



**Name : ABC
(Sample Report)**

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Head Office

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1. Primer: The first stage

1.1 Introduction:

Disha is a personalized career counselling program of Universal Tutorials (UT). This report details the process, interactions, outcomes, and recommendations for the student based on three key stages of Disha.

1.2 Background:

The first stage was carried in person with the student and a Big picture was presented around careers, skills, rewards, personality traits and challenges. The session included three important crossroad questions faced by the student after 10th Board exams.

For details, please refer to the pdf / hard copy of the first session handed over during the session.

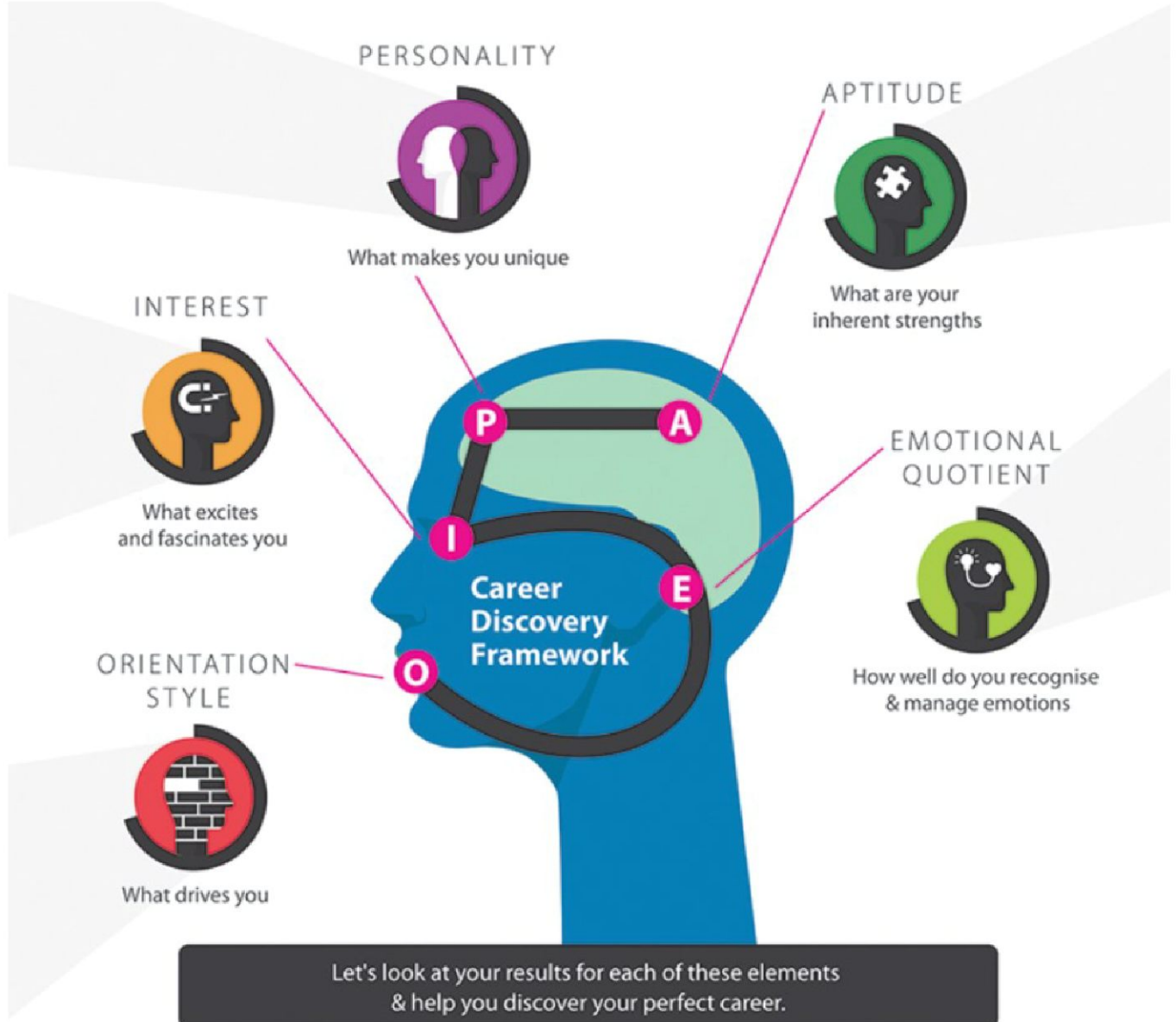
Student and parents were asked to fill separate questionnaire post the Big picture session. The analysis on key pointers are as follows:

	Student's Response	Parent's Response	Remarks, if any
Respondent's desire to pursue a career	Writer	Doctor	--
Favourite subject/s in school	English literature and history	--	--
Subject disliked	Physics and maths	--	--
Hobbies / Interest	Reading, writing, playing drums and keyboard, listening to music	--	--
Are aware what your child would like to pursue	Not Applicable	Yes, Aware	Writer
Openess of parent for child to pursue career of her choice	Not Applicable	Yes	--

2. Assessments

Career Assessment Framework

5-Dimensional Career Assessment Framework to help students discover their best-fit career matches. 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

Understanding your Orientation Style will help you evaluate your work style & natural way of approaching situations, to find out what kind of careers suit you. Orientation Style assessment identifies what you're driven with in life.

Your Leading Strength



Creative 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.

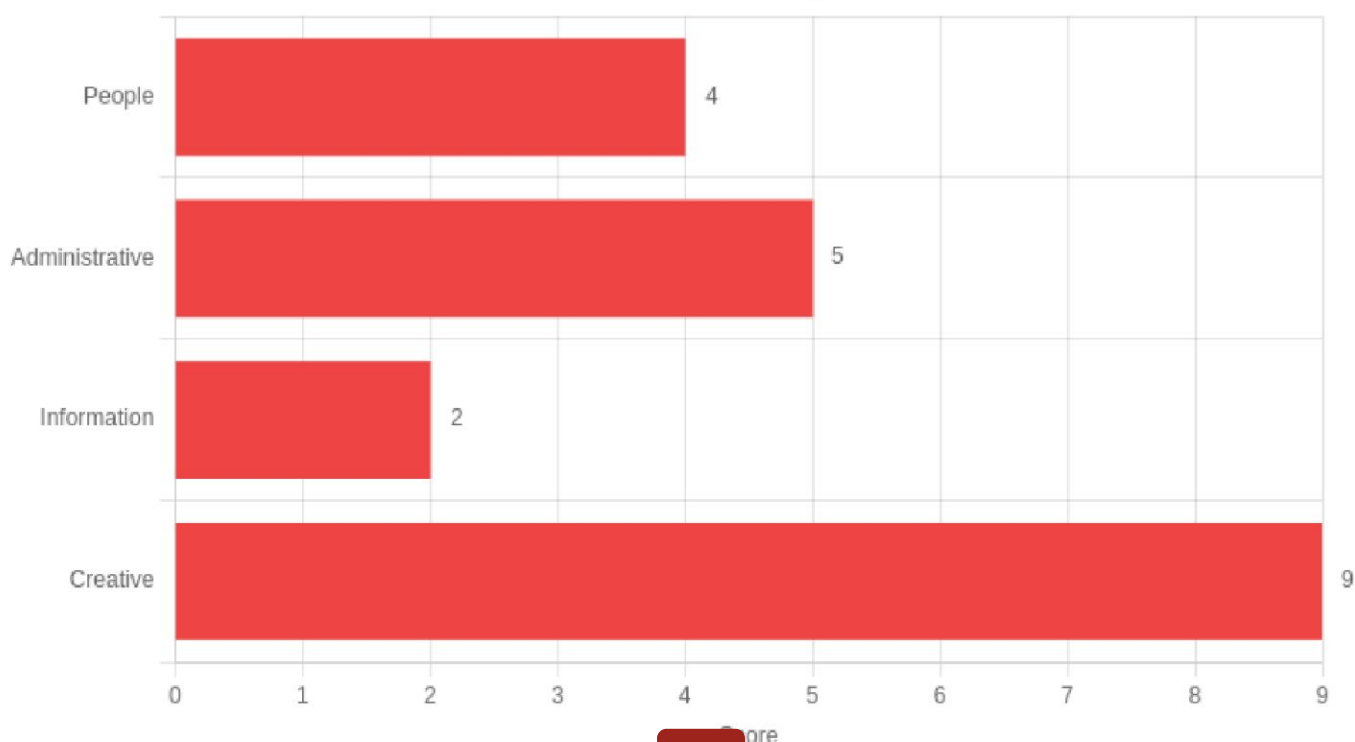
Your Secondary Style



Administrative Orientation

The scores obtained on this style inventory indicate that you are administrative orientated. This means that you are good with work tasks in which you have to deal with facts, 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 Orientation Style



Your Personality

What is Personality

Understanding your Personality will help you identify your consistent behaviour patterns. Each individual is different due to their unique blend of attributes. Personality assessment identifies which career options suit your style, and match your personal attributes.

Your leading Personality Strengths



Team Work

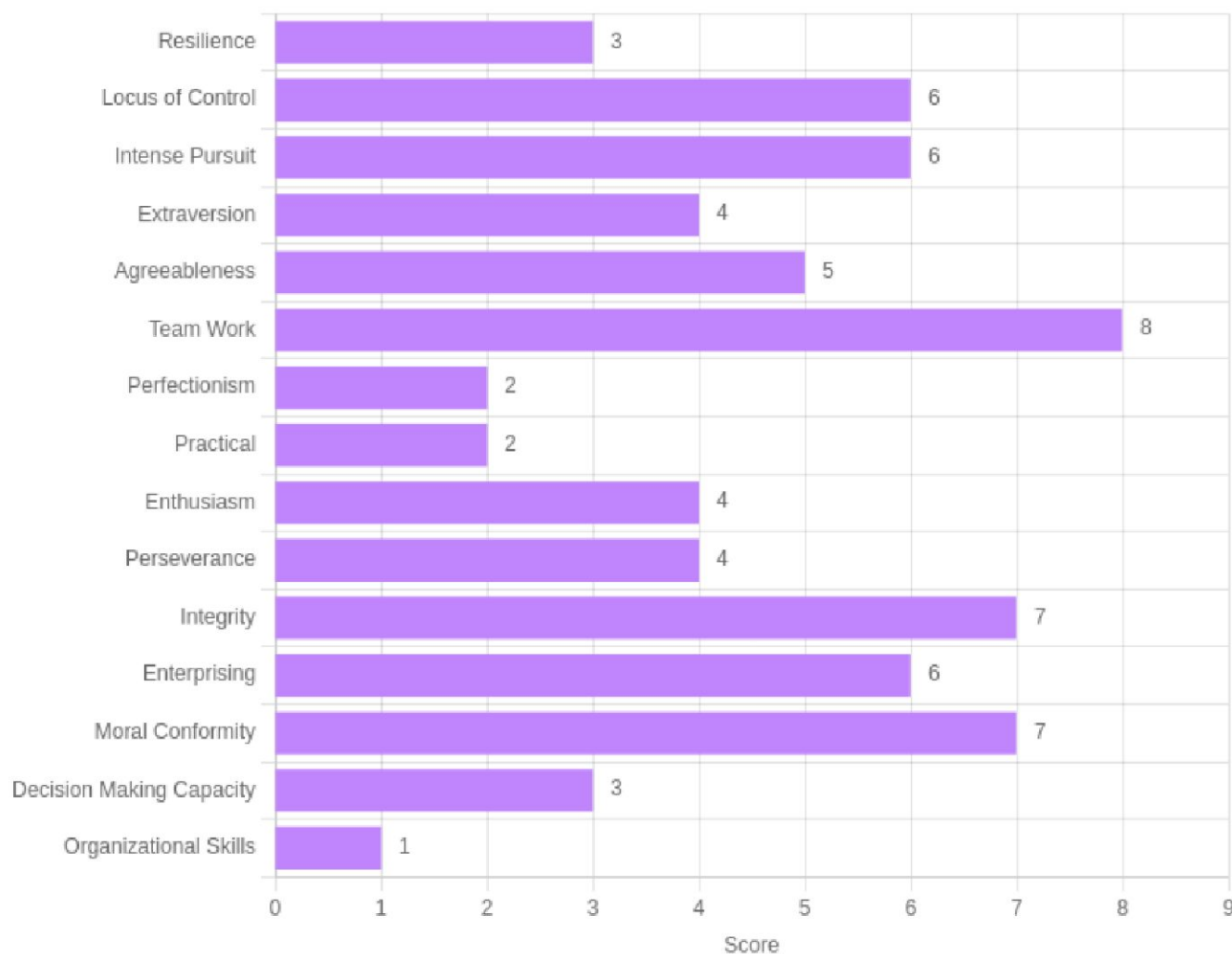


Moral Conformity



Integrity

Your Personality



Your Personality in Detail

Resilience

1	2	3	4	5	6	7	8	9
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Meaning

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

Expert Analysis

Your responses indicate that you don't exhibit competence under stressful conditions and hardly display courage, adaptability, and endurance. You tend to avoid challenges and see them more as a burden rather than excitement or an opportunity to grow. You are likely to falter when it comes to sticking to your tasks & defined schedule. You may also find it difficult to bounce back from setbacks or failures. You generally prefer to choose a safe path

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

Locus of Control

1	2	3	4	5	6	7	8	9
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Meaning

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

Expert Analysis

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

Development Plan

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

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

Your Personality in Detail

Intense Pursuit

1	2	3	4	5	6	7	8	9
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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

Most of the time you are passionate about accomplishing the goals that you choose for yourself. You are usually focused and determined in reaching your goals and tend to pursue tasks until they are completed. This makes you work hard and put continued efforts even when the task or the goal is difficult to be accomplished. When faced with inevitable challenges, you are able to maintain your composure most of the times. With some effort, you're able to find amicable and resourceful solutions to these challenges

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

Extraversion

1	2	3	4	5	6	7	8	9
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Meaning

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

Expert Analysis

You mostly prefer to avoid social gatherings & feel uneasy in the presence of too many people around you. You hesitate in approaching strangers, even when your concern is genuine; especially when the person is from a different background than yours. Sometimes you are unable to assert yourself and hesitate to share your opinions and ideas when working in a group

Development Plan

You can look to increase your extraversion level by using the following strategies :-

- **Developing interpersonal skills:** Try to communicate with people around you. This might be difficult at first, but you can keep trying and soon you will learn how to initiate a conversation and how to go about the whole process of communicating and sharing your views.
- **Find social activities you enjoy:** Sign up for hobby classes or volunteering activities or associate with new groups of people. Its easier to connect with people if you have a shared interest.

Your Personality in Detail

Agreeableness

1	2	3	4	5	6	7	8	9
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Meaning

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

Expert Analysis

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

Development Plan

You can increase your agreeableness level by using following strategies:

- **Try to see things from perspective of others:** This will help you better understand the behavior of other people and also the reasons why they behave in certain ways. Also check on how you would have reacted in a similar situation.
- **Accept that all people are different:** Rather than 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

Team Work

1	2	3	4	5	6	7	8	9
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Meaning

Team work implies including not only your views but also the views of others while working towards a common goal. It involves working collaboratively with people and maximizing the team output

Expert Analysis

You have an excellent ability to work collaboratively within a group in order to achieve a common goal. You strongly believe in partnerships and find it very easy to relate to others. Your outstanding communication skills allow you to effectively communicate with others as well as to develop and maintain good relations with them. While taking a decision, you consider not only your own views but also that of others. All such qualities help you to work in harmony with others

Development Plan

You have scored well in this trait

Your Personality in Detail

Perfectionism

1	2	3	4	5	6	7	8	9
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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 performance and work on the areas wherein improvement seems necessary.
- **Set high standards:** You should make an attempt to set high standards of excellence for yourself. This will motivate you to work hard and ultimately perform better

Practical

1	2	3	4	5	6	7	8	9
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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 Personality in Detail

Enthusiasm

1	2	3	4	5	6	7	8	9
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Meaning

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

Expert Analysis

You are not very enthusiastic to gain more knowledge from your surroundings. You tend to avoid new experiences and do not feel very energetic in general. Your energy levels are low most of the times and you are reserved in your interaction with others. If at the start of a project or goal you meet with setbacks, you may feel the urge to give up. This restricts you from questioning about your surroundings and consequently seeking answers

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. Sulking 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

Perseverance

1	2	3	4	5	6	7	8	9
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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.

Your Personality in Detail

Integrity

1	2	3	4	5	6	7	8	9
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Meaning

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

Expert Analysis

Ethics and standards play an important role in your life. You do face moral dilemmas at time but give priority to your set ethics and are ready to face difficulty and loss. You have a clear understanding about right and wrong and you always take decisions without compromising on the set criteria. You are honest with every aspect of your life and follow one universal principle for everybody

Development Plan

You have scored well in this trait

Enterprising

1	2	3	4	5	6	7	8	9
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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 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.

Your Personality in Detail

Moral Conformity

1	2	3	4	5	6	7	8	9
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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

Decision Making Capacity

1	2	3	4	5	6	7	8	9
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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

Organizational Skills

1	2	3	4	5	6	7	8	9
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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

Your tendency to not work in a systematic and coordinated way puts a lot of stress on you when it comes to achieving tasks in a specific period of time. You are unable to utilize your time, energy, and resources, in an effective manner and therefore not able to meet your goals at times

Development Plan

You can improve your organization skills by using the following strategies -:

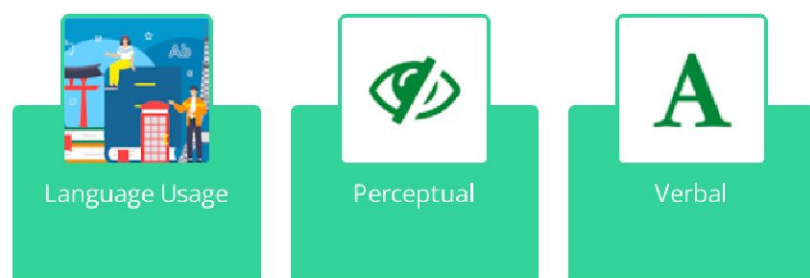
- **Set specific & realistic goals.** This will help you in being more systematic and efficient, which will enable you to achieve set tasks.
- **Prioritize your work.** Learn to understand the difference between tasks that are highly important and need to be done immediately and the tasks that can be 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 Aptitude

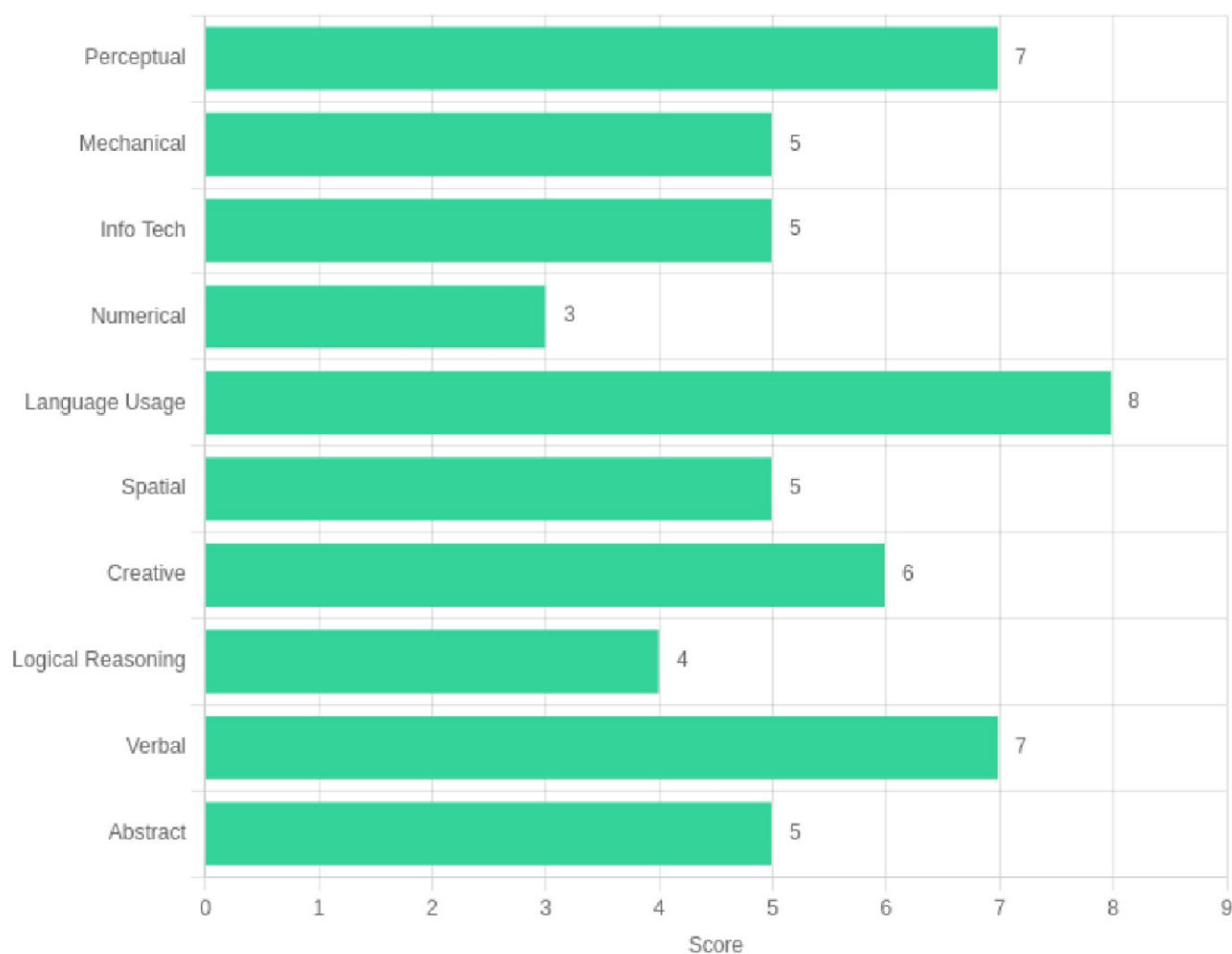
What is Aptitude

Understanding your aptitude will help you explore your natural strengths and skills you're good at. Aptitude assessment measures your ability across multiple aptitudes, and enables you to choose subjects in sync with your strengths.

Your leading Aptitude Strengths



Your Aptitude



Your Aptitude in Detail

Perceptual

1	2	3	4	5	6	7	8	9
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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

You have scored well in this trait

Mechanical

1	2	3	4	5	6	7	8	9
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Meaning

Ability to grasp and use mechanical concepts and principles to 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.

Your Aptitude in Detail

Info Tech

1	2	3	4	5	6	7	8	9
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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.

Numerical

1	2	3	4	5	6	7	8	9
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Meaning

Ability to quickly grasp mathematical functions and to use them to analyze and solve mathematical problems

Expert Analysis

You are not able to use numbers & numerical operations rapidly and accurately. You are rarely able to quantify many features of the problem. You find it difficult to quickly grasp mathematical functions and to use them to analyze and solve mathematical problems with high accuracy

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

Your Aptitude in Detail

Language Usage

1	2	3	4	5	6	7	8	9
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Meaning

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

Expert Analysis

You have a high capacity to understand and use words along with the grammatical rules and structures to produce meaningful and complex sentences. You have a high ability to detect errors in grammar, punctuation, and capitalization and are able to formulate diverse combinations of words and sentences

Development Plan

You have scored well in this trait

Spatial

1	2	3	4	5	6	7	8	9
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Meaning

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

Expert Analysis

You have an average understanding of spatial relationships among objects. You are averagely skilled at mentally visualizing and manipulating objects in three-dimensional space. You are able to visualize and mentally rotate objects presented to you in two-dimension to understand it at a three-dimensional manner at an average level

Development Plan

There is a possibility to enhance your spatial understanding through practice, training, and leaning. 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, studying 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

Your Aptitude in Detail

Creative

1	2	3	4	5	6	7	8	9
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Meaning

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

Expert Analysis

Your responses indicate that you have an average capacity to develop new and diverse ideas and solutions for a given problem. Your creative aptitude enables you to find unique ways of finding solutions to problems in most but not all cases. At times you are tempted to use out-of-the-box solution but usually tend to follow the conventional way of thinking

Development Plan

Adopting following interventions will aid you in developing a creative way of thinking:

- **Openness to new experiences:** You require an open minded approach and willingness to explore new ideas around you. Constant exposure to creative ideas and information enables an individual to develop an aptitude for creativity.
- **Constant Experimenting:** Experimenting and modifying ideas will train you to have an open mind, which in turn, will stimulate creative thinking. Try and absorb newer ideas in your surroundings from all possible sources.
- **Generate ideas in a group setting:** Surround yourself with creative people. Generate and discuss diverse ideas as much as possible, and with as many people as you can.

Logical Reasoning

1	2	3	4	5	6	7	8	9
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Meaning

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

Expert Analysis

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

Development Plan

You can develop logical reasoning by practicing following strategies:

- **Play mind games:** You should try playing mind games such as chess, Sudoku, word 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.

Your Aptitude in Detail

A Verbal

1	2	3	4	5	6	7	8	9
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Meaning

Ability to comprehend words and sentences and deduce meaningful relationship from them

Expert Analysis

You are proficient at verbal skills such as correct usage of words, grammar, word meanings, and understanding word relationships. You are usually good at finding the right words to explain ideas and are able to interpret written and spoken instructions. You are also able to absorb communication without losing concentration or becoming confused or left behind. You can learn or extract new information quite fast

Development Plan

You have scored well in this trait

* Abstract

1	2	3	4	5	6	7	8	9
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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

Your Emotional Quotient

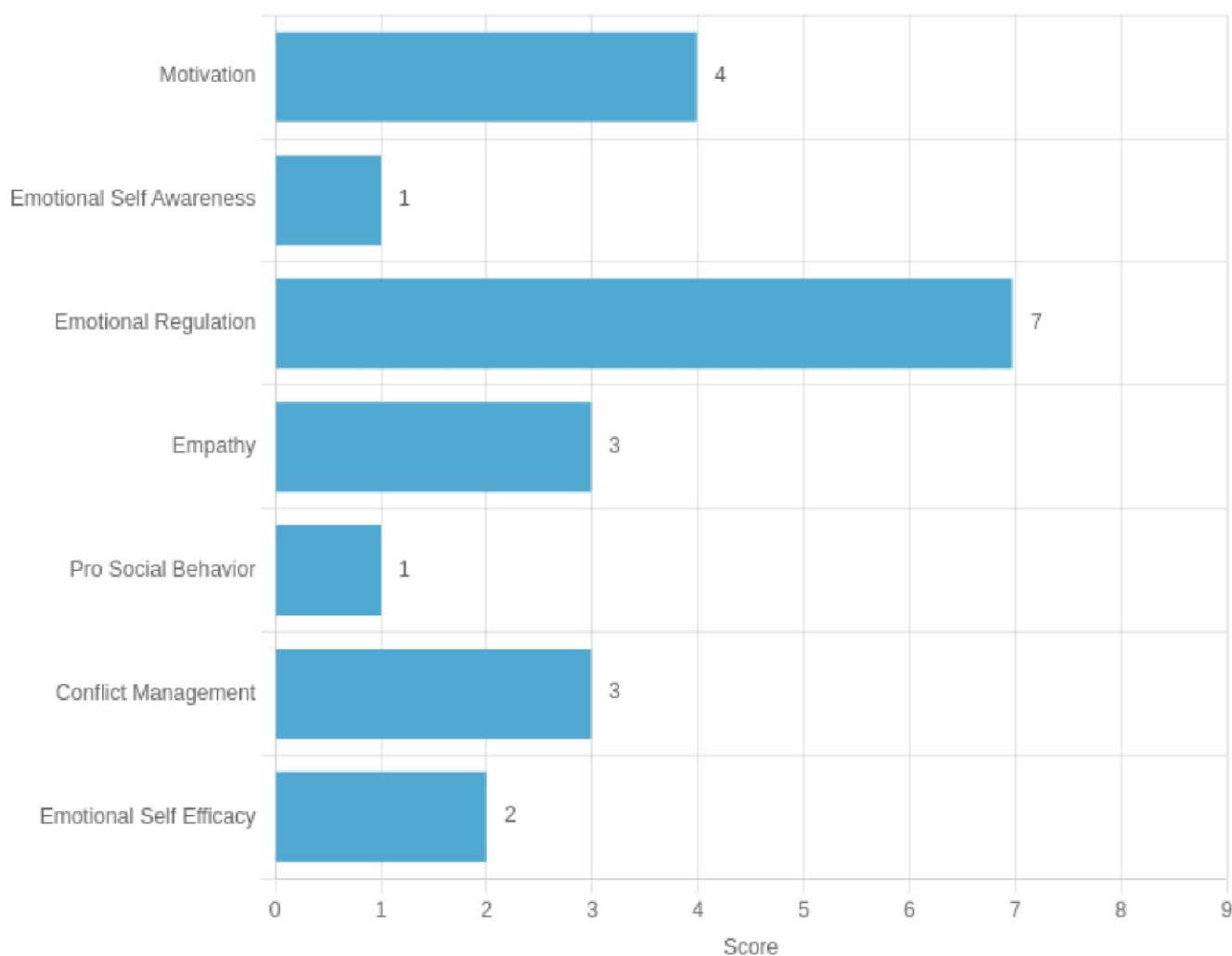
What is Emotional Quotient

Understanding your emotional intelligence will help you understand how you deal with social situations. Emotional Intelligence assessment identifies how well you recognize and handle your emotions and interpersonal relationships.

Your leading Emotional Quotient Strengths



Your Emotional Quotient



Your Emotional Quotient in Detail

Motivation

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

Meaning

Having achievement drive, optimism, and being committed to one's values, needs and goals

Expert Analysis

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

Development Plan

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

Emotional Self Awareness

1	2	3	4	5	6	7	8	9
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Meaning

Being aware of and recognize one's own emotions

Expert Analysis

Your score indicates that you find it very difficult to understand the emotions that you experience. Having low emotional self-awareness greatly restricts you from understanding the reasons for your actions, because only if you have proper awareness of your own emotions, you will be able to understand how they drive your behavior. You are easily carried away by your negative emotions. They overpower your capacity to make the right decisions and take the right action

Development Plan

You need to work on understanding your emotions better. For this, you can use the following strategies:

- **Journal:** Keep a journal of your feelings and write down about the events, feelings and your reactions to those events. Research has shown that writing down your thoughts and feelings can help profoundly.
- **Name your feelings:** Think of some situation that you may be going into and predict how you will feel. Practice naming and accepting the feelings. You might say "I may feel angry", or "I may feel frustrated". Naming the feeling puts you in control.
- **Meditate:** Another way to build emotional self-awareness is to meditate or reflect daily. You can do this by creating a quiet space for yourself in the day, and focus on your thoughts and feelings.
- **Don't interrupt or change the subject:** If feelings are uncomfortable, we may be tempted to avoid or ignore them. However, it is beneficial for you to face and deal with your feelings.
- **Avoid taking impulsive decisions:** You should avoid taking impulsive decisions when you are angry, frustrated or feeling hurt.

Your Emotional Quotient in Detail

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

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

Empathy

1	2	3	4	5	6	7	8	9
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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

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

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.

Conflict Management

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

Meaning

Ability to resolve conflicts through negotiations

Expert Analysis

Your score means that you have a tendency to become rigid in your opinions. You find it hard to see, how the opinions of others can be right, alternatively, you are convinced that your view is only the right one. You are unable to empathize with the needs of others. Your response in an intense conflict is characterized by anger, hurt and resentment. You have pessimistic expectations with regard to the outcome of the conflict and become fearful and avoidant of conflict in general, as you perceive them to end in bitter confrontations. Conflict resolution is a stressful process for you and as a result of excessive self concern, you do not pay attention to the feeling of others

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.

Your Emotional Quotient in Detail

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 Interest

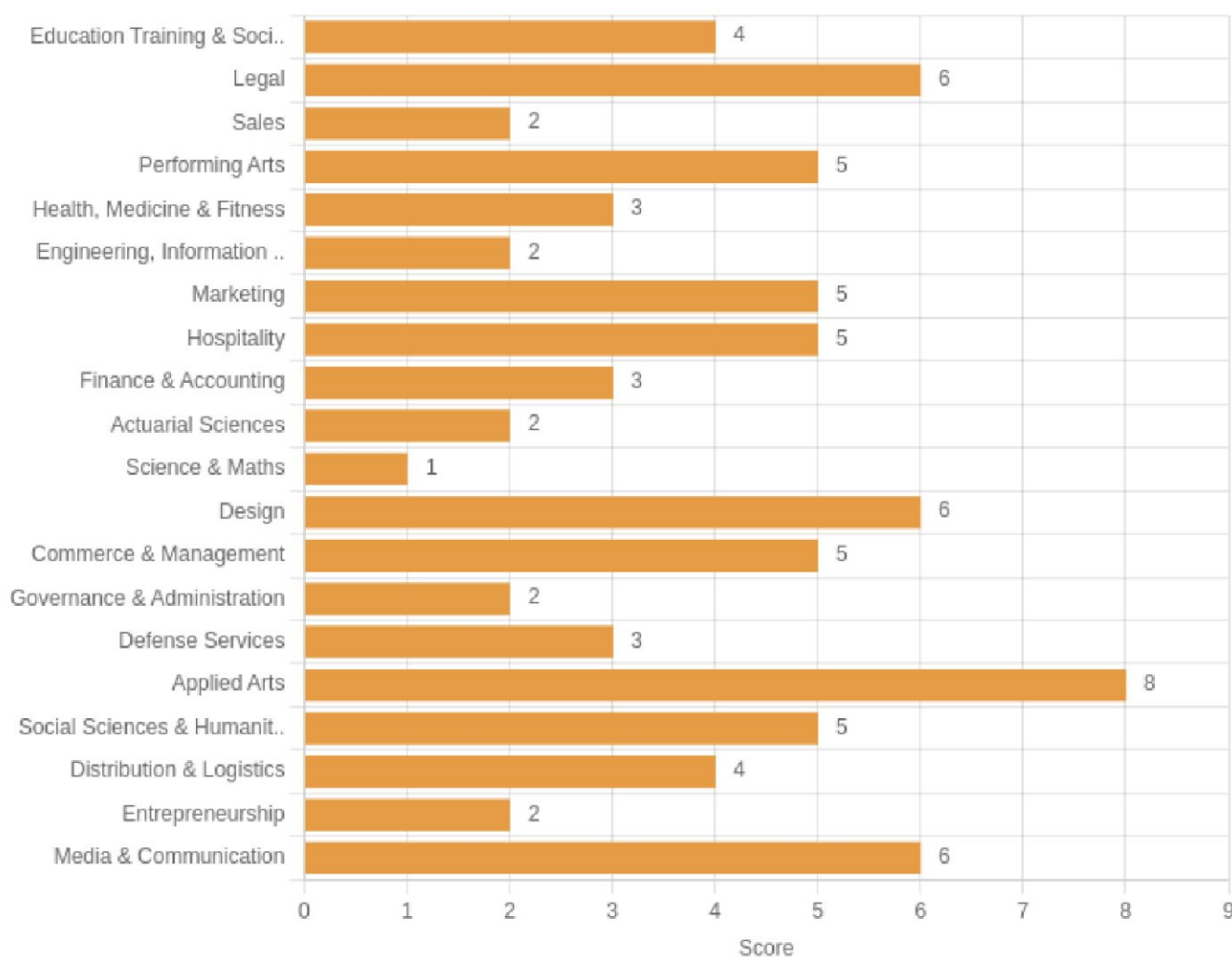
What is Interest

Understanding your interest will help you identify what work areas, careers, and job roles excite you and thus identify careers that shall keep you engaged. Interest assessment maps your interest over hundreds of career options to find your likes & dislikes.

Your leading Interest Strengths



Your Interest



Your leading Orientation Style Strengths



Creative
Orientation



Administrative
Orientation

Your leading Interest Strengths



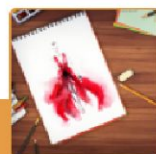
Applied Arts



Media &
Communication



Legal



Design



Social Sciences &
Humanities

Your leading Personality Strengths



Team Work



Moral Conformity



Integrity

Your leading Aptitude Strengths



Language Usage



Perceptual



Verbal

Your leading Emotional Quotient Strengths



Emotional
Regulation



Motivation

3. Recommendations

The section details the top three career recommendations in NO specific order. The recommendations are based on interaction with student and parent, assessments and corresponding fitment of each career with profile strength of the student.

3.1 Design

3.1.1 Introduction:

Careers in design are all about creating things that are appealing to the eye. Design is any process where an outcome is being planned rather than relying on chance. So people in all sorts of occupations speak of designing aspects of their business activities. It is ultimately a mix of creativity and innovation. It shapes ideas to become practical and attractive propositions for users or customers. People who work in design all tend to have an essential mix of practical skills and a talent for using color, space, shape, and form.

3.1.2 What after 10th (Crossroad questions)?

Board: CBSE for 11th and 12th

All major competitive exams post 12th are aligned by CBSE board; Navi Mumbai has better CBSE School infrastructure than any other board like ISC / ICSE, IB or State board.

Stream and Subject: Arts is the recommended stream

Mandatory Subjects: There are four mandatory subjects namely Geography, History, Political Science, and English.

5th Optional Subject (It is imperative to choose): student could choose Psychology or Economics.

Integrated / Non-integrated

Student should go for **non-integrated**

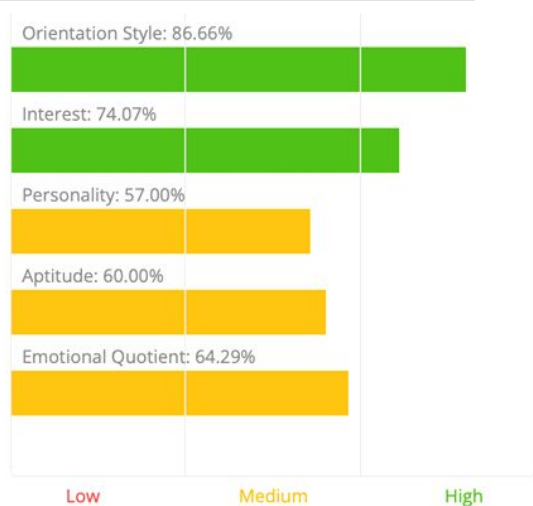
3.1.3 Competitive exams to target after 12th

Name of Exam	When to take the exam	Registration opens	Exam date	Nature of exam	Syllabus	Top Colleges through this exam
NID DAT	Before 12 th boards	Oct/ Nov of 12 th Class	Jan of 12 th Class	A 2-tier procedure of Prelims and Mains	The aptitude test comprises Verbal, Math and Design aptitude and the section is a studio tests	All NIDs (The National Institutes of Design are public design universities in India, with the leading institute in Ahmedabad, Gandhinagar and Bengaluru. The other NIDs are located at Kurukshetra, Vijayawada, Jorhat and Bhopal.
NIFT	Before 12 th boards	Nov of 12 th Class	Feb of 12 th Class	General Ability Test & Creative Ability Test	English, math and Design aptitude	NIFT 18 campuses.
UCEED	Before 12 th boards	Sept of 12 th Class	Jan of 12 th Class	Aptitude and General Awareness	Verbal, Maths, Design and Sketching	IIT-Bombay, IIT-Guwahati, IITH and IITDM-Jabalpur.

3.1.4 Other private options

Along with government institutions there are many private reputed institutions for fashion / product / technology based design courses which give admissions, namely ISDI, UID, Shristi etc.

3.1.5 Career fit with Design



3.1.6 Work Description

Fashion designer works in the area incorporating designing of clothing and fashion wear. Their job varies, from designing concept to final production of outfits. Skills combined with a personal vision is what marks out the best designers.

A fashion designer normally finds himself performing the following actions:

- Visualising /creating an idea and producing a design by hand or through computer-aided design
- Planning and developing wardrobe
- Be up to date on emerging fashion trends along with general trends concerned with colour, fabrics and shapes
- Understanding designing from a technical outlook
- Coordinating closely with sales, buying and production teams to ensure the item suits the market and price
- Source, select and buy fabrics
- Supervising production of garments
- Adapting prevailing designs for bulk production
- Negotiating with customers and suppliers

3.2 Applied Arts (Film Making)

3.2.1 Introduction:

Film making is a process of creating a story in motion for cinema or television. Film maker is the visionary of the film being made. A film maker has a varied role to play, starting from conceptualization of idea to scriptwriting, casting, editing, screening etc. They are the backbone of the film and work behind the scene. Often the term filmmaker is used in synonyms with the Director, however all film makers can be directors but not all directors are film makers. Film maker is supposed to be imaginative, multitalented and a skillful individual.

3.2.2 What after 10th (crossroad questions)?

Board: CBSE for 11th and 12th

All major competitive exams post 12th are aligned by CBSE board; Navi Mumbai has better CBSE School infrastructure than any other board like ISC / ICSE, IB or State board.

Stream and Subject: Humanities is the recommended stream

Mandatory Subjects: English is a mandatory subject, along with four other subjects selected from academic electives like History, Political Science, Geography, Economics, Psychology, or Sociology.

Integrated / Non-integrated

Student should go for **non-integrated**

3.2.3 Competitive exams to target during / post 12th

Whistling Woods International Test	After 12 th	January	April to July	Aptitude	General Aptitude Test, Creative Ability Test & Personal Interview.	Whistling Woods International, Mumbai
Asian Academy of Film and Television Test	After 12 th	October	Oct to July	Aptitude	Entrance - Written (Objective), Aptitude test, Personal Interview	Asian Academy of Film and Television, Noida
World University of Design (WUDAT - World University of Design's Aptitude Test)	After 12 th	December - January	December - January	Art based	AAT: Art Aptitude Test + PI	World University of Design, Sonapat

3.2.4 Career fit with Applied Arts (Film Making)



3.2.5 Work Description

- Direct overall making of the film or documentary and how it is to be presented to the viewers
- Select the actors suitable for the selected script • Guide the actor in portrayal of the character through suitable expressions, dialogues, voice modulation, looks and attire • Monitor the technicians for lighting, backdrop, sets, camera and special effects
- Oversee the performance in terms of choreography, music composition, singing, etc.
- Work with editors for proper sequencing of the scenes
- Ensure the progress of the project within the schedule and the planned budget

3.3 Law

3.3.1 Introduction:

A career in law involves helping people deal with legal issues that impact either their personal or business interests. Lawyers are responsible for contracts, legal documents, and defending cases in court. Most careers in law require extensive work collecting facts and information while others involve defending cases in court. Students who pursue law often specialize in a specific type of law, for example, tax law, corporate, or criminal law.

3.3.2 What after 10th (Crossroad questions)?

Board: CBSE for 11th and 12th

All major competitive exams post 12th are aligned by CBSE board; Navi Mumbai has better CBSE School infrastructure than any other board like ISC / ICSE, IB or State board.

Stream and Subject: Arts is the recommended stream

Mandatory Subjects: There are four mandatory subjects namely Geography, History, Political Science, and English.

5th Optional Subject (It is imperative to choose): student could choose Psychology or Economics.

Integrated / Non-integrated

Student should go for **non-integrated**

3.3.3 Competitive exams to target after 12th

Name of Exam	When to take the exam	Registration opens	Exam date	Nature of exam	Syllabus	Top Colleges through this exam
CLAT	after 12 th	Jul to Oct	Dec	Aptitude	Math, English, Reasoning, GK, Legal	Admission into 26 National Law universities in India. The top ranked being the NLU Bangalore
AILET	after 12 th	Aug to Nov	Dec	Aptitude	Math, English, Reasoning, GK	NLU Delhi
LSAT	after 12 th	Nv to June	June	Aptitude	Math, English, Reasoning	Pvt. Colleges like OP Jindal, Azim Premji, etc.
MH CET	after 12 th	Mar to Apr	May or June	Aptitude	Math, English, Reasoning	GLC, Mumbai; ILU Pune etc.

3.3.4 Unique point

The law field has many specializations and is fairly diverse. One can specialize into litigation, civil law, criminal law, corporate law, legal administration, IPR etc.

3.3.5 Career fit with Law



3.3.6 Work Description

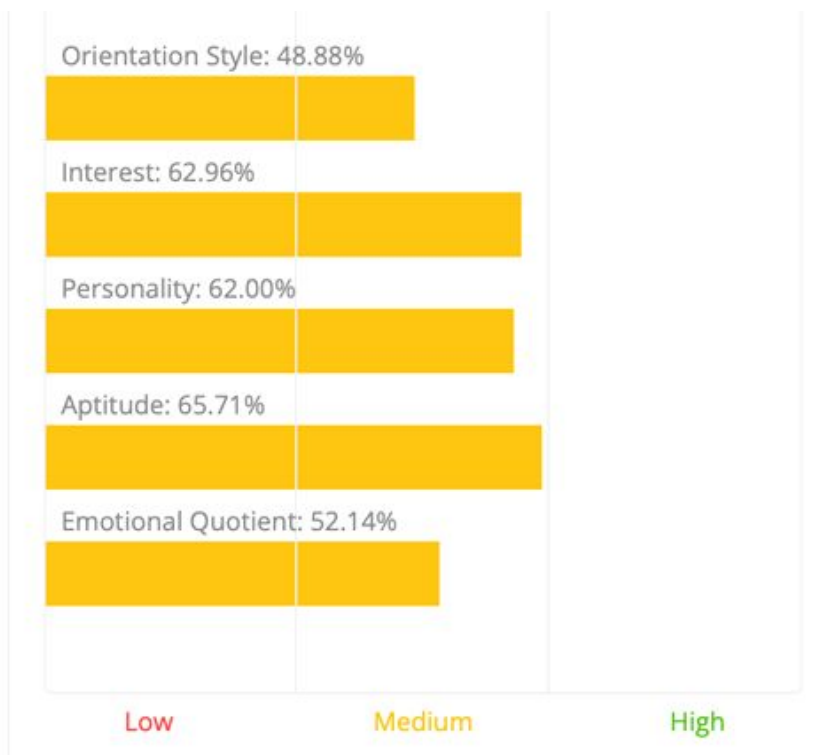
- Meet and consult clients to understand and manage their legal transactions
- Draft official papers, letters and agreements personalized to the client's specific requirements
- Suggest clients on legal and law matters according to their case
- Gather evidence to formulate defense strategy, by means of interviewing clients and witnesses to ascertain the facts
- Interpret laws, rulings and regulations for individuals and businesses
- Analyze probable scenarios in cases, using knowledge of legal theory and precedents
- Negotiate and bargain with clients and other related network partners to achieve the given objective
- Manage and supervise the execution and drafting of contracts
- Correspond with clients and conflicting advocates
- Represent clients in Court during disputes

3.4 Other Career Fit

Basis your interaction with UT Counselors and responses to questionnaire

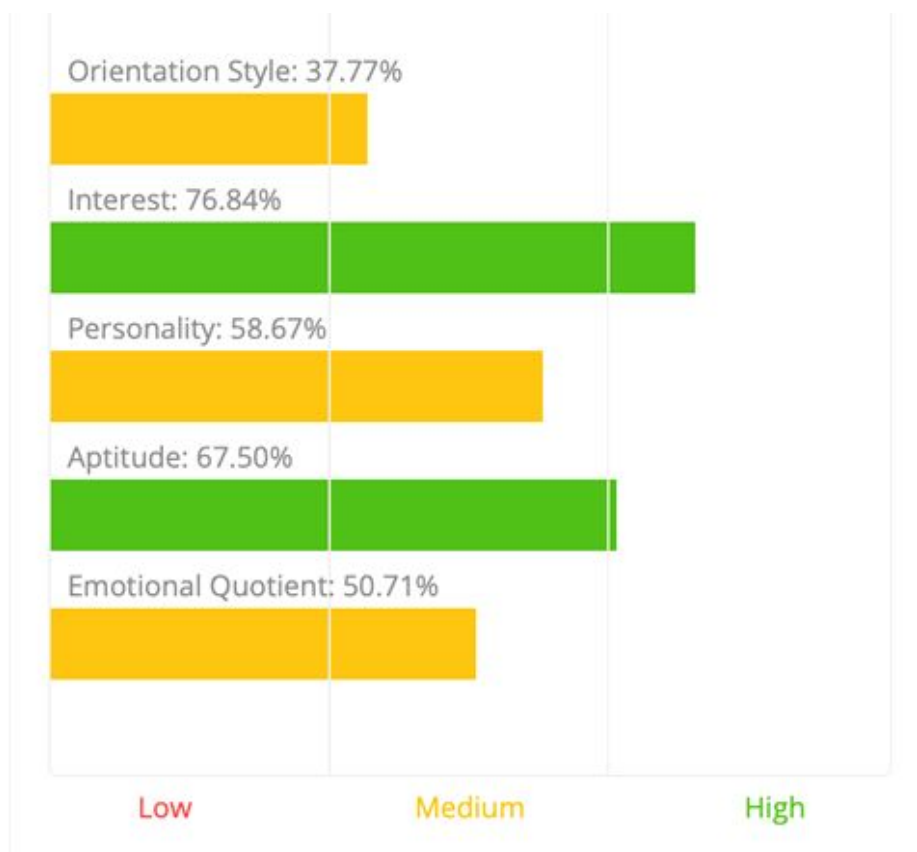
3.4.1 Mass Communication

Mass communication involves transmission of information to large numbers of people through the use of mass media. With an increase in the number of television sets, news channels, radio stations, advertising, this field seems to be transcending into an unmatched growth and opens up the door towards a dynamic career. A degree in mass communication opens up opportunities in Journalism, Public relations and advertising, as a career. Mass communication course encompasses various streams.



3.4.2 Management

Management is one the most varied profession in the global economy with numerous opportunities ranging from consulting, entrepreneurship, human resource, general management, operation management to strategic planning. A person involved in the field looks in forecasting, planning, organizing, commanding, coordinating and controlling the processes of the organization for the effective internal as well as external functioning by managing people as well as resources.



3.5 Study Abroad Option

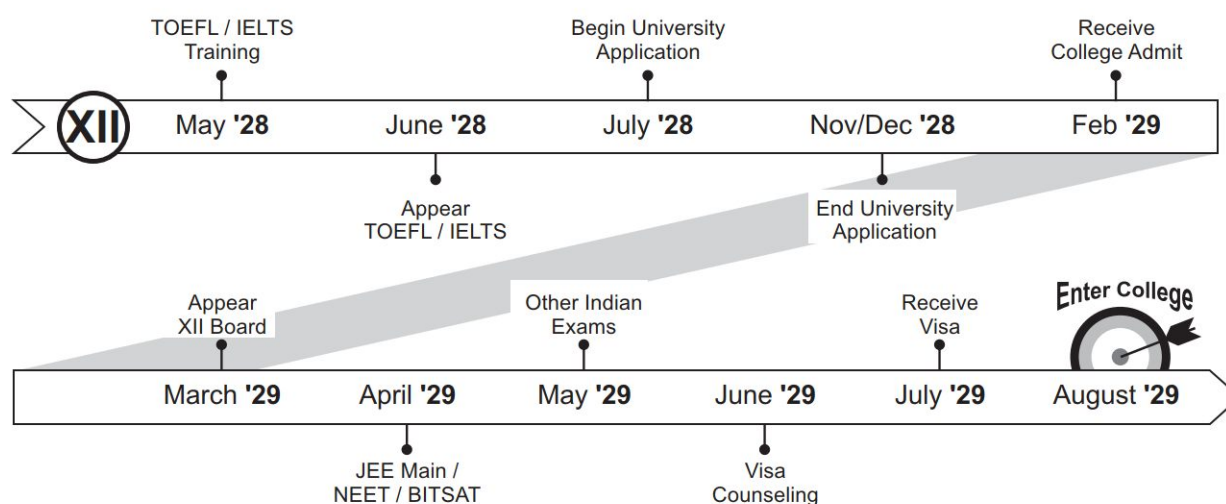
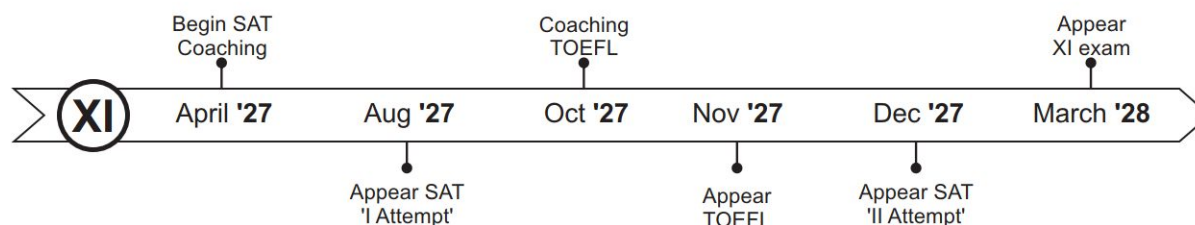
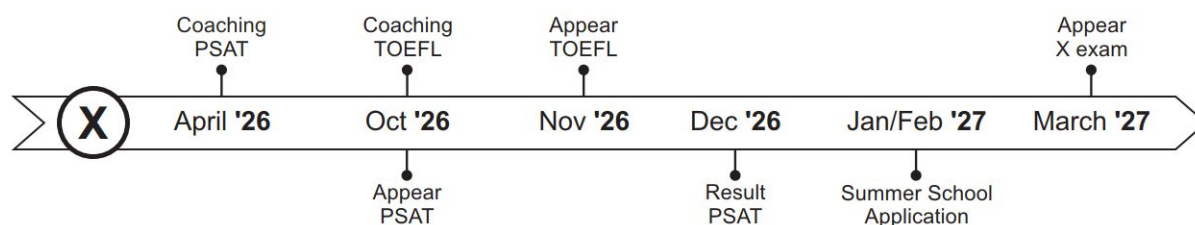
There are numerous course options to study in the USA for Indian students after 12th. It is one of the most coveted destinations for studying abroad in the world and requires a student to study for 4 years to earn a bachelor's degree. Studying abroad after 12th can be made Plan A or Plan B for Indian students. Study abroad option can be created for 3.1 to 3.3 and Other careers as discussed above.

3.5.1 Admission requirement

Please meet UT's study abroad counsellor for more detail on the given topic

- a. SAT scores
- b. IELTS/TOEFL scores
- c. Academic transcripts of 9th to 12th grades
- d. Certificates of achievement and extracurricular participation proof
- e. LOR (Letter of Recommendation) from at least three faculty member
- f. Proof of funds
- g. SOP (Statement of Purpose) or essay as stated in admission form
- h. Valid passport

3.5.2 Timeline



After X - Program Options

Powered by

IIT-JEE/ NEET

Degree	: BTech / MBBS
Top Institute	: IITs, NITs, IIITs, AIIMS
Other exams	: BIT-SAT, MH-CET
UT solution	: UT-Study Buzz (Integrated and Non-Integrated)



XI, XII Commerce

Board	: CBSE
Subjects	: Applied Maths, Accountancy, Economics, Business Studies
UT solution	: 1 year program (XI), 2 years program (XI-XII)



CA / CMA Foundation

Degree	: CA; CMA
Institute	: ICAI; ICWA
UT solution	: 1 year comprehensive CA / CMA Foundation training for May and Nov attempts



SAT (Study Abroad / India)

Degree	: Courses in various fields of study (Engineering, Medical, Management, Arts, Science, Economics, etc.)
Top Institute	: Harvard, MIT, Stanford, Yale, Wharton, etc. (Abroad) Ashoka, Narsee Monjee, FLAME, etc. (India)
UT solution	: Comprehensive training plus University Application program. Starting in Apr, Jun, Aug, Oct, Dec



NPAT, IIM-IPM (Management)

Degree	: BBA, MBA, BSc, Mass Comm, Liberal Arts
Top Institute	: IIM Indore, Rohtak, Ranchi, Jammu Bodh Gaya and Sirmour, Symbolis, Narsee Monjee, Christ
Other exams	: SET, NPAT, CET
UT solution	: 1 year program, Crash Course



CLAT (Law)

Degree	: 5-year integrated LLB (BA LLB, BBA LLB, B.Com LLB, B.Sc LLB, B.Tech LLB)
Top Institute	: NLSIU Bangalore, NALSAR Hyderabad, WBNUJS Kolkata, NLU Jodhpur, NLIU Bhopal, and GNLU Gandhinagar
UT solution	: UT- Law prep Tutorial, 1 year program (for XII pass and appearing students), 2 year program (for 10th passed students)



UT UDAAN (XII Test Series)

Board	: CBSE
Stream	: Science and Commerce
Subjects	: Maths, Applied Maths, Phy, Chem, Bio, Acc, Eco, BS, Eng
UT solution	: Comprehensive chapter tests and mock tests; PYBQs



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Mobile: +91 77188 98822
WhatsApp: +91 76780 55110

Students of the year

School

1
AIR



Arsh Chaudhari
X ICSE

St. Mary's, Koperkhairane
Aggr. 100%



Jade Rowe
X ICSE

Euro, Airoli
Aggr. 99.8%



Riddhiman Seal
X ICSE
Gokuldham, Goregaon
Aggr. 99.4%



Aashi Gharat
X CBSE
Apeejay, Kharghar
Aggr. 99.0%



Annika Anand
X CBSE
Apeejay, Nerul
Aggr. 98.4%

Study Abroad



Yash Sinhal
Harvard Summer School
Purdue, USA
Computer Science



Kaavya Jayaram
Cornell, USA
B Tech,
School of Engineering



Ajinkya Deshpande
CMU, USA
Machine Learning (MS)



Hardik Siloiya
Georgia Tech, USA
M.S.,
School of Engineering



Anuj Sinhal
Rice, USA
B.S.,
Mechanical Engineering



V.S. Krishnan
Johns Hopkins, USA
M.S.,
Information Systems

IIT-JEE / NEET



Aagam Kasliwal
JEE Advanced
AIR 61



Aryan Choudhary
JEE Main
Physics 100%tile



Devarsh Mehta
MHT-CET
99.92%tile



Palak Chaturvedi
NEET
Physics 98.91%tile



Ananya Singh
NEET
Biology 96.91%tile

IIM-IPM / NPAT

9
AIR



Parth Baheti
IIM Indore

22
AIR



Anshi Arora
IIM Indore



Aditya Iyer
RA Podar, Mumbai
IIM Indore, IIM Rohtak,
IIM Ranchi



Agreeema Sinha
Billabong, Mumbai
IIM Indore



Keshav Sahu
DPS, Nerul
IIM Rohtak



Anisha Bansod
Bal Bharati, Kharghar
Symbiosis, Pune
MHCET-99.29%tile

CLAT

1
AIR



Geetali Gupta
2026

1
AIR



Jay Bohra
2024

1
AIR



Devtej Singh
2024

1
AIR



Gnanankit
2023

1
AIR



Rishabh
2022

1
AIR



Yogesh
2021

Commerce



Nishant Sidhani
CA Foundation
AIR 11



Amrita Pai
CA Foundation
AIR 7



Nitin Wadhwani
CA Inter
AIR 3



Jyoti Banswani
XII State
Aggr. 92.0%



Pranjal Anchinmane
XII CBSE
DAV School, Nerul
Aggr. 95.2%

*Best 5