for 9-10 assessment questions are  
Part 1: Clarity & Identity Confusion (Q1–Q5)  
Q1. How clear are you about what to do after 10th?  
“What should I do after 10th?” – Cluelessness about streams/careers.  
a) I have complete clarity and a strong plan.  
b) I have a good idea and have started preparing.  
c) I’m leaning towards 1–2 options but not 100% sure.  
d) I’ve shortlisted a few careers but don’t know how to choose.  
e) I feel influenced by others' suggestions more than my own research.  
f) I feel pressured to pick something quickly.  
g) I don’t know enough about the options available.  
h) I’m unsure how my interests fit into any real career.  
i) I’m just going with what my friends are doing.  
j) I have no clue what direction I want to go in.

Q2. Do you feel connected to a deeper reason (“why”) for your studies?  
No sense of personal mission or motivation.  
a) I study with a strong purpose and personal drive.  
b) I know why I study and what I’m aiming for.  
c) I’m generally motivated but haven’t linked it to a bigger goal.  
d) I’m studying because it’s expected.  
e) I want to do well but don't know why.  
f) I feel disconnected from the school system.  
g) I often wonder why I need to study these subjects.  
h) I struggle to find meaning in what I’m doing.  
i) I study only because of pressure from parents or school.  
j) I feel lost and see no real point in most subjects.

Q3. Whose dreams are shaping your future?  
Parental pressure vs. personal aspiration.  
a) Fully mine—my parents support my dreams.  
b) Mostly mine with some parental guidance.  
c) It's a mix, but I’m confident in my direction.  
d) I feel nudged toward what they think is “safe.”  
e) I get nervous when my dreams are different from theirs.  
f) I struggle to speak up about my real interests.  
g) They push me toward traditional careers.  
h) I’ve given up arguing and just follow their plan.  
i) I pretend to agree just to avoid conflict.  
j) I don’t even know what my dream is anymore.

Q4. How well do you know your hidden talents or interests?  
Passion and talent awareness.  
a) I’ve explored and tested many of my interests.  
b) I regularly try new things to discover what excites me.  
c) I know a few areas I love, and I'm developing them.  
d) I have some hobbies but don’t take them seriously.  
e) I wish I had more time to explore interests.  
f) I don’t know how to identify my strengths.  
g) My parents don’t see value in my creative passions.  
h) I’ve never had a chance to test what I’m good at.  
i) I copy what others are doing because I’m unsure.  
j) I feel I’m not good at anything.

Q5. Can you visualize where you want to be in 5–10 years?  
Future orientation and goal clarity.  
a) Yes, I can clearly see and describe it.  
b) I have a rough idea and I’m excited.  
c) I’ve started thinking about it and noting ideas.  
d) Sometimes I imagine things, but it’s not solid.  
e) I feel overwhelmed when I think about the future.  
f) I avoid thinking too far ahead.  
g) I feel stuck—nothing excites me about the future.  
h) I wish someone could help me see possibilities.  
i) I compare my lack of clarity with others.  
j) I feel blank—I can't imagine my future at all.

🏆 Academic & Performance Pressure (Q6–Q10)  
Each question continues the 10-choice format, scored from 1 (low risk) to 10 (high risk), to calculate a holistic Career Readiness Risk Score.

Q6. How are you handling the pressure of board exams, coaching, and entrance test prep?  
Overwhelm juggling board exams, entrance tests (JEE, NEET, CUET), and tuitions.  
a) I feel calm, balanced, and in control.  
b) I’ve created a realistic plan and stick to it.  
c) I get stressed but bounce back quickly.  
d) Some days feel chaotic, but I manage.  
e) I constantly feel behind schedule.  
f) I don’t know how to prioritize everything.  
g) My health and sleep are being affected.  
h) I often cry or get irritated due to pressure.  
i) I think I’m not cut out for this kind of pressure.  
j) I feel completely overwhelmed and helpless.

Q7. What emotions do you feel when you think about marks and expectations?  
Fear of not meeting marks-based expectations (self or parents).  
a) I’m confident and prepared.  
b) I feel a healthy sense of challenge.  
c) I feel a bit anxious but it motivates me.  
d) I fear disappointing myself.  
e) I worry about not matching my previous scores.  
f) I feel scared before every exam.  
g) I can’t stop thinking about what others will say.  
h) I feel worthless if I score less.  
i) I panic and avoid tests altogether.  
j) I feel like giving up.

Q8. How do you balance academics with your hobbies or extracurriculars?  
Difficulty balancing extracurricular passions vs. academics.  
a) I manage both well with a clear routine.  
b) I give equal time to both when possible.  
c) I sometimes miss hobbies due to studies.  
d) I study more, but still keep up with one passion.  
e) I’m told hobbies are a “waste of time.”  
f) I want to pursue my interests, but get discouraged.  
g) I feel guilty when I do things outside studies.  
h) I’ve stopped doing anything except studying.  
i) I don’t even know what I enjoy anymore.  
j) I feel like I’ve lost touch with who I am.

Q9. What is your relationship with time management?  
Procrastination and lack of rhythm.  
a) I plan my time and mostly stick to it.  
b) I use a planner or app to stay organized.  
c) I’m a bit inconsistent but improving.  
d) I struggle with deadlines.  
e) I keep postponing tasks till last minute.  
f) I get distracted easily when I sit to study.  
g) I waste a lot of time scrolling or daydreaming.  
h) I feel busy but not productive.  
i) I often forget important assignments or topics.  
j) My entire day feels like a blur.

Q10. What do you feel when your performance drops?  
Paralysis when performance dips—“I’m not good enough” loops.  
a) I reflect and improve without self-judgment.  
b) I analyze mistakes and try again.  
c) I feel a little sad but move on.  
d) I beat myself up a bit.  
e) I get scared about what it means for my future.  
f) I feel I’ve failed everyone.  
g) I lose interest in trying again.  
h) I avoid feedback or seeing my marks.  
i) I pretend it doesn’t matter but feel terrible inside.  
j) I feel like I’ll never succeed no matter what I do.

🚀 Decision-Making Challenges (Q11–Q14)  
This section helps uncover confusion around stream selection, influence from others, and lack of structured career decision-making. Each question again has 10 options (scored 1–10) contributing to the Decision Clarity Index.

Q11. How confident are you in choosing a stream that fits your personality and interests?  
Confusion about stream fit (science, commerce, humanities).  
a) I’ve done personality and interest tests to choose my stream.  
b) I’ve researched streams that align with my skills and goals.  
c) I’ve spoken to seniors/mentors to validate my choices.  
d) I chose based on subjects I enjoy, but I’m not 100% sure.  
e) I picked a stream because of marks cut-offs.  
f) I followed what friends or siblings picked.  
g) My parents chose the stream for me.  
h) I’m constantly doubting if this is right for me.  
i) I have no clue what stream suits me best.  
j) I feel I’m stuck with a stream I don’t enjoy.

Q12. How do you evaluate new-age careers like AI, entrepreneurship, design, or sports science?  
No framework for evaluating new-age careers.  
a) I’ve explored multiple emerging career options in detail.  
b) I regularly attend career webinars or events.  
c) I’ve shortlisted a few new-age paths and researched them.  
d) I’m aware of some but unsure how viable they are.  
e) I hear about them online but don’t know where to start.  
f) I’m told they’re risky or “not real careers.”  
g) I get mixed messages from adults about these careers.  
h) I want to try them but feel afraid of judgment.  
i) I don’t understand what these careers even mean.  
j) I’ve never heard of most of them.

Q13. How do you feel when you receive conflicting advice from parents, teachers, or social media?  
Overwhelmed by too many opinions.  
a) I evaluate all opinions and decide calmly.  
b) I listen but filter based on my goals.  
c) I get confused sometimes but try to stay focused.  
d) I feel pressured to follow what “sounds smart.”  
e) I switch opinions often because I’m unsure.  
f) I try to please everyone and lose my own view.  
g) I argue or feel irritated when pushed too much.  
h) I get mentally exhausted trying to decide.  
i) I feel lost—there’s too much noise.  
j) I avoid making any decisions to escape pressure.

Q14. Do you have a structured way of making big career decisions?  
Lack of decision-making frameworks.  
a) Yes, I use pros-cons, mentor inputs, and self-assessments.  
b) I follow a logical process before deciding.  
c) I take time to reflect before choosing.  
d) I ask for advice but don’t have a system.  
e) I decide based on what feels right in the moment.  
f) I delay decisions until I’m forced to make them.  
g) I go with what seems easiest or least risky.  
h) I feel anxious every time I have to choose.  
i) I avoid tough decisions as long as I can.  
j) I have no method—I feel stuck when choices arise.

🎭 Emotional & Social Struggles (Q15–Q18)  
This section uncovers emotional turbulence, peer pressure, and identity-related anxiety. Each response contributes to the Emotional Readiness & Resilience Index.

Q15. How do you feel when your friends seem more focused, accomplished, or clear than you?  
Peer comparison stress.  
a) I celebrate their success and focus on my journey.  
b) I sometimes compare, but it doesn’t bother me much.  
c) I feel inspired to do better.  
d) I feel slightly behind but motivated.  
e) I question my own choices.  
f) I feel I’ll never catch up to them.  
g) I feel insecure and try to hide it.  
h) I avoid talking about their achievements.  
i) I feel like a failure in comparison.  
j) I withdraw or lose confidence when I see their success.

Q16. How do you deal with fear of failure or low self-esteem?  
Low self-worth and “I’m not enough” feelings.  
a) I treat failure as a chance to grow.  
b) I bounce back quickly after setbacks.  
c) I remind myself of past achievements.  
d) I feel nervous but still try.  
e) I feel like I’m always lagging behind.  
f) I avoid trying new things out of fear.  
g) I blame myself and overthink small mistakes.  
h) I often feel I’m not smart or capable.  
i) I cry or shut down when I fail.  
j) I don’t believe I’m good at anything anymore.

Q17. Do you have a safe space to talk about your fears, confusion, or identity?  
Isolation, lack of emotional expression.  
a) I have a strong support system of parents, mentors, or friends.  
b) I talk openly with at least one trusted adult.  
c) I share my worries with close friends.  
d) I write a journal or express myself creatively.  
e) I hesitate to open up about deep things.  
f) I feel no one will understand me.  
g) I’ve tried talking but felt judged or dismissed.  
h) I avoid talking and keep everything inside.  
i) I feel completely alone with my thoughts.  
j) I’ve stopped trusting people with my feelings.

Q18. How do you deal with mood swings, irritability, or stress about growing up?  
Adolescent mental well-being.  
a) I understand it’s normal and manage it well.  
b) I do regular exercise or mindfulness to handle it.  
c) I talk to someone when I feel stressed.  
d) I feel slightly anxious but can distract myself.  
e) I’m moody often and don’t know why.  
f) I get angry or irritable easily.  
g) I feel emotionally exhausted and tense.  
h) I cry often or feel sad without reason.  
i) I worry a lot about the future and life.  
j) I feel numb or lost, like I’m not myself anymore.

📱 Digital Distractions & FOMO  
👨‍👩‍👧‍👦 Parent-Child Misalignment  
(Questions Q19–Q24)  
Each question includes 10 choices scored from 1–10 to assess Digital Dependency, Family Friction, and Environmental Readiness.

Q19. How does screen time (social media, gaming, etc.) impact your life?  
Excessive screen-time and digital addiction.  
a) I use screens mostly for learning and limit social use.  
b) I manage screen time with breaks and boundaries.  
c) I scroll sometimes but stay in control.  
d) I lose track of time on Instagram/YouTube.  
e) I try to cut back but fail often.  
f) I spend more time online than with people.  
g) I delay tasks because of screen time.  
h) I feel anxious without my phone.  
i) I’m aware it’s a problem but don’t change.  
j) I feel addicted—my day revolves around my screen.

Q20. What do you feel when you browse through others’ posts or achievements online?  
FOMO and negative self-image from social feeds.  
a) I feel inspired and motivated.  
b) I enjoy others’ success without comparing.  
c) I smile at posts but stay neutral.  
d) I feel I’m missing out on fun/life.  
e) I compare myself and feel less.  
f) I feel jealous or anxious seeing perfect posts.  
g) I feel pressured to post and look “successful.”  
h) I feel invisible or not good enough.  
i) I feel socially left out often.  
j) I hate how social media makes me feel about myself.

Q21. How has phone use impacted your sleep, attention, or studies?  
Sleep disruption and reduced focus from mobile use.  
a) I keep a strict no-phone bedtime.  
b) I limit use 1 hour before sleep.  
c) I use it but not during study or sleep.  
d) I sometimes use my phone late into the night.  
e) I find it hard to sleep without scrolling.  
f) I wake up tired because of late screen use.  
g) I feel distracted all day due to phone.  
h) My attention span is very low lately.  
i) I try to concentrate but my mind goes back to the phone.  
j) My performance is dropping because I can’t disconnect.

Q22. How are career-related conversations with your parents or family?  
Arguments over career choices—parental pressure.  
a) They support and guide me based on my strengths.  
b) We have open, respectful discussions.  
c) They have strong opinions but hear me out.  
d) They suggest careers I’m unsure about.  
e) I feel afraid to share what I really want.  
f) We often end up arguing.  
g) They dismiss modern careers as “unstable.”  
h) I feel forced into their expectations.  
i) I’ve stopped sharing my real dreams.  
j) I feel emotionally disconnected from them.

Q23. Do your parents understand the careers you are excited about?  
Parents’ gap in understanding new-age aspirations.  
a) Yes, they’re curious and learning with me.  
b) They try to understand what excites me.  
c) They’re slowly getting used to modern careers.  
d) They prefer “safe” or traditional careers.  
e) They question digital-age jobs.  
f) They say “these are not real careers.”  
g) They think I’m wasting time with these ideas.  
h) They laugh or ignore my interests.  
i) They compare me to kids pursuing engineering/medicine.  
j) They discourage me from dreaming “too big.”

Q24. How would you describe the emotional connect with your parents around your future?  
Emotional gap, tense conversations.  
a) We share a strong, honest bond.  
b) We discuss life goals with mutual respect.  
c) I wish we talked more deeply, but we try.  
d) They focus more on marks than my feelings.  
e) I feel unseen when I share struggles.  
f) They push without listening.  
g) I get anxious when career topics come up.  
h) I avoid talking to avoid fights.  
i) I cry after these conversations.  
j) I feel like they don’t know who I truly am.

🌱 Real-World Career Exposure (Q25–Q27)  
Q25. How much do you know about real jobs beyond textbooks and Google?  
No exposure to real-world roles.  
a) I’ve shadowed professionals in real jobs.  
b) I’ve spoken to industry experts directly.  
c) I’ve watched career day videos and podcasts.  
d) I’ve researched many job descriptions online.  
e) I’ve only read a few “Top 10 Careers” articles.  
f) I’ve mostly seen jobs only in movies or YouTube.  
g) I’ve never met anyone in the careers I’m curious about.  
h) I have no idea what people actually do at work.  
i) I can’t picture myself doing any job.  
j) I feel scared because careers seem too confusing.

Q26. Do you have mentors or role models in your dream career field?  
Lack of guidance.  
a) I have a mentor guiding me closely.  
b) I know professionals I can approach for guidance.  
c) I follow industry leaders on social media.  
d) I have seniors I ask for help.  
e) I watch videos but haven’t interacted with anyone.  
f) I have no access to real people in my interest area.  
g) I don’t know how to find a mentor.  
h) I feel lost without real-life examples.  
i) I feel stuck in my own bubble.  
j) I think success is only for “gifted” or “lucky” people.

Q27. Have you explored or tested any career options practically?  
Lack of trial-and-error exposure.  
a) I’ve done internships, projects, or workshops.  
b) I’ve created or built something real in my field.  
c) I’ve participated in competitions or career fests.  
d) I’ve done mock interviews or career challenges.  
e) I’ve taken a few online courses.  
f) I’ve read articles but never tried anything hands-on.  
g) I’m waiting for someone to guide me.  
h) I don’t know where to start.  
i) I feel I’m already late in exploring.  
j) I’ve done nothing yet toward testing any career.

🌟 Passion & Purpose Gaps (Q28–Q30)  
Q28. How well have you explored your passions in a structured way?  
Lack of self-discovery systems.  
a) I’ve mapped my interests with help from coaches.  
b) I use tools like Ikigai, StrengthFinder, etc.  
c) I maintain a passion journal or vision board.  
d) I reflect often but not in a formal way.  
e) I have many interests but feel scattered.  
f) I’m not sure what I’m passionate about.  
g) I only focus on academics due to pressure.  
h) I feel stuck in the “school-study-repeat” cycle.  
i) I want to explore but don’t know how.  
j) I feel numb—I don’t think I have any passion.

Q29. Do you believe creative passions (music, art, sports, writing, etc.) can be real careers?  
Viability doubt around passions.  
a) Yes, and I’m already pursuing mine seriously.  
b) I’m working on combining creativity and career.  
c) I follow examples of people who’ve done it.  
d) I feel hopeful, but unsure of the path.  
e) I love it, but don’t think I can earn from it.  
f) My parents think it’s just a hobby.  
g) I’m told to “get real” and stop dreaming.  
h) I’ve stopped pursuing my passion due to pressure.  
i) I feel guilty when I think about artistic goals.  
j) I’ve buried my dreams—what’s the point?

Q30. Do you feel trapped in an academic-only system?  
Feeling boxed-in.  
a) I feel free to explore and express myself.  
b) I balance school with curiosity projects.  
c) I make time for personal growth beyond books.  
d) I often feel tired of routine learning.  
e) I feel judged when I try different things.  
f) I’m bored with syllabus-driven schooling.  
g) I feel stuck but afraid to experiment.  
h) I feel invisible for anything other than marks.  
i) I’ve stopped questioning anything.  
j) I feel like I’m in a box with no escape.

💪 Life Skills & Confidence Deficits (Q31–Q34)  
Q31. How confident are you expressing ideas in interviews or group settings?  
Communication gaps.  
a) I’m a strong communicator and feel natural.  
b) I practice public speaking or debate regularly.  
c) I’ve spoken in a few group situations.  
d) I speak up when I’m fully prepared.  
e) I get nervous but try anyway.  
f) I fumble often under pressure.  
g) I struggle to find the right words.  
h) I avoid raising my hand or speaking up.  
i) I feel invisible in group discussions.  
j) I fear I sound foolish or awkward.

Q32. Have you ever been encouraged to make your own decisions?  
Micro-risk taking and autonomy.  
a) I take full ownership of my life choices.  
b) I’m given space to try things on my own.  
c) I often propose ideas to parents/teachers.  
d) I ask before doing most things.  
e) I second-guess my choices a lot.  
f) I avoid decisions to play it safe.  
g) I feel I’m always being told what to do.  
h) I panic when decisions are left to me.  
i) I’ve never made a major choice on my own.  
j) I don’t trust my ability to decide anything.

Q33. Do you understand how to manage or plan money?  
Financial literacy.  
a) I track spending, saving, and investing habits.  
b) I’ve learned money basics from parents or school.  
c) I maintain a piggy bank or budget app.  
d) I’ve started exploring money videos or books.  
e) I know the value of money but no details.  
f) I don’t know how money works beyond spending.  
g) I feel money talk is for adults only.  
h) I get anxious when people talk about money.  
i) I’ve made bad choices with money.  
j) I’ve never learned anything about saving or managing money.

Q34. How strong is your critical thinking or problem-solving ability?  
Mindset development.  
a) I enjoy solving problems and thinking deeply.  
b) I do brain puzzles, games, or logic exercises.  
c) I analyze multiple options before acting.  
d) I ask “why” and challenge assumptions.  
e) I follow instructions more than explore.  
f) I feel stuck when faced with new problems.  
g) I prefer not to take risks or guess.  
h) I copy answers instead of figuring them out.  
i) I avoid creative thinking—it stresses me.  
j) I don’t believe I’m smart enough to solve anything new.

🌈 Health & Wellness Stress (Q35–Q37)  
Q35. How are your habits around sleep, food, and exercise?  
Lifestyle impact.  
a) I sleep early, eat well, and exercise daily.  
b) I maintain a consistent wellness routine.  
c) I’m conscious and improving my habits.  
d) I sleep okay but skip exercise.  
e) I often eat late or skip meals.  
f) I use energy drinks to stay awake.  
g) I sleep irregular hours due to screen time.  
h) I feel tired and sluggish most days.  
i) I’ve lost control over basic habits.  
j) I feel burnt out, always drained.

Q36. How do you feel about your body image and self-esteem?  
Physical insecurity from social pressure.  
a) I feel confident in my skin.  
b) I take care of my health and appearance.  
c) I feel okay and accept myself.  
d) I compare but try to focus on growth.  
e) I worry about how I look in photos.  
f) I feel judged by others' comments.  
g) I avoid mirrors or group photos.  
h) I feel ugly, unfit, or not enough.  
i) I try extreme diets or workouts.  
j) I feel ashamed of how I look.

Q37. How do you release stress or manage emotions positively?  
Healthy coping mechanisms.  
a) I do regular mindfulness, prayer, or journaling.  
b) I use music, exercise, or art to release stress.  
c) I speak to people I trust.  
d) I take breaks and reset often.  
e) I scroll or binge-watch to feel better.  
f) I bottle everything up inside.  
g) I often snap or lash out.  
h) I cry quietly and feel helpless.  
i) I wish I had tools to manage stress.  
j) I feel like no one understands what I go through.

Q38

**Which subjects do you perform best in?**

Mathematics and Science (Physics/Chemistry)

Biology and Life Sciences

Languages and Literature

Social Studies and Humanities

Art, Music or Physical Education

Computer Science or Information Technology

All subjects equally

I'm not sure which subjects I'm best at

My strengths change depending on the teacher

I don't feel I have strengths in any subject

Q39

**How do you learn best?**

Visual learning (diagrams, videos, demonstrations)

Auditory learning (lectures, discussions, audio)

Reading and writing (taking notes, textbooks)

Kinesthetic learning (hands-on activities, experiments)

Group study and peer discussions

One-on-one tutoring

Self-study with minimal guidance

Online courses and interactive materials

I struggle with most learning formats

I don't know my best learning style