CAREER DISCOVERY REPORT

careerspark

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



Name: ****** ******

School: ************



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





Creative Orientation

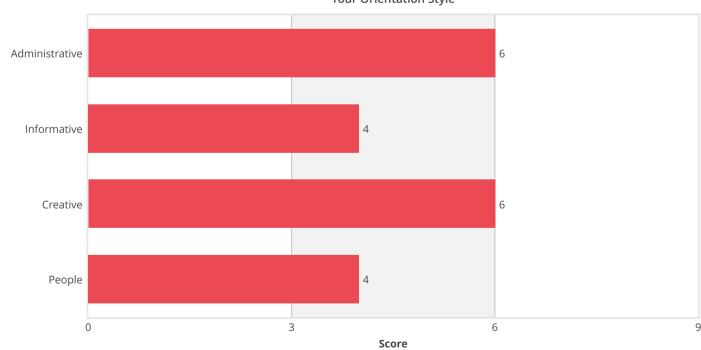


Administrative Orientation

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.

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, number, 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.







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

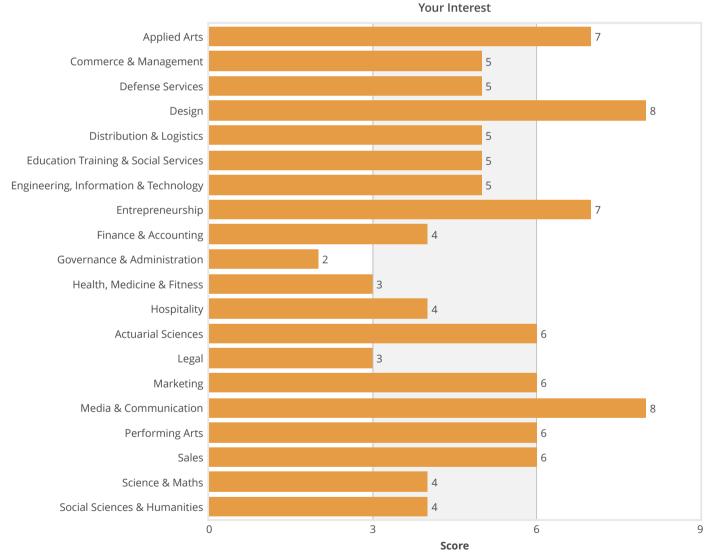














Your Personality

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.

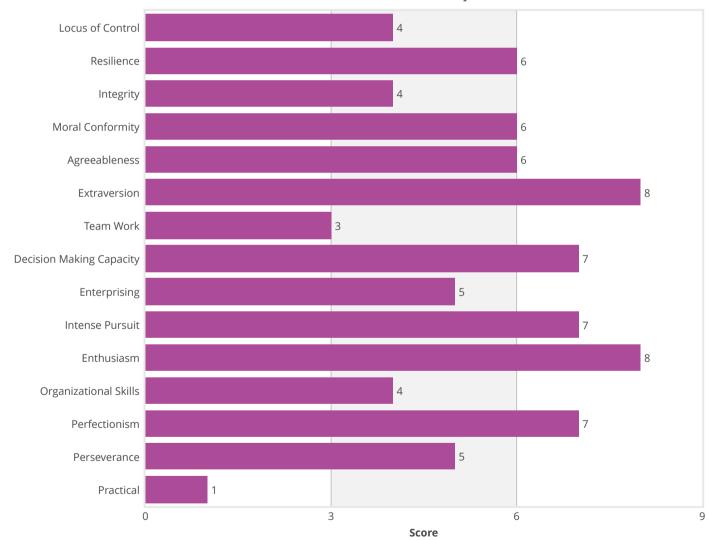
Your Dominant Personality Traits







Your Personality







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

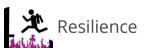
Expert Analysis

You feel that all your abilities, skills and reinforcement are dependent on your luck and external factors. You feel better when you get directive from others, as your decision-making may be low which makes you less of a leader and more of a follower. You are not very good in situations where initiative is to be taken and your dependency is high making you less independent in nature

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.



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

Your score indicates that on one hand you perceive set norms as important and on the other hand you sometimes don't give that much importance to it. You can compromise on your set standards and integrity. Personal gains may prove to be more important for you and you may be ready to compromise on your set rules and norms. You often face conflicts to decide between right and wrong

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. Begin with simple tasks and complete them on set timelines and gradually move to the bigger tasks. Give importance to set 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.





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

You have respect for the norms, values and ethics of the society but at times you take decisions on account of your own personal choice and interest. You believe in cooperation and coordination and value the sense of belongingness and need. But whenever you get a chance you don't hesitate to put forward your views and feelings

Development Plan

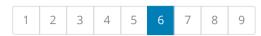
You can work on following strategies to work on improving moral conformity levels:

- 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.





d Agreeableness



Meaning

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

Expert Analysis

You are mostly optimistic about human nature. You believe that generally people are warm, considerate and cooperative. You are usually willing to help people who have helped you in the past, or people whom you consider good. You are willing to work with others and give full cooperation to the group. You do not want yourself to be engaged in conflict and try to maintain harmony with others most of the time

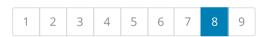
Development Plan

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 competing with others and suspecting their intentions, it is better you understand that everyone is unique. This will help you to accept different 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



Meaning

Extraversion is the ability to talk easily to others, assert viewpoints and prefer working in groups, rather than working alone

Expert Analysis

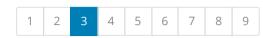
You take immense pleasure in social gatherings; enjoy spending time with people and dislike loneliness. You are energetic & have the ability to approach strangers with ease and can initiate conversation on a wide range of topics. You prefer working in groups rather than working alone. You eagerly share your opinions among group members and find it easy to assert yourself

Development Plan





Team Work



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 find it difficult to work in a team. You prefer to work individually. Your ability to work collaboratively within a group of people in order to achieve a goal is low. You disregard the views of others while making decisions. You find it very difficult to communicate effectively with others. Due to this, you may be unable to form good relations with others in your team

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



Meaning

Decision making capacity is the tendency to choose effectively from alternatives through reasoning and critical thinking

Expert Analysis

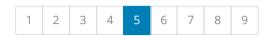
You have skills that enable you to take the decisions at the appropriate time. By anticipating future perspective, you are able to take decisions at the earliest possible. You evaluate the pros & cons of a situation and look for a logical approach towards decision making. High decision making capacity makes you capable to learn from the past difficulties and apply those learning in the future

Development Plan





Enterprising



Meaning

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

Expert Analysis

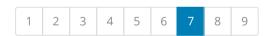
You do take initiative to perform tasks but you lack the assertiveness needed to put across your ideas and thinking. You are not much of a risk taker and enjoy being in the zone of comfort and safety. You like being a follower rather than a leader. This does not mean that you do not stand out in situations or groups; it just means that you prefer doing things the conventional way and hence the creative and novel aspect in problem solving is less

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



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 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





Meaning

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

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 presence and cheerful disposition. You are full of energy & vigor, which allows you to perform multiple tasks in the shortest possible time span

Development Plan

You have scored well in this trait



Organizational Skills

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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 often find it difficult to meet your goals. You don't, fully utilize your time, energy, and resources in the tasks that you undertake. You also have difficulty in being systematic and in planning your work. You tend to act in a manner that may not always be responsible due to which you are unable to set very high standards and thus, unlikely to meet the goals that you have planned for yourself

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
- 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.





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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 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

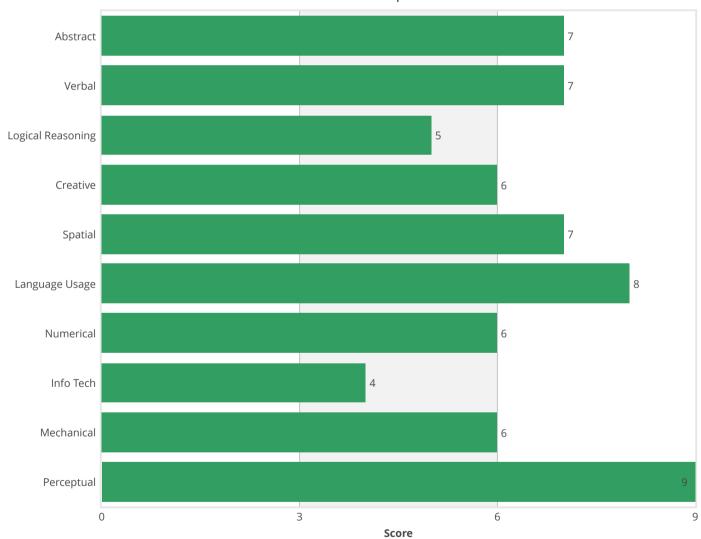
What is **Aptitude**?

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







Abstract

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 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





Logical Reasoning

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



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





Meaning

Ability to quickly grasp mathematical functions and to use them to analyze 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 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 problems in terms of 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 progressively keep taking 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

Meaning

Ability to grasp and use principles and concepts of technology and computer programs to solve problems

Expert Analysis

You have an average understanding of the principles and concepts of technology. Your responses indicate that you are aware about the basic computer programs and its applications. You are moderately comfortable when it comes to handling computer software. Your awareness about latest technologies and software is average. You have to put some effort in order to learn the working of new gadgets or software

Development Plan

You can develop info-tech aptitude by following the given interventions:

- Joining a computer course/program: One of the best ways to develop and enhance info-tech aptitude is by joining a basic computer course and later on doing an advanced-level program
- Exposure to technology, computer programs and applications: You can develop the info-tech aptitude by extending your exposure towards technology, various computer programs and applications. Try and get hands on experience of various applications with different features.





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

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



Your Emotional Quotient

What is **Emotional Quotient**?

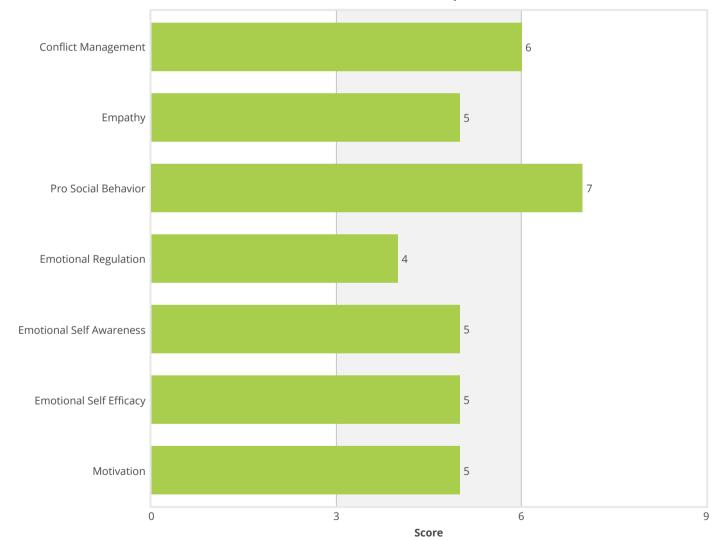
Understanding your Emotional Intelligence will help you understand your effectiveness in social situations. Emotional Intelligence assessment identifies how well do you recognize and handle your own emotions and interpersonal relationships.

Your Dominant Emotional Quotient Strengths













1 2 3 4 5 6 7 8 9

Meaning

Ability to resolve conflicts through negotiations

Expert Analysis

You are comfortable with resolving conflicts. You are usually clear about what you want from a particular situation, and also the needs of the other party involved. You can listen to people, and often figure out their reasons for the resistance in resolving a particular issue. You are able to read the non verbal signs which at times provide an important insight in resolving the conflict. You are flexible in your approach & opinions, and with some efforts can see the perspective of the other side also. You believe that two different positions can share a great deal of commonality and benefit much from the differences. You can maintain emotional composure in a tense situation with some effort. You have a number of strategies to deal with the pressure, which you recognize to be a part and parcel of a conflict resolving 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 some difficulty in understanding and responding to the feelings and emotions of others. This also indicates that you find it difficult to form a good rapport with the people around you. You are somewhat uncomfortable with people sharing their feelings with you and as a result you are unable to form close relationships.. Not only do you have difficulty with others' emotive sharing, you also find it hard to understand and accept your own emotions. At times, this may make it difficult for you to respond to others with an appropriate emotional response

Development Plan

Empathy is an important social skill. It is an essential ingredient to succeed in careers as well as relationships. You can improve your empathy by using the following strategies:

- Be self-reflexive: Be in touch with your own feelings. Being in touch with your own emotions helps in understanding and responding to the feelings of others.
- Communicate effectively: For this, you may need to develop your communication skills so that you are able to clearly indicate your understanding of the other person's emotional experience.
- **Use humour to ease the situation:** However it is important to not sound too casual or seem like you are taking the situation lightly.





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

You are highly motivated to help others in ways that will benefit them, without any personal gains or immediate benefit to yourself. The help that you give to others may be trivial like picking up someone's dropped pen or donating for social causes, or extraordinary behaviour like volunteering to rescue stranded people. You rush to help others in need and sometimes tend to ignore the danger to yourself in your desire to help those in distress. If you notice any situation that you consider to be an emergency, you feel compelled to offer your help. This high need to help others in need also indicates a higher than average ability to empathize with others. Your score also indicates a high interpersonal trust and high degree of social responsibility

Development Plan

You have scored well in this trait



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

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 off. 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





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 9

Meaning

Belief in one's capability to understand and deal with one's emotions

Expert Analysis

Your score indicates that you partly believe in your capacity to understand and deal with your own emotions. You also have some doubts regarding your ability to regulate them. This hampers your ability to make the right decisions in some situations . You believe that both external and internal factors are the cause for negative emotions and as a result, you often don't take responsibility for your own feelings

Development Plan

- Be confident: Be confident in your own potential to understand and deal with emotions.
- **Encouragement:** Take the help of your friends and family to boost your confidence. Their encouragement will have a positive influence in improving your emotional self-efficacy





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

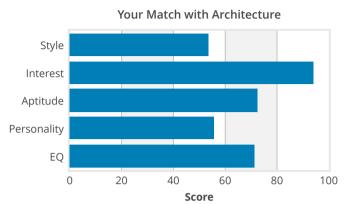






Career Match with Architecture





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.

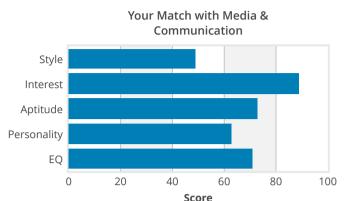
Top recruiting firms- Architecture Design Firms, Real Estate Firms, Engineering Firms, Government Bodies

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



Career Match with Media & Communication





Journalists in the 21st century play a very important role in providing necessary information to people regarding the day-to-day life and keep the citizens of the country updated with the current affairs and happenings that take place. Mass communication helps in disseminating such wide range of information to the people in a variety of ways such as audio, video, graphics, animation etc. Today, journalism is not only about reading out news to the people, but is central to shaping the thought patterns among people. With the increasing number of news channels, newspapers and the expansion of technology, journalism and mass communication has a wide scope and plenty of opportunities.

Mass communication opens the door to fields like public relations, editing, scriptwriting, video jockey, and radio jockey amongst many others.

The coursework for journalism and mass communication provides the technical aspects of knowledge required for the field. Other important skills necessary for the field are the ability to write and speak effectively, interest in the current affairs. General knowledge constitutes an important component of journalism and mass communication.

Specialization in the field of journalism is available in areas like sports, politics, finance and economics, investigation etc. Master level courses are also available and are also considered to be important for future growth.

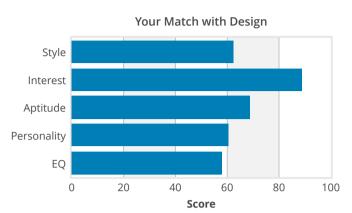
Some of the top job recruiters in the field include AIR, NDTV Network, India Today Network, Hindustan Group of Publications, Viacom etc.

Trending Field: Reporters, Journalists, Editors, Scriptwriters, Anchors, Writers etc.



Career Match with Design





Career in design is for people who have a creative outlook and are able to form innovative connections between colors, shape, materials and textures. Designers are required in nearly every field whether in designing cars, clothes, buildings, products, logos, theatre sets, merchandise sets, landscapes etc. While most indulge in computer-aided designs, a basic fine art is also intrinsic to designing.

Design has wide variety of sub fields including graphic designing, fashion designing, interior designing, web designing, set designing, industrial designing, visual merchandise designing etc. Each of these categories requires a domain specialization. One can select their area of specialization on the basis of their interest, skill and aptitude. Most institutes have an entrance exam for admission and competition for the premier institutes like NID and NIFT is quite high.

In order to build a career in design one should have a bachelor's or master's degree in the particular field.

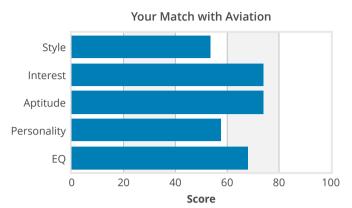
Designers can find jobs in Fashion Houses, Media Houses, Automobile Industry, Technology Firms, Web Designing Firms etc. A lot of designers also pursue their career as a Freelancer.

Trending Field: Graphic Design, Fashion Design, Animation & Graphics



Career Match with Aviation





Aviation is still amongst the most rewarding and fascinating careers. Aviation refers to all the activities involving the operation of aircrafts. The courses in India deal with Flying Operation, Aircrew, Aircraft, Air Traffic Management, Aviation safety and economics of the airport. Aircraft pilots are highly trained professionals and require intensive training & skill up gradation. Being a highly specialized job one is required to have knowledge of air navigation, interpreting meteorological reports, lead the aircraft under varied circumstances and be a leader to the crew and passengers.

At technical level, a lot of skills are prerequisite for the pilots and they have to qualify many tests to get the license to fly. Getting the DGCA (Directorate General of Civil Aviation) license to fly the airplane is highly competitive in nature.

For a career as a Pilot, one should pass the 10+2 level with the subject combination of Physics, Chemistry and Maths. Post class 12th one can try and crack the entrance exams of the flying schools in India and also clear the physical fitness requirements.

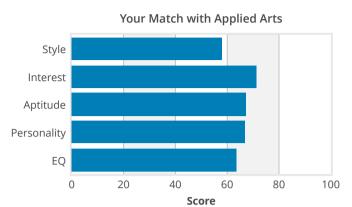
Leading recruiters include well known International and domestic airlines such as Emirates, Singapore Air, Etihad, Jet Airways and Air India.

Trending fields- Commercial Pilot, Private Jet Pilot, Aircraft Maintenance Engineer etc.



Career Match with Applied Arts





Applied Arts is the art of producing objects, which are aesthetic, utilitarian and also easy to use for people. Hence, these artists apply creative arts to practical use. It is about combining artistic vision with commercial need. Work of an applied artist can be seen in most basic objects such as table, chair, utensils and also in complex objects like smart phones, microwave, food processor amongst many others. Applied arts is often confused with fine arts. Fine Arts forms the basis for applied arts but it requires much more than that.

Various fields in applied arts include graphic arts, architecture, industrial designing, decorative arts, jewelry, photography etc.

Selection to some universities for bachelor of fine arts and applied arts is made on the basis of an aptitude test consisting of drawing, creative composition in painting, sculpture in clay and graphic design.

There are many universities that provide bachelor's degree in applied arts or one can also pursue bachelors in fine arts with honors in applied arts.

Job prospects are good after graduation. Applied Arts professionals take up jobs in sectors like animation, advertising companies, dance studios, television, software companies, magazines, digital media etc.

Trending Field: Animation, Graphic Designer, Advertising etc.

GOT ANY QUESTIONS?

Consult with our experts



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