

Career Discovery Report



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

SAMPLE REPORT

Name:

School:

Congratulations!

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



You are here!

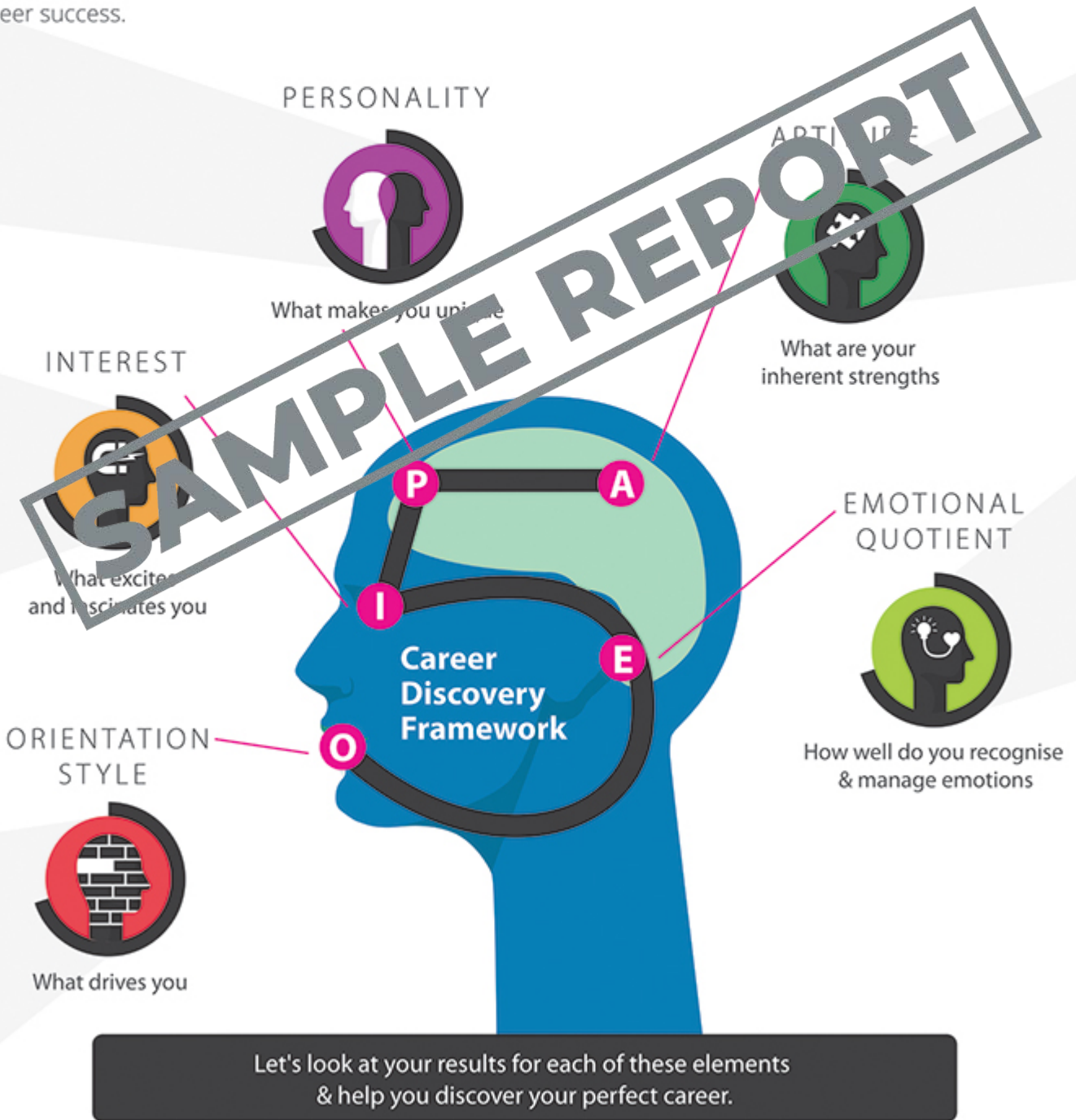
SAMPLE REPORT

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.



Your Orientation Style

What is Orientation Style?

Orientation style identifies what an individual is driven by. Understanding the orientation style will help you with career decision based on your dominant style of interaction with the surroundings.

Your Dominant Style



People Orientation

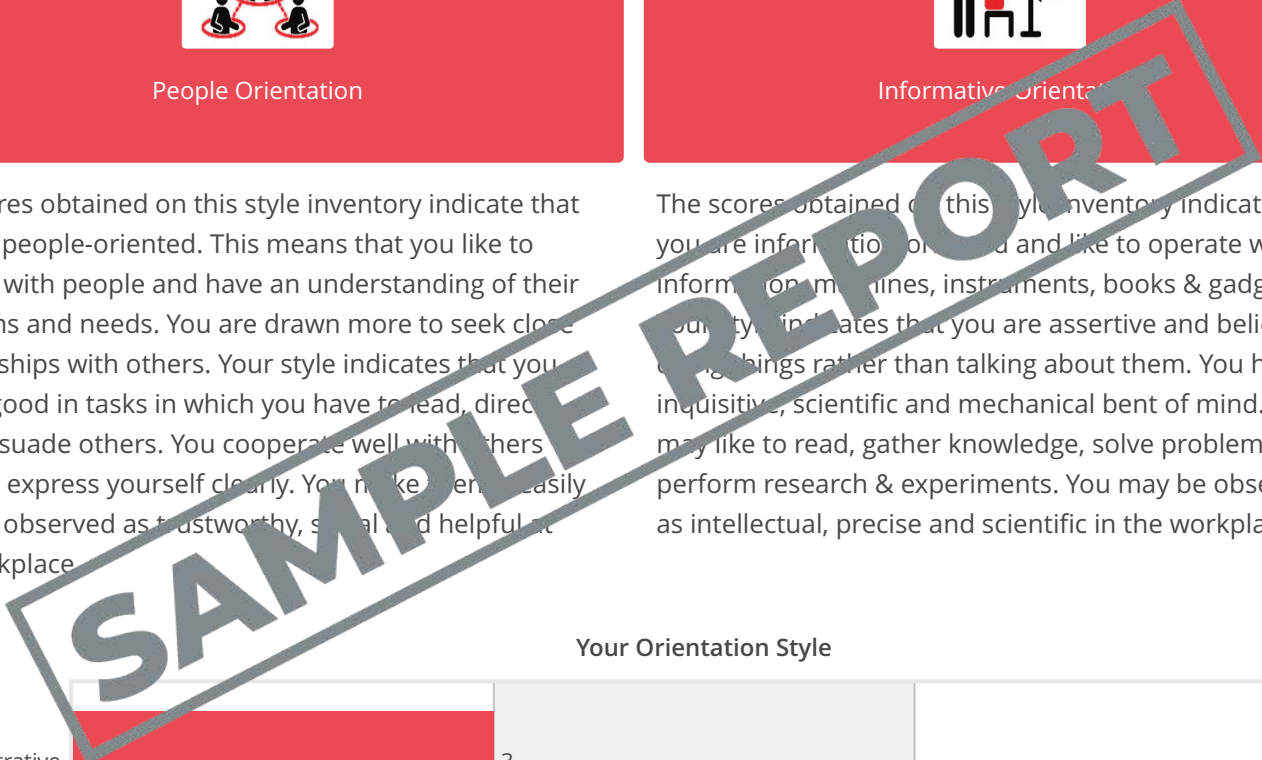
Your Secondary Style



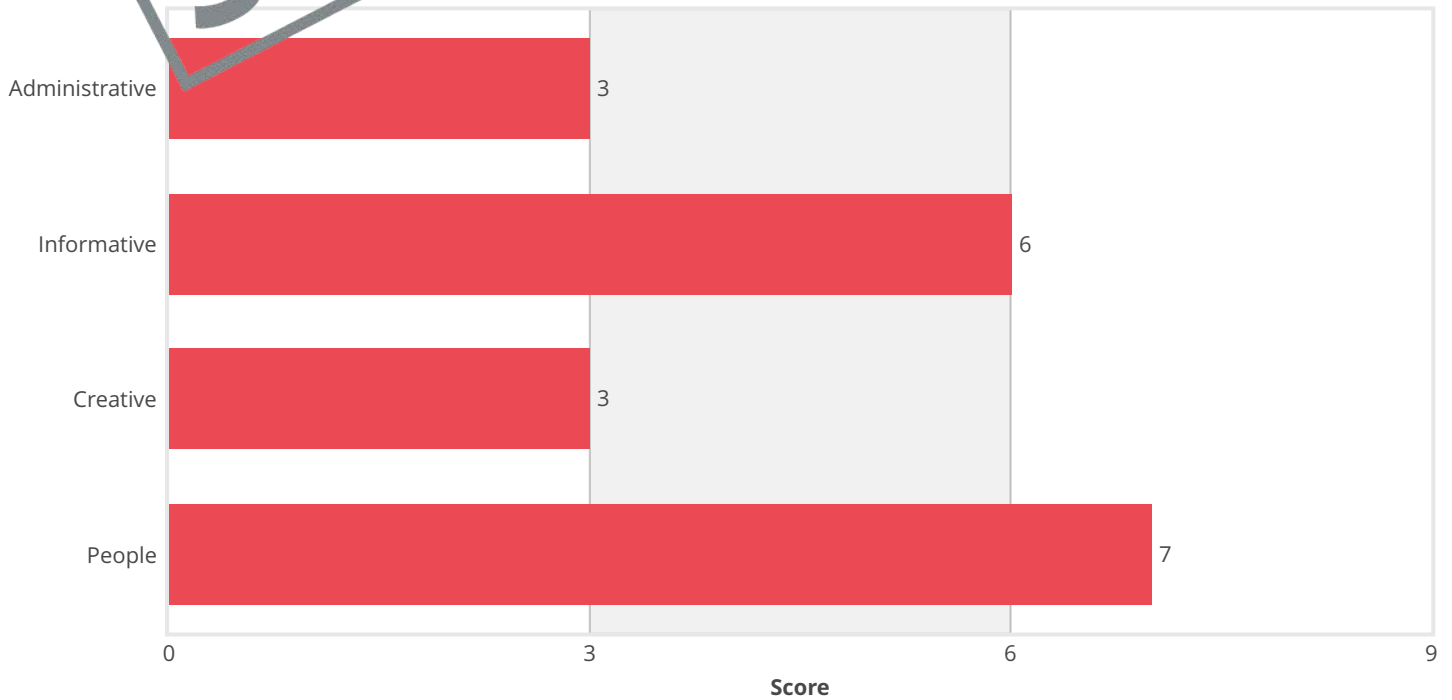
Informative Orientation

The scores obtained on this style inventory indicate that you are people-oriented. This means that you like to interact with people and have an understanding of their problems and needs. You are drawn more to seek close relationships with others. Your style indicates that you will be good in tasks in which you have to lead, direct and persuade others. You cooperate well with others and can express yourself clearly. You make friends easily and are observed as trustworthy, social and helpful at the workplace.

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



Moral Conformity

Extraversion

Perseverance



Your Personality in Detail



Locus of Control

1 2 3 4 5 6 7 8 9

Meaning

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

Expert Analysis

You emphasize on building your destiny through your persistence and perseverance. Belief in your abilities and skills enables you to shine in different situations and makes you an enterprising person. You like to take responsibility, work in a team, manage people, influence others and set a path for attaining your goals. Your strong perception towards yourself is contagious and it places you on a higher pedestal in others viewpoint

Development Plan

You have scored well in this trait



Resilience

1 2 3 4 5 6 7 8 9

Meaning

Resilience is the ability to pursue chosen path despite stress, high-risk status, challenges and hardships

Expert Analysis

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

Integrity

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

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 ethical 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. 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.

Moral Conformity

1 2 3 4 5 6 7 8 9

Meaning

Moral conformity implies standing by your principles & code of conduct rather than matching attitudes, beliefs, and behaviors to group norms so as to fit into the group

Expert Analysis

You can quickly analyze the demands and gravity of the situation and take appropriate decisions keeping in mind the principles of morality and interest of the society. Your decisions are based on fact and reasoning and not on emotions. Your decisions are not influenced by group pressure and you stand by your principles of right & wrong. You can easily withstand the group pressure if it goes against your notion of morality

Development Plan

You have scored well in this trait

Your Personality in Detail



Agreeableness

1 2 3 4 5 6 7 8 9

Meaning

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

Expert Analysis

You are skeptical about intentions of others and have a hard time trusting them. You believe that people are untrustworthy and inconsiderate. You also have great difficulty in understanding others' viewpoints. You prefer competing with others rather than cooperating. You are not afraid of conflict, and you believe in dealing with difficult situations head on even when your actions may have negative impact on people around you

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

1 2 3 4 5 6 7 8 9

Meaning

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

Expert Analysis

You 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

You have scored well in this trait

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 above average ability to work collaboratively within a group of people in order to achieve a goal. You believe in partnerships and can relate to others quite easily. You have fairly good communication skills which help you to maintain good relationships with others. You tend to take the opinions of others while taking decisions most of the time. Such qualities help you work in teams with ease

Development Plan

Your scores indicate that you need to put some effort to develop your ability to work collaboratively with 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. Whenever wanted, you need to express your views to others.
- **Add humor:** Adding humor in your day-to-day dealings with others will help you to keep a sense of perspective and will also work as a great bonding tool.
- **Group activity:** You need to try and engage yourself in more group activities wherein coordination and cooperation with members of the team will help achieve the common objective



Decision Making Capacity

1 2 3 4 5 6 7 8 9

Meaning

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

Expert Analysis

Your responses reveal that your decision making capacity is quite low. You find it difficult to take decisions in normal as well as in the conflicting situations. Even small problems may look like a great challenge at times. Your decision making capacity makes you unpredictable at times and you may not be able to take decisions in a confident manner

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



Enterprising

1 2 3 4 5 **6** 7 8 9

Meaning

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

Expert Analysis

You help people & groups, solve problems, and you very well know how to take advantage of the opportunities, which come across your way. Your credibility and creativity rules people's heart and your inner spirit to take charge of things without being asked to do so makes you a leader. You are not comfortable with stability; you are innovative and willing to take a calculated risk. You persistently set your goals and work hard to achieve them and use your imagination to solve complex troubles using novel ways

Development Plan

You can improve your enterprising skills through the following strategies:

- **Be willing to admit and learn from failures and weaknesses:** No one is perfect and everyone makes mistakes. The most successful person is one who knows that the key to success is not avoiding failures, but to learn from them. You should continue to improve yourself in every possible way.
- **Being confident:** Learning about any area/domain in detail helps you to become confident in that particular area. You can start by learning more about your hobby.
- **Maintain a positive attitude:** With a positive attitude, you are looking at the bright side of life. People are naturally attracted to you when you have a positive attitude. By being positive, you will lead a happier life, as well as be surrounded by other positive people.
- **Being passionate:** You need to be passionate about the work you do. Passion is contagious and it helps you in persuading others.



Intense Pursuit

1 2 **3** 4 5 6 7 8 9

Meaning

Synonymous with dedication, devotion & zeal; intense pursuit is having a clear intention, aim, interest, commitment and strong desire to pursue on a chosen path

Expert Analysis

You find it very difficult to focus your attention towards one task. Due to this, you are unable to complete the tasks and tend to leave them mid way. You also tend to skip to new tasks one after another and finally end up completing none of them. You easily get distracted when faced with challenges, especially with early failures or setbacks in the pursuit of your goals. You also are quick to see how others or environment have sabotaged your efforts and in such circumstances you feel like a victim

Development Plan

You can develop intense pursuit by following strategies:

- **Writing it down:** This is as simple as it sounds. Have well defined time bound goals. Also make a "To Do" list on daily basis, to make sure that things are getting done.
- **Prioritizing your work:** You have to make a clear distinction about what is important & what just seems to be important. Focus your energy on what is critical and needs to be done.
- **Take responsibility for your goals:** Rather than making excuses for incomplete tasks, take up responsibility and make efforts to complete them. It will be difficult for you to pursue your goals, unless you take responsibility

Your Personality in Detail

Enthusiasm

1 2 3 4 5 6 7 8 9

Meaning

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

Expert Analysis

You tend to accept things as they are, without trying to question them. You avoid new experiences and do not have much inquisitiveness to learn about new things. Your stress levels increase whenever you have to face some new situation. You prefer to have a set routine without any need to make adjustments; as you find it difficult to adapt yourself to new surroundings

Development Plan

You can increase your enthusiasm by using following strategies:

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

Organizational Skills

1 2 3 4 5 6 7 8 9

Meaning

Organization skill is the ability and style of an individual to structure plan and meet their goals in a systematic manner

Expert Analysis

You 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 set tasks.
- **Prioritize your work.** Learn to understand the difference between tasks that are highly important and need to be done immediately and the tasks that can be done later. This will help you do your work on time and not be stressed.
- **Set proper timelines.** When you start a task, set a realistic timeline for the completion of your task. This will make you more systematic and help you to be more structured in doing your task

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 stands for a minimal desire to strive for high standards of excellence. This means that you are often careless about your task and don't feel responsible for your own work. You are generally casual about the things happening around you. All such things interfere in your performing the task in an efficient manner. You are more interested in completing the task rather than the quality of work and hence tend to use short-cuts while doing the task

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 work. Make a list of 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 the obstacles

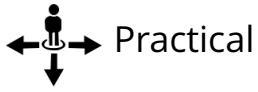
Expert Analysis

You show a high degree of determination towards achievement of a goal and strong endurance to overcome the challenges. Your dedication towards the goal persists irrespective of engaging with difficulties such as discouragement, failure, opposition, and rejections. You continue working towards the job despite the delays in success. You have good level of self-confidence and a natural urge towards hard labor

Development Plan

You have scored well in this trait

Your Personality in Detail



Practical

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 with practice by following certain strategies such as –:

- **Try it out** - Hands on experience will help you in testing of assumptions and your own beliefs.
- **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.

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



Abstract



Logical Reasoning



Numerical

Your Aptitude



Your Aptitude in Detail

* 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 scores reflect that you are moderately skilled at working with new concepts, abstract ideas and recognizing patterns and similarities between them. Your scores also indicate that you are able to recognize the similarities and differences between ideas, or concepts which are not necessarily related at an average level. You are able to work out new concepts and deal with abstract ideas in most cases

Development Plan

Abstract aptitude can be developed by adopting following strategies:

- **Abstract ideas and concepts:** Give yourself a regular exposure to abstract ideas and concepts. Repeatedly examining information presented in abstract forms in books and newspapers will help you to develop a capacity for handling abstract information and looking for patterns. Try and solve puzzles, games and other forms of analytical material to enhance abstract way of thinking.
- **Patterns and relationships:** Purposefully seek patterns and relationships in things around you for enhancing abstract aptitude and outlook. You should also practice creating diagrams which represent relationships, connections and sequences

A 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

Your scores indicate that you are not very skilled at understanding word relationships and interpret detailed written information. You are often unable to absorb information without losing concentration or feeling left behind in a conversation. This puts you at a disadvantage while trying to analyze relationships among parts of sentences or recognizing relationships among words and concepts

Development Plan

You can use the following strategies to improve your verbal skills:

- **Reading:** You can start reading and analyzing texts, articles and newspaper columns. Challenge yourself with more and more complex material and continue even though you seem to be making little progress because over time, it will show results.
- **Drawing conclusions and inferences:** Try to deduce relationships among various components of the reading material. Try to look for relationships and patterns, drawing conclusions and making inferences.
- **Memorizing word-meanings:** Consciously memorizing word-meanings regularly will also help in broadening your vocabulary base.

Your Aptitude in Detail



Logical Reasoning

1 2 3 4 5 6 7 8 9

Meaning

Ability to identify and isolate components of an argument to arrive at a complete inference and reach a conclusion

Expert Analysis

You have an average ability to apply logical reasoning to solve problems. At times you find it hard to detect the stronger arguments from the weaker ones. At times when you cannot find logical reason to support your stand, you may lean on emotional reasoning or rely on instincts

Development Plan

You can develop logical reasoning by practicing following strategies:

- **Play mind games:** You should try playing mind games such as chess, Sudoku, word games and other mystery games and puzzles that are easily available online. This will give you an understanding of the patterns and relationships between individual elements and will help you in developing logical reasoning.
- **Practice & Perform non-routine tasks:** You should regularly practice open mindedness and must make conscious attempt to figure out relationships among related or unrelated stimuli. Read books on logical reasoning and improve your skills by practicing a wide range of problem types.



Creative

1 2 3 4 5 6 7 8 9

Meaning

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

Expert Analysis

You are not very comfortable at developing unique and diverse ideas & solutions for a given problem. You are practical in your approach and prefer to follow the conventional way of dealing with things. You usually do not try to innovate or challenge the standard ways of doing things

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

Meaning

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

Expert Analysis

You have a limited ability to effectively visualize and mentally rotate objects presented to you in two-dimension. This means you can't easily imagine how objects would look when turned or rotated without actually turning or rotating them. You are unable to mentally re-arrange objects. This puts you at a disadvantage while trying to understand and remember the spatial relations among objects

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 positions of figures.
- **Games and Activities:** Pursuing certain activities, such as Lego building (including computer versions), photography, doing jigsaw puzzles, playing chess, drawing, geography, solving origami, practicing visual memory games or playing computer games like Tetris can help to improve your ability at spatial visualization.
- **Practice Visualization and Spatial Thinking:** Regularly exposing yourself to three-dimensional spaces and environments along with paying conscious attention to these 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

Meaning

Ability to understand and use words along with the grammatical rules and structures to produce meaningful-novel sentences

Expert Analysis

Your scores indicate that you are not very skilled at understanding and using words and the grammatical rules and structures to produce meaningful and complex sentences. This also means that you find it difficult to detect errors in grammar, punctuation, and capitalization

Development Plan

Language usage can be enhanced by adopting following strategies:

- **Reading:** Reading extensively enables you to develop an understanding for the components and structures of the language along with developing an understanding of its rules. Read material even on those areas which do not interest you. Slowly progress from easy to more challenging reading material.
- **Writing:** Writing, on the other hand, opens you up to formulating newer combinations of words and putting words to creative uses. Gradually start writing on a wide variety of topics and subjects.
- **Listening:** Listening to the language also improves your language aptitude. Regularly listen to English news or even English songs to enhance your language aptitude.
- **Use of Dictionary:** Develop your vocabulary by regularly using dictionaries and thesaurus. Developing a sound vocabulary base is essential for developing language aptitude

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 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 individual 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

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

Your understanding of the principles and concepts of technology is relatively low. Your responses indicate that you are not very aware about the basic computer programs and applications. You are generally not very comfortable when it comes to handling computer software. Your awareness about latest technologies and software is low. You are not very comfortable when it comes to learning about 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.

Your Aptitude in Detail



Mechanical

1 2 3 4 5 6 7 8 9

Meaning

Ability to grasp and use mechanical concepts and principles to solve problems

Expert Analysis

You are not very skilled at understanding of forces and dynamics. You have limited knowledge and understanding of mechanical and other physical principles. You are not very good in perceiving basic mechanical principles, simple machines, tools, electrical, and automotive facts

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

1 2 3 4 5 6 7 8 9

Meaning

Ability to accurately and quickly compare similarities and differences among sets of pictures, patterns, objects, letters or numbers.

Expert Analysis

Your score indicates that you are not good at rapid speed and accuracy in tasks, which don't necessarily require high intellectual activity. You mostly exhibit a prolonged reaction time, i.e., you may not be able to give reaction within a reasonable time range. You have difficulty in dealing with complex information swiftly and may not show accuracy in responding

Development Plan

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

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

Your Emotional Quotient

What is Emotional Quotient?

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

Your Dominant Emotional Quotient Strengths

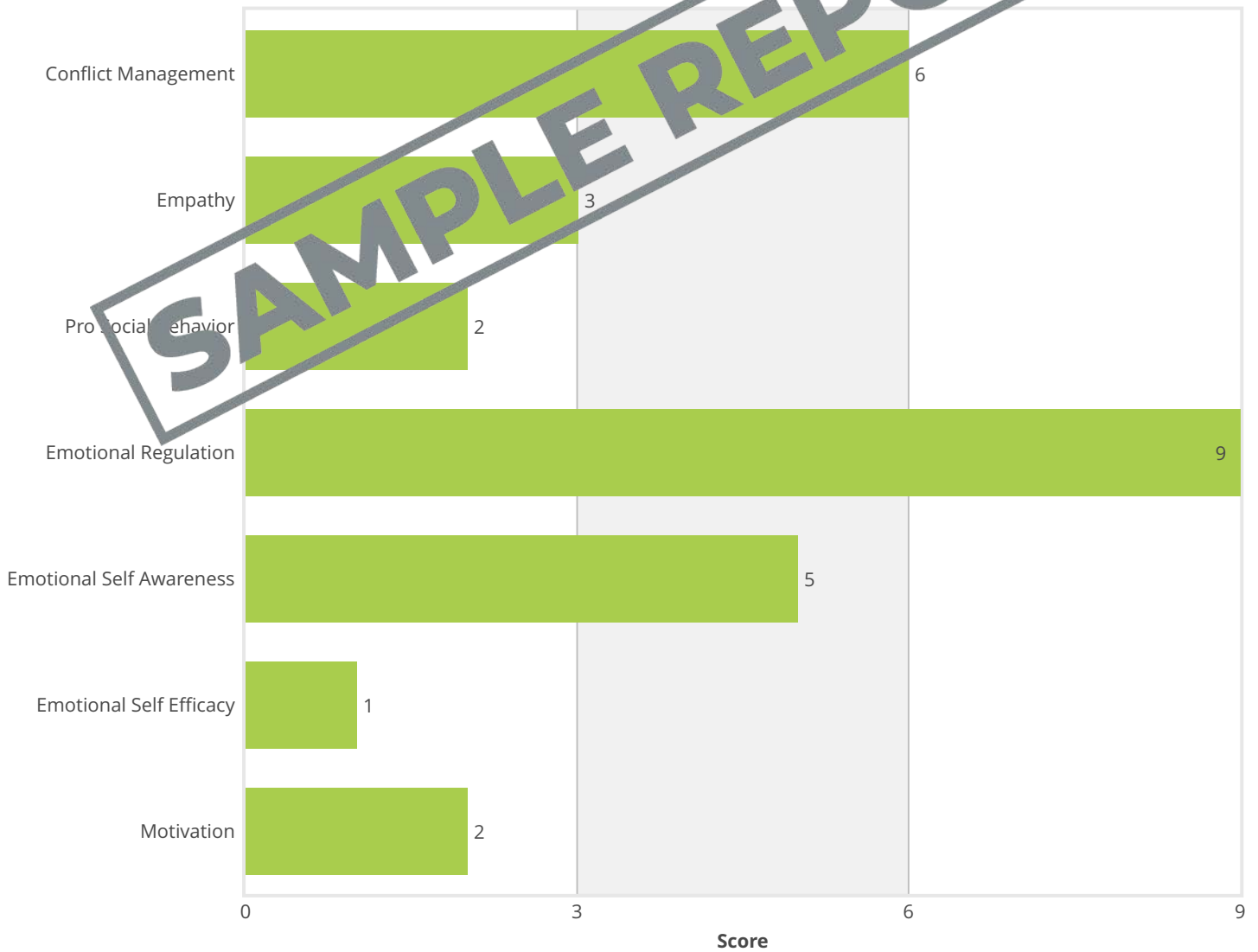


Emotional Regulation



Conflict Management

Your Emotional Qu



Your Emotional Quotient in Detail



Conflict Management

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 your 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

Your score indicates that you have difficulty in understanding the feelings of others as you do not seem to be in touch with your own feelings. You are unable to respond appropriately to people who try to share their feelings with you. You are uncomfortable with anyone sharing their innermost thoughts and feelings and this is probably because you are not comfortable with your own feelings. You seem to feel that being in touch with your feelings and acknowledging them will somehow make you vulnerable in the eyes of others. You are afraid to show your true emotions as you think that it leaves you open to being hurt by others. You perceive being emotional as interfering with normal functioning

Development Plan

The failure to register another person's feelings is a great deficit in social skills as well as communication. This ability to understand how another person feels is important in many areas of professional as well as personal life. The following strategies can help you develop empathy:

- **Empathy builds on self-awareness:** Increasing awareness about your own feelings will increase your empathy towards others.
- Remembering small gestures like appreciating the person's work or contribution toward your own can make the person comfortable with you immediately.
- You can increase your level of communication with others by giving them a positive feedback wherever possible.
- You can use your listening skills effectively to build a rapport with people around you

Your Emotional Quotient in Detail



Pro Social Behavior



Meaning

Having the motivation to help others without any personal gain

Expert Analysis

Your responses indicate that you are not inclined to help others in distress. It may be because you are absorbed in some problems of your own. This may also be a result of not wanting to bear the repercussions of being helpful. The score also indicates low interpersonal trust as well as a low expectation of fairness in the world. Your lack of helpful behaviour also shows that you may have a low level of empathy towards others and their needs. You find it difficult to concern yourself with the rights, feelings, and welfare of others

Development Plan

Prosocial behaviour is important to promote your connectedness to society. To increase your prosocial behaviour you can:

- **Increase your group identification:** this will promote your co-operative behaviour.
- **Reduce your social dilemmas:** you can consciously learn to pay attention to the needs of others whenever there is a conflict of interests between your needs and the needs of others around you.
- **Make the rewards of prosocial behaviour intrinsic rather than extrinsic:** you can focus on the emotional rewards like empathy and self satisfaction rather than social rewards like social approval.
- **Consciously work on increasing empathy towards others:** This will bring about a greater understanding of the emotions and pressing needs of others.



Emotional Regulation



Meaning

Managing one's constructive as well as destructive emotions well. Ability to manage stress, anger and anxiety

Expert Analysis

You are able to manage your constructive as well as destructive emotions exceedingly well. You respond to ongoing situations with the range of emotions that are socially acceptable and sufficiently flexible. You can come with spontaneous reaction to varied situations as well as have the ability to delay spontaneous reaction as and when needed. You can easily focus on the task assigned and have the ability to suppress inappropriate behavior under instruction. You can modulate anxiety as per the requirement of the task performed and are not overwhelmed by it. You don't give in easily to pressure and are able to assert yourself whenever the situation demands. You can intuitively decipher the emotional strategies appropriate for a given situation and can direct emotions towards creative endeavors

Development Plan

You have scored well in this trait

Your Emotional Quotient in Detail



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

You do not have much belief in your potential to understand and deal with your emotions. Your perceived capacity to deal with feelings is very low. Due to this, your emotions tend to overpower your ability to make the right decisions. Moreover, you believe that your emotions are caused by external factors and therefore you do not take responsibility for your own emotions

Development Plan

As there is scope for improvement in your perceived ability to understand and deal with your emotions, you can inculcate the following strategies

- **Positive affirmation statements:** Start by being more positive about your capabilities. You can start by practicing positive affirmations like, "I am in control of my emotions".
- **Don't let your emotions overpower your ability to deal with situations:** Take control of your emotions and work as per the demands of the situation with full belief in your capabilities.
- **Reward yourself:** You can also reward yourself when you see yourself dealing and managing your emotions effectively.

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 score indicates that you often start a task with enthusiasm but have a hard time sustaining it. At other times you are not able to start the task itself because of the lack of drive, which is required to achieve goals. When you are feeling low, you find it hard to come up with strategies that can help you overcome this inertia. You are not able to focus on a particular task because you get distracted easily. Your low motivation continuously interrupts your progress at home and at work. You find it hard to get inspired by your surroundings. This results in your setting fewer goals. In case of urgent and pressing goals, you find the goal attainment process exhausting and hard to initiate

Development Plan

- **Choose goals that are intrinsically satisfying:** You need to also make sure that the set goals are intrinsically rewarding, i.e. goals that include activities that you enjoy doing.
- **Ask your friends to encourage you:** Ask for encouragement from your friends whenever the task gets difficult and you want to give up.
- **Set few small goals, and commit to achieve them:** Instead of setting too many goals, in the beginning, set few, achievable goals and gradually move towards more challenging one

SAMPLE REPORT

Your Dominant Style



People Orientation



Informative Orientation

Your Dominant Interests



Applied Arts



Commerce & Management



Legal



Sales



Defense Services

Your Dominant Personality



Moral Conformity



Persuasion



Perseverance

Your Dominant Aptitude



Abstract



Logical Reasoning



Numerical

Your Dominant Emotional Quotient



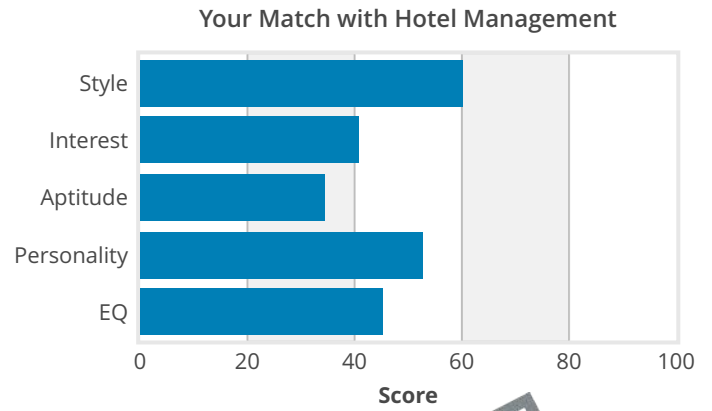
Emotional Regulation



Conflict Management

SAMPLE REPORT

Career Match with Hotel Management



Hotel Management is emerging to be one of the most lucrative careers in today's age. The hospitality industry has tremendously expanded over the years, which has created a lot of opportunities for the people. A good manager should have good communication skills along with organizational skills to coordinate among different departments.

The various fields under hotel management include hotel & restaurant management, cruise ship management, hospital administration, hotel and tourism association, airline catering and cabin service, club management, etc.

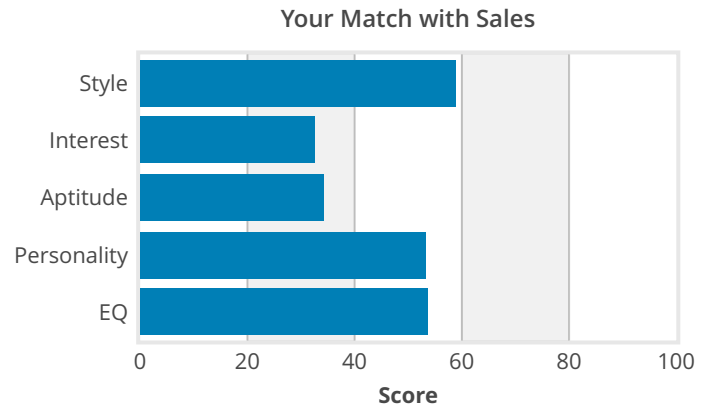
One can apply for hotel management on the basis of an entrance exam followed by a personal interview. National Council for Hotel Management and Catering Technology conducts the leading entrance exam on a yearly basis. Premium hospitality chains like Taj, Oberoi and ITC have their own hospitality programs and separate selection criteria. There are also several private colleges and institutions, which have their own, entrance exams.

The basic requirement for this course is a minimum of 50% marks in 10+2 level. After clearing the entrance exam one can take a bachelor's degree in hotel management or in travel and tourism. Diploma courses are also available which lasts for 6 months to 3 years.

Top recruiters include Oberoi Group of Hotels, ITC Group of Hotels, Ambassador Group of Hotels, Indian Hotels Company Limited etc.

[Read more about Hotel Management](#)

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 every 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.

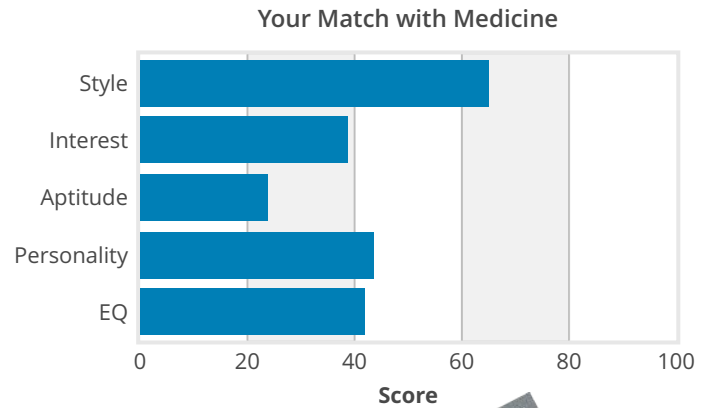
Employment opportunities for sales people exist across a wide spectrum of sectors, the most popular of which in terms of the number of people employed, are: FMCG, IT, Pharmaceutical, Automotive and Retail.

Trending fields: FMCG Industry, Pharmaceutical Industry, Automotive Industry

[Read more about Sales](#)

SAMPLE REPORT

Career Match with Medicine



Medicine is one of the most valuable and sought after career for those interested in science. There is immense scope for medicine as a professional career. It is a very challenging profession and requires utmost patience to excel. Career gestation period in medicine is relatively longer than other career options as specialization post the MBBS degree is highly recommended. Intricate and fast lifestyles have given rise to multiple new diseases, which the general doctors armed with a MBBS degree find difficult to deal with. This makes specialization a necessity in this field.

Specialization may include General Surgery, General Medicine, Paediatrics, Obstetrics, Gynecology, Neurology, Ophthalmology, Cardiology, Dermatology, anesthesiology etc.

Other systems of medicine like Homeopathy, Ayurveda, Unani, Dentistry & Veterinary Science are also fast emerging fields with excellent career opportunities.

Medical Science courses are offered at undergraduate, postgraduate and doctorate levels. At the undergraduate level, an MBBS degree is awarded in allopathic system of medical science, whereas in Homeopathic, Unani System and Ayurvedic System of Medical science, BHMS, BUMS and BAMS degree are awarded. A BDS degree is awarded at the undergraduate level in dental science. For veterinary science, BSc degree is awarded.

The competition environment in the field of Medicine is extremely vigorous as the number of seats in premier institutes is significantly less in comparison to the aspiring candidates. However with the increasing focus on healthcare, the number of medical colleges in the country is rapidly increasing.

Candidate seeking admission in the field of medicine should have had the subject combination of Science with Biology at 10+2 level.

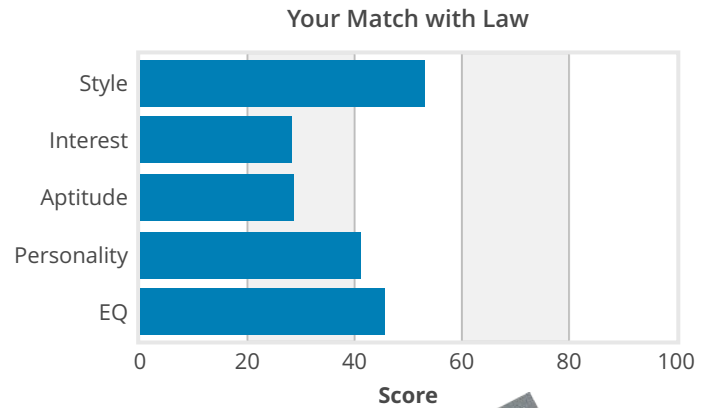
Entrance test like: NEET (National Eligibility cum Entrance Test) is the gateway to various medical colleges across the country, both private as well as public.

Top recruiting companies include- Fortis, Apollo and Max amongst others.

Trending fields include- Cardiologist, Surgeon, Psychiatrist, Neurologist

[Read more about Medicine](#)

Career Match with Law



A law degree arms one with serious advocacy skills, enabling one to argue in favor of any cause. Lawyers advise clients and provide solutions to legal issues at both private and public level.

They interpret laws, rules and regulations and prepare legal documents. They argue and debate at the courts and take decisions on legal matters. As a lawyer one is expected to apply abstract law theories to solve problems of clients in diverse set of situations. India has over twelve lakh lawyers but according to reports only one fifth of them are capable to practice law in the courts. Thus there is a huge demand for well-trained and skilled lawyers. With the increase in the number of premier law colleges in the country and the increasing demand from the industry; a career in law is an extremely lucrative option for the youth. Today, a huge range of specialization options has also emerged for lawyers such as International Taxation Law, Cyber Law, Environment Law, Sports Management Law, IPR, Aviation Law and Mergers & Acquisitions Law etc.

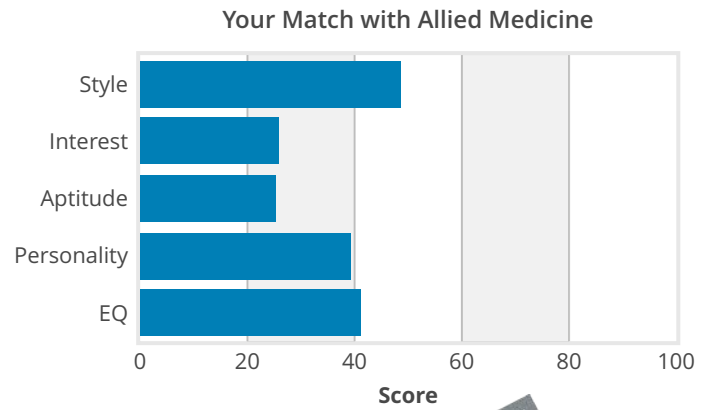
Students interested in making a career in law can either do a 5 years' course straight after 12th class or a three-year law course after graduation in any discipline. After graduation one can further specialize by pursuing an LLM from an Indian or global university/college. People in the field of law, work at various corporate houses, law agencies, law firms, litigation, and administrative services amongst others. Today leading law firms are the most sought after destination for Law Graduate.

Some of the top law firms in the country are: Amarchand Mangaldas, AZB & Partners, J Sagar Associates, Khaitan & Co, Luthra & Luthra.

Trending Fields: Corporate Law, International Taxation, Cyber Law

[Read more about Law](#)

Career Match with Allied Medicine



Without allied medicine professionals, the integral health management is out of gear and non-functional. The upsurge in the number of patients, array of diseases and demand for the extensive treatment has paved the way for the paramedical professionals who are expert technicians or therapists in providing better quality health care. A paramedic is a professional who assists the doctor in the specialized fields and assists in better diagnosis, treatment and therapy. Hence, paramedics are the key players in the health and medical sector.

Specialized fields include- Physiotherapy, Radiology, Audiology, Optometry, Speech Therapy, Occupational Therapy, Orthotic and Prosthetic Technology, Renal Dialysis Technology and many more.

The competition in this field is relatively low compared to Medicine since many candidates are unaware of the myriad options and bright futuristic prospects, which this field offers.

Aspirants must have pursued Science with Biology at the 10+2 level for admission to BSc courses at college level.

Job offers for these professionals come from Leading Hospitals, Diagnostic Centre Chains etc.

Trending fields include- Audiologists, Occupational Therapists, Pharmacy, Surgical Technologist

[Read more about Allied Medicine](#)



A stylized illustration featuring a person wearing a red shirt, blue cap, and glasses, holding a green folder. The person stands on a yellow oval. Above them is a large blue question mark and several smaller blue circles. A large, tilted rectangular box with a grey border contains the text 'SAMPLE REPORT' in bold, grey, uppercase letters.

SAMPLE REPORT

Got any questions?

Consult with our experts



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