistakes and try to not repeat them in future.
- Accept ups & downs: You should have courage to accept your failures along with appreciations for the achievements regardless of the person providing the feedback.



Moral Conformity

Meaning

Moral conformity implies conforming to your principles & code of conduct rather than changing attitudes, beliefs, and behaviors to group norms in order to fit into the group.

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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.

Your Personality in Detail

Agreeableness

1	2	3	4	5	6	7	8	9
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Meaning

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

Expert Analysis

You are not very optimistic about human nature. You believe that excepting few, people are generally not trustworthy, considerate or cooperative. You believe that self-interest should take precedence over the social interest in most situations. You may find it hard to genuinely empathize with most people. You easily get into conflicts with others and may find it difficult to maintain social harmony.

Development Plan

You can increase your agreeableness level by using following strategies:

- Try to see things from perspective of others: This will help you better understand the behavior of other people and also the reasons why they behave in certain ways. Also check on how you would have reacted in a similar situation.
- Accept that all people are different: Rather than comparing yourself and suspecting their intentions, it is better you understand that everyone is unique. This will help you to accept diverse viewpoints and also maintain social harmony.
- Different people different voices: Everyone has a point of view which needs to be respected. Listening to these voices will help you to sympathize with them.



Extraversion

1	2	3	4	5	6	7	8	9
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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. It's easier to connect with people if you have a shared interest.

Your Personality in Detail



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 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 relationships with them. While taking a decision, you consider not only your own views but also that of others. All such factors help you to work in harmony with others.

Development Plan

You have scored well in this trait.



Decision Making Capacity

1 2 3 4 5 6 7 8 9

Meaning

Decision making capacity is the tendency to make effective decisions from alternatives through reasoning and critical thinking.

Expert Analysis

You are capable of taking decisions in most of the situations but may find it difficult in certain conflicting situations. Though, you are good at decision making ability, but sometimes may not take decisions as effectively. Your decision making capacity makes you capable to learn from the past difficulties and apply those learning in the future.

Development Plan

You can work on decision-making skills by using the following strategies:

- Learn from others. You can learn from people who are skilled or good at decision making. Learn techniques from these people, and then apply them using your own thinking.
- You can start with normal situations and then go bottom up. Take decisions first for ordinary situations and then move towards conflicting situations.
- Learn from your mistakes: be attentive toward small mistakes and try not to repeat those mistakes in future. Also learn from the mistakes of others and apply them in your life.

Your Personality in Detail



Meaning

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

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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 various 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 might help 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 doing so, 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.



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.

1	2	3	4	5	6	7	8	9
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Expert Analysis

You are very determined and have a strong will power. You are very passionate about what you choose, and tend to devote all your energy and time to it. Your pursuit of goals is full of unmatched commitment and zeal despite various ups and downs. This quality of being focused in achieving your goals helps you make constant efforts until you reach your goal. Your ability to be intensely absorbed in your pursuits enables you to keep trying and making continued efforts until your goal is achieved.

Development Plan

You have scored well in this trait.

Your Personality in Detail



Meaning

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

1	2	3	4	5	6	7	8	9
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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 positive and cheerful disposition. You are full of energetic vigor, which allows you to perform multiple tasks within the shortest possible time span.

Development Plan

You have scored well in this trait.



Meaning

Organization skill is the ability and style of planning, creating a structure plan and meet their goals in a timely manner.

1	2	3	4	5	6	7	8	9
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Expert Analysis

You have the capacity to act in a responsible manner. You achieve high standards and work in an ethical manner with respect to any task taken by you. The reason that you achieve high standards is that you have an enhanced ability to use your time, energy, and resources in an effective manner. You work in a very systematic way, and have a high ability to structure, plan, and meet your goals.

Development Plan

You have scored well in this trait.

Your Personality in Detail



Perfectionism

1 2 3 4 5 6 7 8 9

Meaning

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

Expert Analysis

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

1 2 3 4 5 6 7 8 9

Meaning

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

Expert Analysis

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

Development Plan

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

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

Your Personality in Detail



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 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 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 theory in day-to-day situations.
- Challenge the status quo - Don't go by pre-set standards or conventions. 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.

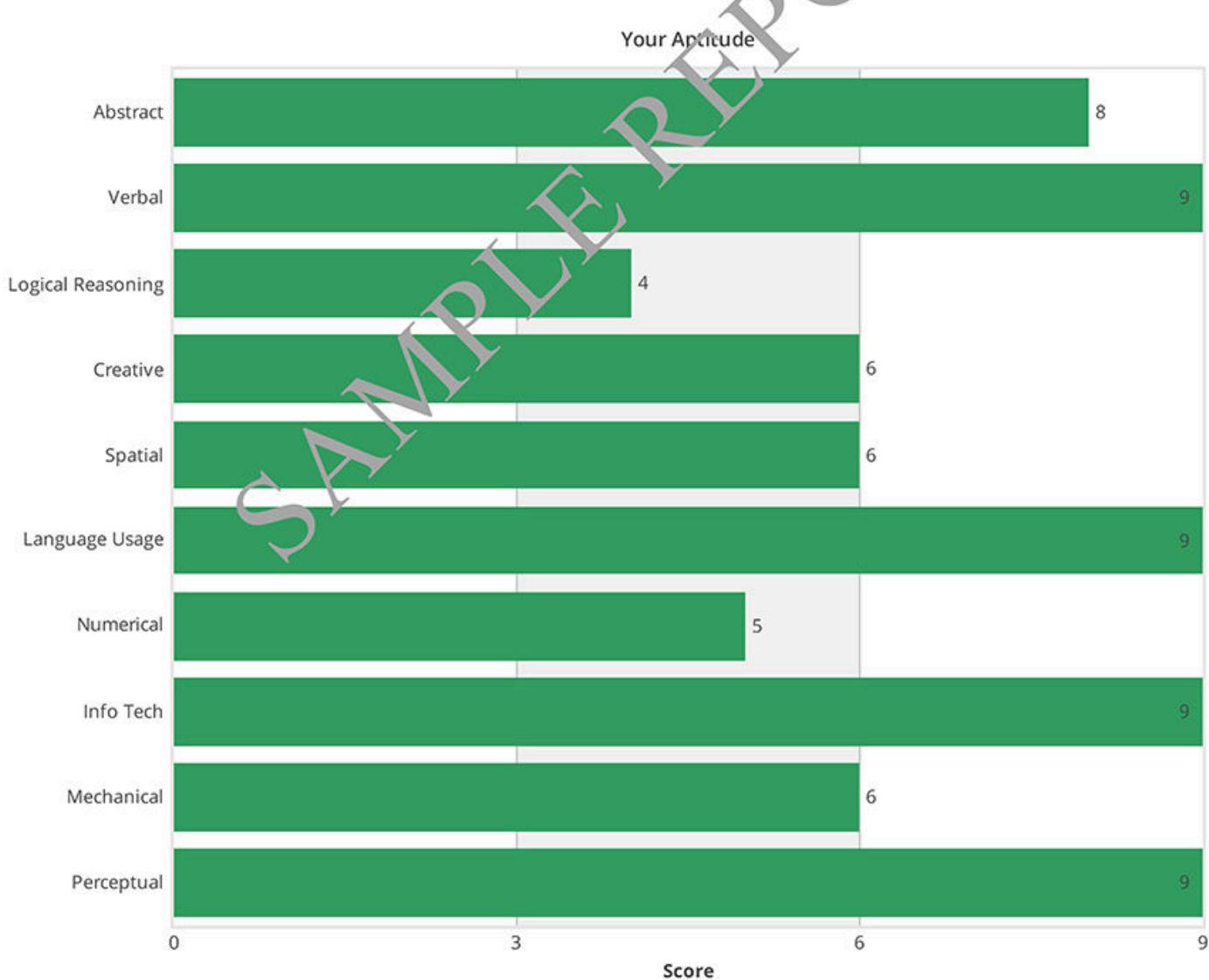
SAMPLE REPORT

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

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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

A Verbal

1	2	3	4	5	6	7	8	9
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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

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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 puzzles and other mystery games and puzzles that are easily available online. This will give you an understanding of patterns and their individual elements and will help you in developing logical reasoning.
- **Practice & Perform non-routine tasks:** You should regularly practice non-routine tasks and must make conscious attempt to figure out relationships among related or unrelated stimuli. Spend time 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
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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.

Your Aptitude in Detail



Spatial

1	2	3	4	5	6	7	8	9
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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 learning. 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 position of figures.
- **Games and Activities:** Pursuing certain activities such as Lego building (including computer versions), photography, doing jigsaw puzzles, playing chess, drawing, geography, studying maps, watching visual memory games or playing computer games like Tetris can help to improve your ability at spatial vision.
- **Practice Visualization and Spatial Thinking:** Regularly exposing yourself to three-dimensional spaces and environments along with paying conscious attention to them 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

1	2	3	4	5	6	7	8	9
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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

1 2 3 4 5 6 7 8 9

Meaning

Ability to quickly grasp mathematical functions and to use them to analyse 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 do 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 problem. Try to imagine 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 practice as much as possible. Doing 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

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.

Your Aptitude in Detail



Mechanical

1	2	3	4	5	6	7	8	9
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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 online course training in subjects like Physics.
- **All 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

1	2	3	4	5	6	7	8	9
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Meaning

Ability to accurately and quickly comprehend 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

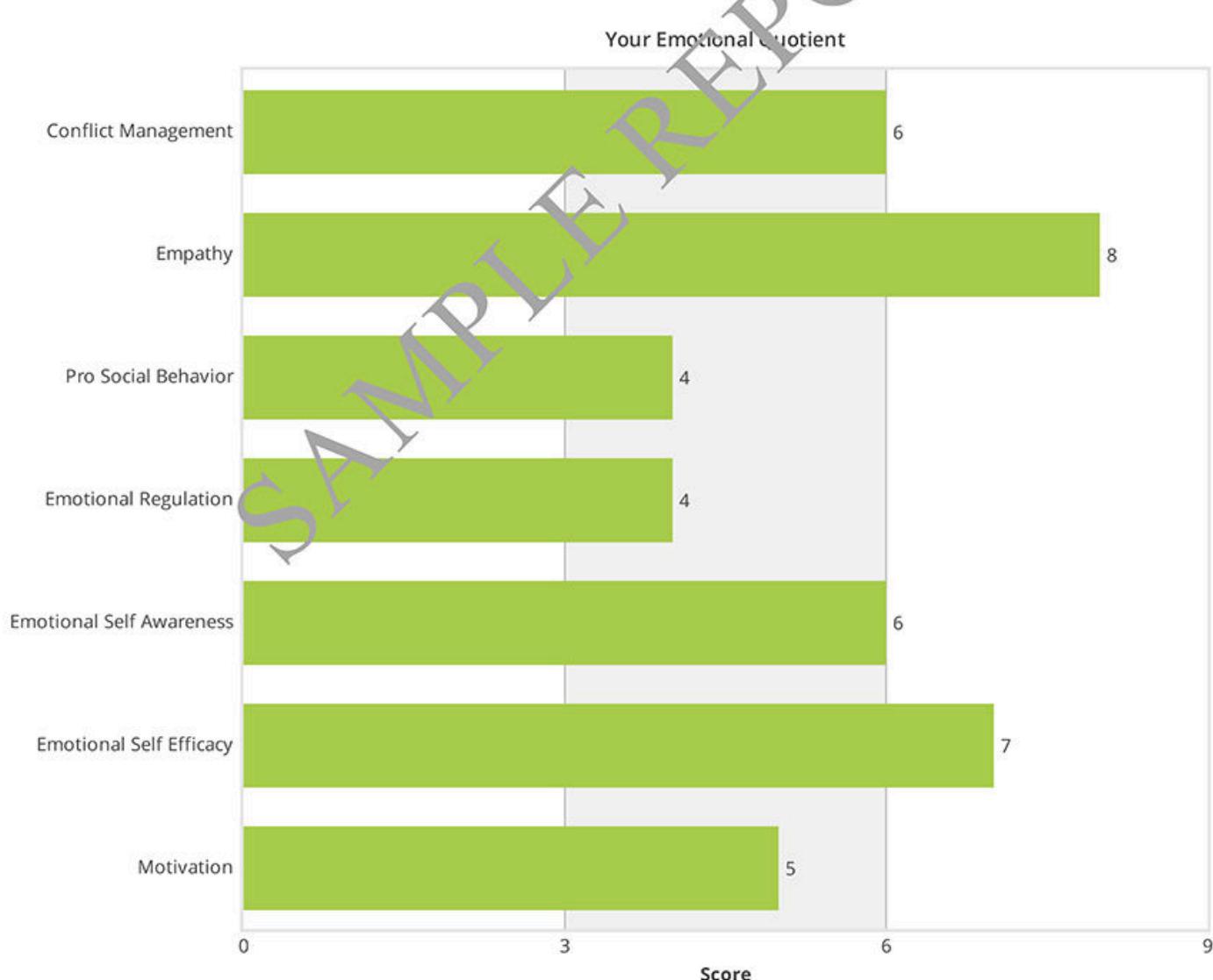
You have scored well in this trait.

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



Pro Social Behavior

1	2	3	4	5	6	7	8	9
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Meaning

Having the motivation to help others without any personal gain.

Expert Analysis

Your 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 four 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: by observing 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 an appropriate assessment of the situation, make a conscious effort to help in whichever way you can.



Emotional Regulation

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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 of. 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

1	2	3	4	5	6	7	8	9
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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 what caused you to feel negative feelings and be aware of factors that overpower your capacity to make the right decisions.



Emotional Self Efficacy

1	2	3	4	5	6	7	8	9
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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 personal 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 your own emotions, 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

Your responses indicate that you find it hard to initiate and sustain goals. You, also at times, find it hard to set goals that really excite you. You initiate goals with a lot of enthusiasm but when some challenges come in your way, the drive for achieving quickly wanes off. You find it extremely hard to focus on a single goal and are easily distracted with your surroundings. You have a vague conception of the goal attainment process and find it difficult to come up with strategies to lift your morale. You, often doubt your ability to attain goals, and this lack of belief lets you give up easily on your goals.

Development Plan

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

Your Dominant Style



Your Dominant Interests



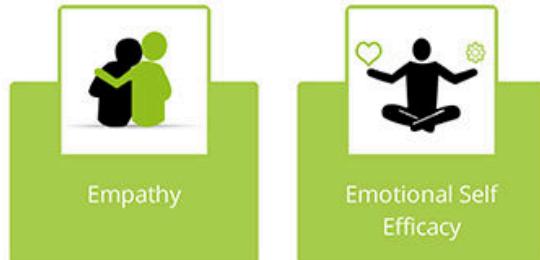
Your Dominant Personality



Your Dominant Aptitude



Your Dominant Emotional Quotient



Career Match with Management



A career in Management makes students familiar with knowledge of business, trade, management techniques, industry, basics of economics, fiscal policies, industrial policies, share market, stock markets etc. Management studies teaches one how to manage a business professionally.

With increasing competition in the field, huge number of colleges provide management related courses have mushroomed across the country offering traditional specializations like Finance, Marketing, Sales, Operations and Human Resources to the trending specializations like Health Care Management, Sports Management, Rural Management, Fashion Management etc.

Students who are keen to take up management as a career option after class 12th can opt for BBA, BBS or BBM for developing a sound base in the field of management education. After graduation, one may opt for an MBA degree in a specialized field. Management is a career option which can also be pursued after almost any graduation degree such as Law, Engineering, Medicine, Social Sciences among others.

Management is one of the most sought after careers because of the lucrative salaries and good future prospects it offers; especially if one graduates from the leading management colleges.

Trending Fields: Sports Management, Health Care Management, Operations Management, Human Resource Management, Finance Management

[Read more about Management](#)

Career Match with Finance & Banking



In the domain of finance, professionals develop a good understanding of financial management techniques, economic patterns, art of investing money, stock markets, financial planning, corporate finance etc. Finance allows one to apply their understanding of numbers and accounting/ finance concepts to enhance their decision making. Career in this domain can be rewarding, intrinsically and monetarily.

Today the role of finance professionals varies from helping corporations and individuals make finance planning decisions to helping businesses raise capital for expansion and running their day-to-day operations. A degree in finance opens a wide domain for employment in areas such as banks, financial institutions, insurance companies, mutual funds, large MNCs, private equity firms, consulting companies and investment companies.

Students can pursue graduation and post graduation in finance related disciplines like accounts, commerce, business, economics, statistics etc., and further start work in financial and investment sector. Another option is to obtain technical professional qualification in finance like MBA Finance or even CFA Certification etc. to be part of finance industry.

Finance graduates are recruited as associates in investment banks, analysts, consultants, tax analysts or researchers in consulting companies, analysts in asset management firms; or budget analysts or project managers or policy analysts in multi-national corporations as well as government sector.

Generally financial companies look for candidates with analytical skills, excellent communication, presentation, judgment, negotiation and commercial skills from very self-confident and dedicated candidates. Top recruiters includes Private Banks, Investment Firms, Audit Firms, Consulting Firms and Asset Management Firms. Trending fields: Corporate Finance, Private Equity, Investment Banking, Financial Planning.

[Read more about Finance & Banking](#)

Career Match with Entrepreneurship



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

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

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

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

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

[Read more about Entrepreneurship](#)

Career Match with Marketing & Advertising



Marketing is the management process responsible for identifying, anticipating and satisfying customer requirements profitably. Professionals in this field are the brains behind all ads and campaigns, and they're responsible for bringing products and services into the public consciousness. Careers in marketing require knowledge of market research, consumer behavior, sales, visual arts and general marketing.

With new products being developed all the time and the economy moving to a global stage, the demand of marketers is at an all time high.

A bachelor degree along with an MBA with marketing specialization is recommended for getting high paid marketing jobs. Besides MBA programs, BBM or BBA degree holders can also find various positions in the field of marketing.

Top recruiters include companies from across the industry like P & G, ITC, HUL in FMCG, Maruti and Hyundai in Automotive, AC Nielsen in Market Research, Google, LinkedIn and Facebook in the Social Media space.

Trending Fields : Digital Marketing, Content Marketing

[Read more about Marketing & Advertising](#)

Career Match with Sales



Sales function forms the core of every business, whether it produces a physical product, such as a car or tennis shoes, or offers a service, such as electrical testing or psychic healing. A link between the producer and the customer is necessary so that the customer is aware of and has access to the product; which is achieved by sales professionals.

Selling of the products is the main objective of almost all firms. For this, even if firm small or big requires a professional often known as Sales Manager who takes care of the sales.

Individuals from all backgrounds and all education levels enter the sales industry. MBA degree in Sales is preferred over other degrees by employers.

Employment opportunities for sales people exist across a wide spectrum of sectors, the most popular of which in terms of the number of people employed, are: FMCG Industry, Pharmaceutical, Automotive and Retail.

Trending fields: FMCG Industry, Pharmaceutical Industry, Automotive Industry

[Read more about Sales](#)



Got any questions?

Consult with our experts



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