Assement 11-12

Students in 11-12 Grade Part 1: Career Confusion & Decision Paralysis 📊 Questions with 10-Choice Scale (scored 1–10) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Q1. How clearly can you see a career that fits your personality, passion, and future economy? (Vision clarity & career identity) a) I’ve mapped my strengths and chosen a clear career b) I’m sure of the domain, just exploring specializations c) I have 2–3 strong options in mind d) I switch between options regularly e) I rely on parents or others to decide f) I feel unsure whether I’ll enjoy anything I choose g) I have no framework—just guessing h) I scroll endlessly for inspiration but get confused i) I copy what my friends are doing j) I’m completely clueless and overwhelmed \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Q2. How do you feel about choosing between traditional careers (doctor, engineer, commerce) and new-age ones (AI, design, sports, etc.)? (Decision tension between legacy and future careers) a) I’ve made a confident choice based on research b) I lean toward one but keep an open mind c) I like both—evaluating based on skills and interest d) I swing between old and new options every week e) I fear traditional paths might limit my creativity f) I fear new-age options won’t be “respected” g) I’m overwhelmed and frozen between choices h) My parents only trust traditional paths i) I just follow what others suggest j) I don’t want to think about this at all \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Q3. Are you clear on whether you want to study in India or abroad? (Study destination confusion) a) I’ve chosen my destination and aligned everything b) I’m 90% sure, working on applications/funding c) I’m exploring options in 1–2 countries d) I keep changing based on new info e) I’m confused about future value of either f) My parents and I disagree on where to study g) I feel abroad is a dream I can’t afford h) I’ve done no serious research yet i) I’ll go where my rank allows j) I’m too stressed to think about this at all \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Q4. Are you anxious that your stream (science/commerce/humanities) might not match your future goals? (Stream–career alignment anxiety) a) My stream fits perfectly with my goals b) I’ve planned alternate paths if needed c) I’m confident, but sometimes wonder “what if” d) I think I chose too early without proper info e) I’m curious about fields outside my stream f) I want to switch but don’t know how g) I feel boxed in by my current stream h) I fear I’ll waste years on the wrong path i) I regret my stream choice already j) I feel doomed by a mismatch I can’t fix \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Q5. How do you feel about the number of entrance exams (JEE, NEET, CUET, SAT) you’re preparing for? (Overload and pressure management) a) I’ve strategically selected only what I need b) I have a clear plan for 2–3 focused exams c) It’s intense, but manageable d) I feel like I’m doing too much but can’t stop e) I’m exhausted from juggling prep + boards f) I signed up for exams without real thought g) I’m worried I’ll burn out before the exams h) I cry or break down often due to pressure i) I’ve lost track of what I’m even aiming for j) I want to quit everything—it’s too much \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Q6. Do you have a solid Plan B if your top career or college choice doesn’t work out? (Backup plan readiness) a) I have a backup I’m excited about b) My Plan B is clear and research-based c) I’ve identified several realistic alternatives d) I’m thinking about backups, but not sure e) My parents and I disagree on Plan B f) I hope Plan A works so I can avoid this g) Thinking about failure gives me anxiety h) I pretend Plan B doesn’t exist i) I have no clue what I’d do otherwise j) I believe everything is over if Plan A fails Part 2: Entrance Exam Pressure & Study Burnout Q7. How do you feel about the pressure of juggling entrance exams, board marks, coaching, and school life? (Feeling stuck in a rat race) a) I have it under control—balance is working b) Slight pressure, but I’m managing well c) Stress exists, but I’ve found support systems d) I often feel like I’m sprinting without rest e) I sacrifice hobbies to stay afloat f) I have frequent anxiety but keep going g) I cry or break down occasionally from overload h) I’ve lost interest in everything else i) I feel like I’m drowning and no one notices j) I want to escape or give up entirely \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Q8. Do you have a structured study system that balances coaching, school, breaks, and sleep? (Lack of structured study planning) a) Yes—daily and weekly plans with breaks b) Mostly, with minor tweaks every few days c) I loosely follow a routine, not rigid d) I try, but I fall behind often e) I rely on coaching centres for structure f) I plan in my head but don’t follow through g) I have no real plan—just crisis-mode studying h) My sleep and nutrition are suffering i) I’m surviving on caffeine, guilt, and alarms j) I’m completely disoriented and reactive \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Q9. What is your physical and emotional state like during your prep journey? (Poor stress management → low energy, burnout) a) I feel energetic and motivated b) I take regular wellness breaks (yoga, walking) c) I get tired, but know how to recharge d) I often feel drained and irritable e) I skip meals or sleep to study f) My head and eyes hurt often g) I can’t focus or retain anything h) I’m emotionally numb or zoning out i) I feel like crying or screaming often j) My body feels like it’s collapsing \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Q10. Do you ever question whether you’re “smart enough” to crack these entrance exams? (Self-worth, doubt, and negative loops) a) I know I’m capable and trust my process b) I remind myself everyone has a unique path c) I sometimes compare, but bounce back d) I fear I won’t meet my own standards e) I feel my performance defines my worth f) I think I’m not as smart as others g) I avoid tough questions to feel good h) I feel like a failure already i) I’ve thought about quitting everything j) I believe I’m not meant to succeed academically Future-Readiness Blind Spots Q11. How much exposure do you have to real-world careers beyond entrance exam paths? (e.g., digital careers, social impact roles, creator economy, etc.) a) I’ve attended internships or shadowed professionals b) I’ve done online/offline career trials or challenges c) I actively follow role models in new industries d) I’ve watched career content (podcasts/videos) with curiosity e) I read articles but don’t deeply explore f) I get info from school brochures or parents only g) I assume my chosen career is the “only” one h) I don’t know what any real job looks like i) I feel nervous thinking about the “real world” j) I avoid thinking about work life entirely—it scares me \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Q12. Do you have mentors or networks in future-facing careers (AI, climate, digital marketing, etc.)? (Mentorship and modern industry insight) a) I’m in touch with mentors I learn from b) I ask questions to seniors, alumni, or online communities c) I follow mentors on LinkedIn, YouTube, or podcasts d) I’ve emailed/talked to someone in a new-age field e) I feel curious but don’t know where to start f) I’ve attended career fairs but found them generic g) I feel disconnected from future-facing industries h) No one around me works in my dream field i) I feel these fields are for “other” smart kids j) I feel completely unsupported and lost about the future \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Q13. Do you understand how college funding works—scholarships, loans, internships, etc.? (Financial readiness for higher education) a) I’ve created a clear college funding plan b) I know major scholarships, deadlines, and costs c) I’m discussing fees and options with my family d) I’ve attended sessions but still confused e) I assume my parents will figure it out f) I feel guilty about the cost of college g) I haven’t started exploring any of this h) I avoid thinking about financial realities i) I’m scared we won’t be able to afford it j) I feel totally blocked—money is my biggest worry \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Q14. How confident are you in essential life skills—like presenting yourself, making decisions, or solving real problems? (Life-readiness beyond academics) a) I’ve done debates, projects, or team leadership roles b) I’ve practiced interviews or presentations c) I can express ideas clearly in essays or SOPs d) I sometimes hesitate but try to speak up e) I avoid volunteering for presentations f) I feel shaky in group work or public speaking g) I find decision-making very difficult h) I fear being judged or looking foolish i) I can’t explain my own ideas well j) I feel I lack the basic skills to thrive outside exams Mindset & Emotional Turmoil Q15. When you look around, does it feel like everyone else has clarity except you? (Imposter syndrome & “I’m falling behind” mindset) a) I focus on my own growth—not others’ timelines b) I admire others but stay rooted in my plan c) I sometimes compare, but I bounce back quickly d) I feel slightly behind but hopeful e) I question if I’m “good enough” like others f) I feel fake—even when I achieve something g) I overthink others’ success and my failures h) I feel like a misfit in every group i) I believe I’m years behind everyone else j) I feel lost and broken inside, hiding it from others \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Q16. Who are you beyond marks and achievements? Can you describe yourself confidently? (Identity beyond academics) a) I know my core strengths, values, and interests b) I’m clear about what excites me beyond results c) I’m building a personal identity actively d) I’m beginning to explore who I am e) I define myself mostly by academics f) I feel hollow when not performing well g) I pretend to be someone I’m not h) I struggle to express who I really am i) I feel like I’m just surviving to please others j) I don’t know who I am without marks or labels \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Q17. How confident do you feel about living up to parental or societal expectations? (Fear of disappointing others) a) I set my own realistic expectations b) My parents and I align on most goals c) I communicate openly about what I want d) I feel nervous but still hopeful e) I feel under constant pressure to prove myself f) I’m afraid of failing their dreams g) I feel like I’m never “enough” h) I often cry or break down due to pressure i) I hide my real interests from my parents j) I feel suffocated and resentful about others’ expectations \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Q18. How is your emotional connection with your parents or caregivers? (Disconnection, conflict, lack of understanding) a) We have regular honest conversations b) They respect my autonomy and support my choices c) They don’t always understand, but try d) Conversations turn tense sometimes, but we recover e) They push me to follow a “safe” path f) I feel judged or dismissed when I speak g) We argue regularly about future choices h) I hide a lot from them to avoid conflict i) I’ve stopped expressing my real feelings j) I feel emotionally disconnected from my parents completely \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Q19. How do mood swings, loneliness, or digital distractions affect your focus and mental well-being? (Emotional instability + tech-fueled isolation) a) I manage my emotions with support tools and habits b) I bounce back quickly after bad days c) I feel low sometimes, but I talk to someone d) I scroll when I’m sad, but limit it e) I often feel lonely even in a crowd f) My mood changes disrupt study routines g) I use social media to escape anxiety h) I get overwhelmed and numb often i) I feel invisible and mentally exhausted j) I feel stuck in a cycle of sadness, guilt, and distraction Digital & Screen Addiction + 🎭 Life Skills & Confidence Gaps Q20. How does your use of social media (likes, reels, followers) affect your self-esteem and focus? (Validation trap & attention crash) a) I use it to learn and grow—no FOMO b) I enjoy it but keep clear boundaries c) I feel okay even with less engagement d) I get affected but recover quickly e) I compare myself constantly to influencers f) I delete posts that don’t get enough likes g) I spend hours creating perfect reels/posts h) My confidence depends on online approval i) I feel anxious when offline too long j) I feel like social media defines my worth \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Q21. Has phone/screen usage affected your sleep, focus, or energy levels? (Dopamine hijack & lifestyle impact) a) I switch off screens 1 hour before bed b) I use apps to track & control usage c) I’m mindful, but sometimes lose time d) I scroll a bit late but bounce back e) I sleep late due to reels or chat f) My eyes or head hurt after too much screen g) I feel tired every morning due to screen-time h) I feel addicted and guilty i) I can’t concentrate without checking my phone j) I’ve lost sleep, energy, and motivation completely \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Q22. Do you have alternate hobbies or “dopamine-safe” routines that excite you more than screens? (No joyful offline alternatives) a) Yes—art, music, reading, building projects, etc. b) I practice hobbies daily without screens c) I unwind through sports, yoga, or nature d) I try, but struggle to be consistent e) I forget about my hobbies during exams f) I’m too tired to do anything offline g) I feel bored without screens h) I want a hobby but don’t know where to start i) I feel numb unless I’m scrolling j) I don’t remember what joy feels like without my phone \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Q23. How confident are you in public speaking, interviews, or pitching your ideas? (Communication and articulation skills) a) I love presenting and do it often b) I’ve trained in debate/SOP writing/interviews c) I’m confident in 1:1 or small groups d) I try but still hesitate publicly e) I speak well when fully prepared f) I avoid speaking unless I have to g) I get nervous and forget my points h) I fear being judged or laughed at i) I stay silent even when I have good ideas j) I freeze, stammer, or completely avoid speaking \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Q24. Do you have a personal brand or portfolio that makes you stand out (LinkedIn, projects, essays, blog, etc.)? (Differentiation gap in competitive world) a) I’ve built a public portfolio of my work b) I regularly showcase skills via blogs/videos/projects c) I maintain a basic portfolio/LinkedIn d) I’ve drafted an SOP or digital profile e) I know I need one but haven’t built it f) I’m unsure how portfolios even work g) I feel I don’t have anything to show h) I feel too average to build a personal brand i) I fear I’ll be rejected if I show myself j) I feel invisible and irrelevant compared to others Parental Dynamics + 🔥 Passion Misalignment + 💪 Health + 🌟 Invisible Gaps Q25. How aligned are you with your parents or guardians on your future plans? (Safe career pressure vs. personal freedom) a) We’ve co-created a plan together b) They support and adapt with me c) They’re curious about my interests d) We disagree sometimes, but talk it out e) They want “safe” careers; I want something else f) They listen but don't understand my passions g) I often feel pushed into their plans h) We argue often about my future i) I’ve stopped discussing my goals at home j) I feel trapped in their dreams, not mine \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Q26. Do your parents understand modern career options like AI, UX, YouTube, climate innovation, etc.? (Awareness of today’s career landscape) a) They are well-informed and proactive b) They try to learn with me c) They accept what makes sense logically d) They’re warming up to newer options e) They still compare to traditional careers f) They feel new-age paths are unstable g) They discourage creative or uncertain fields h) They dismiss anything “non-engineering” i) They mock or ignore my modern interests j) They say, “That’s not a real career.” \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Q27. Do you have a safe way to align your dreams with your parents' expectations? (Shared roadmap creation) a) We use frameworks, guidance, or counselling together b) We journal or reflect together sometimes c) I have relatives/mentors helping bridge the gap d) I initiate conversations and they try to meet me halfway e) I’ve tried, but it gets emotional or tense f) They want my success but not on my terms g) They shut down when I bring up creative careers h) I avoid all future talks with them i) We live in totally different realities j) I feel like I’ll never be understood by them \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Q28. Do you make time for hobbies, side projects, or curiosity-driven experiments? (Passion alignment, creativity) a) I actively pursue projects outside school b) I build or create things for fun c) I balance study with creative expression d) I want to, but rarely find time e) I’m told hobbies are a “waste” f) I wish I had more freedom to explore g) I feel guilty when I do anything fun h) I’ve let go of everything but academics i) I feel I’ve lost my spark j) I don’t even remember what used to excite me \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Q29. Do you feel connected to a deeper purpose—something that energizes you internally? (Meaning and motivation) a) I know what drives me deeply b) I have a vision I care about c) I feel curious about the world d) I’m trying to find what excites me e) I sometimes feel disconnected or blank f) I feel like I’m just surviving the day g) I’ve lost the “why” behind my studies h) I feel dull and forced every day i) I fear I’ll never feel truly alive j) I feel completely purposeless and numb \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Q30. How would you describe your physical and mental wellness right now? (Sleep, body image, stress release) a) I sleep well and feel balanced b) I take care of my body and mind consciously c) I have coping mechanisms that help d) I feel tired but know how to recover e) I overwork and feel fatigued f) I skip meals/sleep to finish tasks g) I feel unwell but push through h) I dislike my body or appearance i) I have no healthy routine at all j) I feel mentally and physically drained constantly \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Q31. If your entrance exam plan fails, do you have a resilient mindset and next steps? (Navigating failure and finding alternative paths) a) I’m confident in multiple pathways b) I know how to pivot quickly c) I’m emotionally ready for ups and downs d) I’ll be disappointed, but have a fallback e) I feel anxious about what comes next f) I’m scared I’ll let everyone down g) I feel like my life depends on one exam h) I’ve never thought of an alternative i) I feel failure would define my worth j) I think I’ll collapse if Plan A fails Unified Total Risk Meter Use aggregate scoring from all 5 calculators to place students in one of these 5 total risk profiles: Score Band Label Action 0–20 🔵 Self-Driven Achiever Suggest Passion Projects & Leadership Role 21–40 🟢 Curious Explorer Guide to expand exposure & deeper reflection 41–60 🟡 Growth-Seeker Invite to Clarity Journey Starter Pack 61–80 🟠 Confused Voyager Recommend Career+Mindset 90-Day Plan 81–100 🔴 High Risk Zone Urgent need for mentorship, burnout care, and career redirection