

Personal Reflection Report

Name: Anjali Joshi

Class: 6th - 8th



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CAREER & ITS IMPORTANCE

At times we are surprised that what is a career and why do we need it. As humans, we have evolved from the cave - inhabitants to mars reaching species which is the result of the continuous effort put by countless men and women in various streams of work and invention.

Career is a stream of work chosen by a person to earn a living for oneself. Our life is a combination of family, career, growth, and satisfaction. Career plays a very important role in how we are going to lead our life.

However, most of the students are confused about the choice of career due to not understanding their own interests. One can assess the importance of career by this mere fact that if the career is not in alignment with personality, interest, and inclination of a person, it may always keep the person dissatisfied with life which ultimately leads towards an average life.

Our life is all about a delicate balance between personal and professional development. In today's high paced technology-driven materialistic world, one needs to have a good career in order to get a good personal life as well.

A person's stand-in society is also determined by the growth achieved in the career. The career not necessarily means to go in a well-recognized field, it means choosing a path as per the choice and interest of an individual and then excel in it. Any work can turn in a career for a person if excellence is achieved and a niche is created.

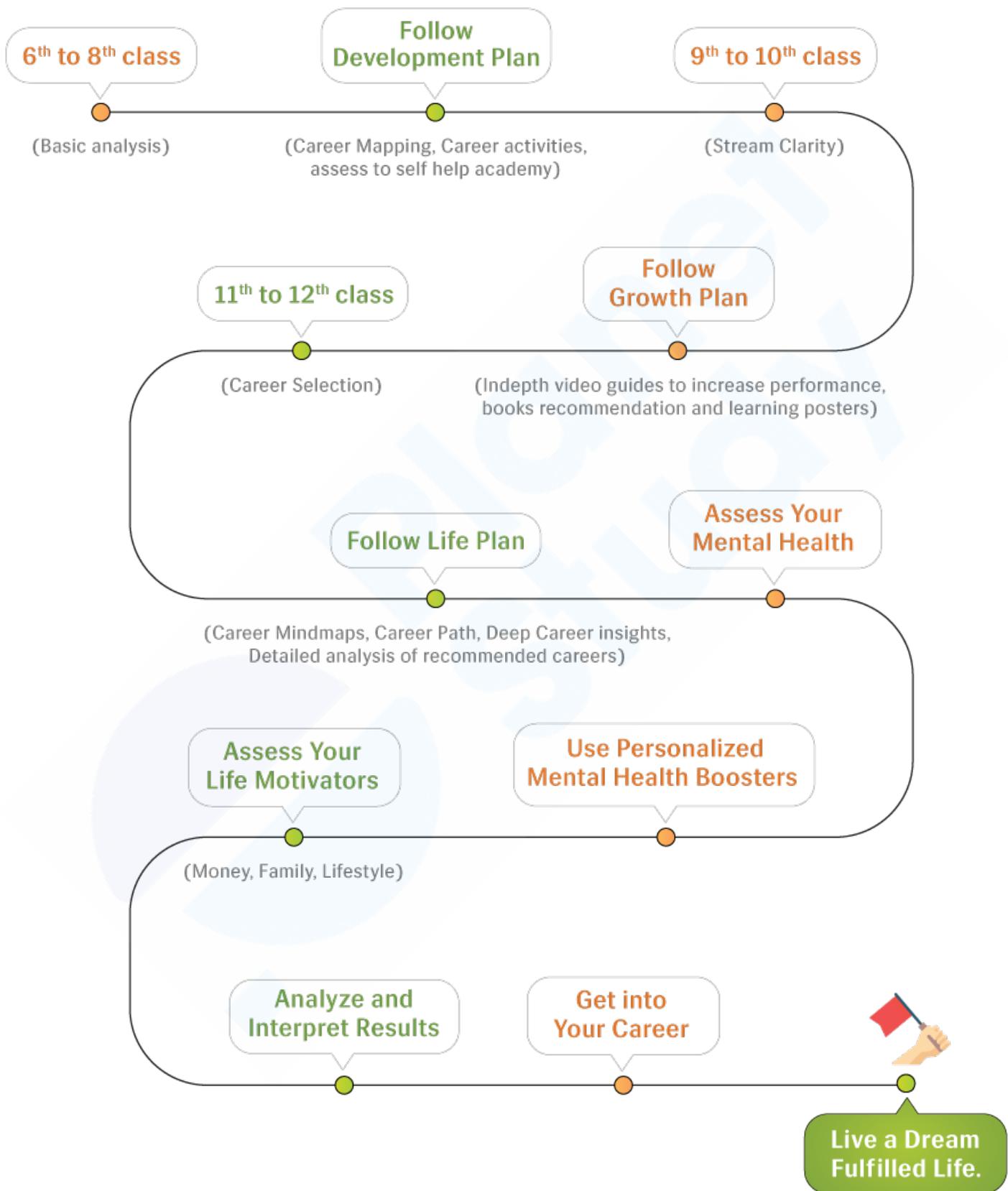
ABILITY & INTEREST

Ability is the inherited capacity of a person which enables to perform a certain task successfully and completing it within the limits. Every person is different and so are the abilities of different people. Someone may be good at maths while one other may be good at painting. One student has a natural flair for literature while another one finds soil work interesting. Ability is an individual trait that is by default present in person but needs to be understood, polished, and practiced well in order to achieve desired heights.

Interest is the inclination of the person to do a certain task. Interest helps a person to strive for excellence in the chosen field. Interest plays an important role while choosing a career because this is the factor that turns an ability into passion and passion is what differentiates an average performer from a star performer.

Both of these terms are interdependent if a person has the ability to perform but does not have an interest in doing that, the person would always remain mediocre in the chosen field. Similarly, if a person has an interest, but does not have the ability to do that job, the individual has to work very hard to understand the know-how of the job.

A good combination of ability and interest helps a person to excel in the chosen field. Absence of anyone will keep a person struggling for a lifetime. That's why it is of utmost importance that both the factors are taken into consideration while choosing a career so that every person shines.



BAR EXPLANATION

All the variables in the assessment have been explained through a two-colour bar which is red and green. Green is the base colour of the bar which represents the range of score from 0 to 100. The red bar reflects the three slabs of a score which a candidate can secure in a particular segment of various assessments. The red bar has been divided into three phases which represent three slots of low, moderate, high.

If the red bar is on the left part of the green bar, it depicts that the candidate has scored less than 40 per cent in the given section which implies a low score. If the red bar is in the middle of the green bar, it shows that the score of the assessment taken is more than 40 per cent but less than 70 per cent, which is a moderate score. If the red bar is in the extreme right of the green bar, it depicts that the score of the candidate is more than 70 per cent and can be up to 100, which is a high score.

As aptitude section has absolute scores, the bar will be representing the actual marks scored by the candidate. Learning habits are reflections of individual capacity to understand a given fact or knowledge. It is natural and identifies the best way of learning for a person. The score is a representation of learning inclination of an individual. The range defines the learning style of a person which are compatible with the style of a student. Three variations in the bar represent three levels of inclination of the candidate. According to the score, each variable is explained and a remedial development plan is also shared. While going through the report, a candidate should be careful about the score in various variables as it will help to understand oneself and to make the most suitable choices accordingly.

Personality

Personality defines the unique set of traits which explains the nature and behaviour of the person and differentiate one human from another. Even siblings who are born of the same womb, have different traits and perceives the world in different ways.

Many factors generally determine personality such as heredity, culture, education, society, family environment and also some inborn capabilities and behaviour which are different to explain.

As per the research available, the personality of a person starts getting defined even before birth. Thoughts and environment of the mother also affect the development of the fetus. The social and family environment in which a child is brought up plays a crucial role in the mental development of the person.

Every person is different and so is their personality. The key to understanding a person starts with the self-realisation. It is of utmost importance that a person understands the traits and inclination of own personality only than the right thought process can be developed.

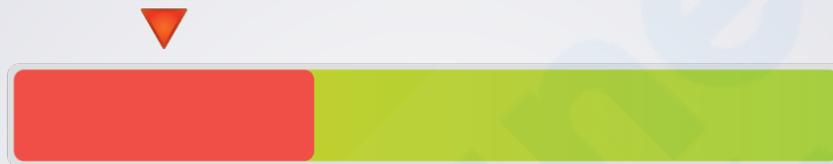
Every person should try to analyse own behavioural patterns to identify the interest and inclination of an individual. Personality if understood well, by any individual can be an ultimate game-changer in the growth path of life and career.



Perseverance



Perseverance can be defined as a quality which means that a person is able to continue with effort and determination to achieve any task despite obstacles and hardships. These are the people who don't give up.



Low Perseverance

It is a trait which is highly undesirable when cultivated by an individual. If there is a low perseverance quotient within an individual it would result in loss of focus or aim. He/she won't be able to focus on a single goal for too long. Low level of perseverance makes it difficult for a person to stick to the task in hand and to pursue with dedication. The individual will start to deviate himself from the track and will lose interest in a short period of time. Even if the goal is within the reach of the individual it will become increasingly hard to achieve because there will be a clear lack of focus to achieve the goal.

Emotional Stability



It is a desirable trait which helps an individual to resist themselves from difficult situations which cause extreme display of emotions may it be extreme joy, happiness or sorrow. People who are emotionally stable can handle adversity and are able to remain capable, calm and productive throughout every phase of life.



Moderate Emotional Stability

An individual carrying the trait of moderate emotional stability carries calm and composed nature during hardship but loses it as soon as the situation starts getting worse. These individuals are stable but not that emotionally strong to get through tough decision making. They can resist themselves from difficult situations but are not willing enough to handle adversity. They lose their calm after a certain period of time which leads to not being productive and rational thinker when things start shaking a little. It's easy to handle the basic issues for them but emotionally pressure generated situations can make them weak and might lead towards faulty decision making.

Integrity



Integrity refers to the quality of a person being honest and firmly adhering to ethics and moral principles. This trait enables a person to stick to the code of conduct decided regardless of the situation. Having good self-integrity makes a person reliable and trustworthy as they do not require to be observed all the time.



High Integrity

An individual with this trait is highly desirable. They are extremely honest and committed towards the principles and ethics which they believe in. No matter what comes in the way, such people will not give way to the immorality and unethical practices. These individuals always adhere to their moral principles and moral ethics. They are concerned about their course of action and never refuse to change themselves at the time of crisis. Even if the individual's integrity spells a disaster, they would always pave their way and follow their moral principles and ethics. These individuals are trustworthy as well as they always maintain the state of reliability and honesty.

Moral Conformity



This term is derived from the terms 'moral' which refers to the principles of behaviour being right or wrong and 'Conformity' which refers to complying with the set rules and standards. Moral Conformity refers to complying with the set principles which determine a behaviour being right or wrong.



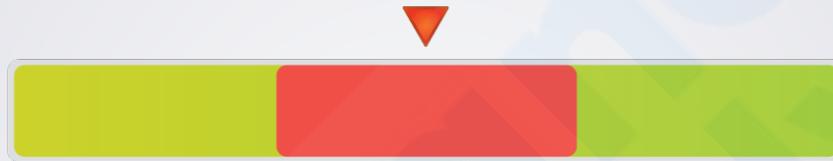
Low Moral Conformity

Low moral conformity is an extremely undesirable trait cultivated within an individual. These individuals confer with a very low level of moral values which makes them at times even a threat for the society, As we humans, can't exist without having our social structure, low level of moral conformity makes it extremely difficult to distinguish between right and wrong and can lead a person towards performing anti-social actions. Low moral conformity might be harmful to the person himself as it might lead to difficult consequences. A person of low moral conformity is seen with suspicious eyes and is not acceptable as a respectable citizen.

Compassion



It is an intangible term which refers to a strong feeling of sympathy, pity and concern towards other living beings and the environment. This is one trait which actually makes homo sapiens human beings as kindness is one trait which is the basis of co-existence.



Moderate Compassion

An individual carrying the trait of moderate compassion has a good feeling of sympathy, pity and concern and tries to help other people what they can do without coming out of their comfort zone but these people are not willing to go beyond their self-interests in order to help anyone. Compassion is one trait which makes humans enable to offer a helping hand to the needy to make the world a better place to live and in order to provide equal facilities to each inhabitant. Moderate level of compassion makes an individual sympathetic towards others and willing to help the needy without hurting their own objectives. These individuals try to help others within the boundary of their interest. They can even relate to another person's difficult phase but would not go beyond a certain extent.

Self - Esteem



It is the assertiveness of an individual who believes in respecting their own being and do not succumb to any kind of be meaning. They are confident of one's own worth or abilities and believe that self-esteem should be protected under any circumstances as this is the base of self-confidence.



Low Self - Esteem

An individual with low self-esteem is neither assertive nor confident enough to believe in his/her worth and abilities. These individuals are categorised by lack of confidence and they do not challenge themselves with there own inner critics to prove their own worth. These individuals are not determined enough to complete the task. People with low self-esteem always face difficulty in growth due to self-doubt. Low level of self-esteem also causes a person not identifying the inner strength and abilities which turns them in underachievers. Self-esteem is a determining factor in maintaining the dignity and respect of the self. Such people are more prone to bullying.

Resilience



It refers to the determination of an individual who possesses the capacity to recover in a short period of time from difficulties and challenges. Resilience enables a person to bounce back from adverse situations fast and to come back fast in the normal course of life after any setback.



High Resilience

Individuals carrying the trait of high resilience are highly desirable when cultivated in an individual. This type of people is capable to overcome setbacks and difficult phases which makes them come back to life faster. Such people enjoy all the phases of life as nothing can hold them back from bouncing back to the normal course of life. These individuals have a balance of confidence and personal strength in their lives. People with high resilience have a greater sense of control within themselves which helps them to overcome any difficult situation and come back to the normal state of mind. These people also help others to motivate them in difficult circumstances.

Enthusiasm



It is a feeling of an individual to have an energetic interest to participate in a particular subject or activity with intense eagerness and enjoyment to be involved in it. Enthusiasm makes a person lively and contagious which encourages other people to perform better.



High Enthusiasm

An individual who exhibits this trait is at the peak level of this behavioural trait. The individual is filled with a lot of energy, interest and is extremely eager to achieve the goal they have aimed for. Their energy is contagious and the people who work for them, also find themselves full of enthusiasm to complete the task. Such people make very good leaders as they are able to motivate people in performing extraordinarily. They complete the given task with absolute perfection. The individual carries the energy to do it from start to finish and has zero issues to put in the energy in the execution process of the given task or the set goal. This is an extremely desirable trait to have but along with this trait, optimism levels must be kept in check.

Interest

When we were defining the personality, we shared about the behavioral aspects of a person but interest is something that keeps a person going even if desired results are not achieved.

The interests of a person majorly contributes to the success of a person. If we look at the graph of the growth of various famous personalities, we would find a pattern of following the passion which generates extraordinary achievements. Interest is any particular subject, art, and idea which keeps a person engaged and motivated to perform better.

In the absence of interest, any activity is either just completed for the sake of doing or even can be burdensome for a person.

That's why interest is one important factor which should be identified correctly, must be aligned with success factors to create an enjoyable, satisfactory and fulfilling career ride.



Science & Technology



Science and Technology is a branch of education which deals with the systematic study of the structure and behaviour of the physical world and applying that knowledge for practical purposes. Students with an analytical mind can excel in this stream of study. If the student has an urge to question everything and they have an interest in understanding the working principles of things surrounding them have a great career in this stream.

Entrepreneurship



Entrepreneurship exhibits the traits of a person who believes in starting a venture of own rather than following the instructions and doing a job for others. This kind of interest enables a person to have a passion to start a business of their own and work hard to achieve success in the chosen field. Most of the entrepreneurs have a high risk-taking capacity and are not afraid of failures. Students having this interest look forward to the opportunities to work on their own terms and find solutions for the issues in hand with a creative approach. This is one interest which has resulted in most of the successful ventures and businesses in the past decades and is one of the major reasons for the development of great economies.

Performing Arts



Performing Arts is a form of art, which refers to an art where people perform in front of a mass audience to entertain them. A few forms of performing arts are singing, dancing, stand up comedy, beat boxing and many more forms of art. This sort of art requires a lot of self-confidence and an absolute lack of stage fear. Students who have capability to address a large crowd can look towards this spectrum and this form of art also has the prerequisite of having a talent in the first place.

Intrapreneurship



This interest of a person is a reflection of having an inclination towards following the instructions clearly and perform the tasks as directed. These people are very good at completing an assigned task with care and sincerity. A person who has this interest area can do a given job successfully and prefers to work in a comfort zone rather than exploring the risk and venturing into unknown peripherals. These people are the ones who run business ventures and make the dreams of an entrepreneur realize. This interest shows the capacity of a person to perform the task without entering into the risk zone. These people are the actual show stoppers who shoulder the responsibility of running the ventures successfully and contribute heavily to the growth of a nation.

Literature



Literature is a stream of education which deals with work which is written in an artistic manner, especially something which carries a high and lasting artistic value. There are many different types of literature such as poetry, plays and novels. Literature is deemed to have artistic and intellectual value. Literature is one of the ancient careers and one which makes any writer immortal. Other than being writer lots of allied careers are available in the field of literature.

Sports



Sports refer to all activities, which involve any sort of physical and mental task where more than one individual compete for a common goal. Sport is an activity that involves degree of competition. A professional at sports is also known as athlete. Sports inhibit a sense of healthy and fair competition between the individuals or group of individuals to entertain a mass audience. Sports and athletics has become one of the most sought after career and name, fame with money can be earned with rigorous hard work.

Your Interest Analysis



Science & Technology

100 %



Entrepreneurship

93 %



Performing Arts

88 %



Intrapreneurship

80 %



Literature

77 %



Sports

65 %

Social Approach

Humans are the product of society and we can not survive without being social. All civilizations formed a few rules and regulations to ensure the smooth and benign growth of the human race.

While assessing the personality of a child, it is vital to understand how a child approaches society and then to design a tailor-made plan for the overall development of a child.

Few variables like how a child interacts with others, adaptability towards social norms, enthusiasm, and optimism about the future , decide the social approach of a child.

In today's modern world where individualism is high on approach, it is important to teach children social values and to inculcate these values in the child so that society does not suffer from a lack of compassionate, enthusiastic and mankind loving individuals.



Interactive



It refers to the act of individuals or a group of individuals to be mutually or reciprocally active and influence or exchange thoughts and information through their communication skills. Human species are superior because of this one trait as through interaction we have been able to pass the cumulative knowledge to the coming generations.



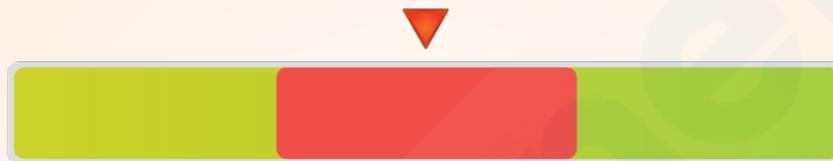
Moderate Interactive

The word interaction can be defined as, “Communication between different individuals or a group of individuals”. An individual with this trait has the perfect setup and mentality to execute interaction and is able to do so most of the time. These people can make their voices heard most of the time but at times might lack the confidence and enthusiasm in doing so. Such a person has the ability to be mutually and reciprocally active and influence others. These people are popular among their peer groups as they are the binders through communication. The only thing lacking and holding them is the eagerness and enthusiasm in exchanging their inner thoughts with other individuals.



Adaptive

It is the ability of an individual or a group of individuals to change themselves to suit in the changing environment or conditions and being calm and composed during the change.



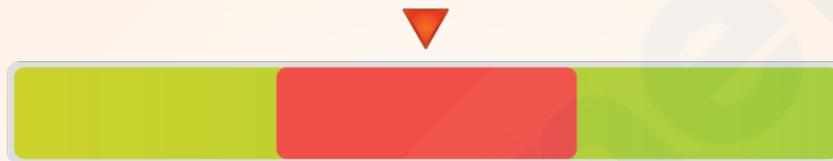
Moderate Adaptive

An individual carrying the trait of moderate adaptivity is usually not concerned when there are minor or slight changes in the working environment or life scenario. These people are able to confront the changes in the face and to adapt themselves as per the need of the hour. These people can adapt to the changes occurring in work and life quite successfully. They face problems when they go through high degree changes in the environment and find themselves to adapt and accommodate the changes as per the demand of the situation. These individuals are generally calm and composed but might panic in upside down changes that hamper their efficiency and ability to perform.



Optimism

Optimism is an individual's trait of being hopeful and separating the good parts of a situation from the bad and believing that something good will happen even if there is utter chaos in the situation.



Moderate Optimism

Optimism refers to the feeling of being hopeful and extracting the positives from the negatives. An individual with this trait has a balanced attitude towards the above-mentioned attributes. A moderate level of optimism makes a person hopeful about the future and keeps the person going in difficult times. Such people do not surrender to the circumstances easily and fight back with valor and enthusiasm. The individual draws the line perfectly at the amount of realism they should carry towards life. They do not overestimate expectations and results. It is easy for them to face the challenges with a high head.

Creative



It is a highly desirable trait which some individuals inhibit that enables them to come up with original or unusual ideas through their use of imagination which helps them create something unique. Creativity is the origin of inventions and the comfort we enjoy in our lives.



High Creative

An individual with whom this trait can be found follows the philosophy of creativity and innovation. They tend to cultivate a lot of new, unique and original ideas. They come up with out of the box solutions when it comes to solving problems. In the modern era, if we look at the most successful people, we can safely conclude that a high level of creativity is common in all of them. This trait is really beneficial in a number of careers like advertising, poetry, song-writing and many more. These people do not take conventional approaches and try to work on original ideas. A high level of creativity makes a person doing things in such extra extraordinary way that at times it might change the course of history.

Extrovert



It refers to a person who is very energetic, optimistic and happy, who enjoys the company of other people surrounding and is socially confident. These people can convey their thoughts in an impressive way but it's difficult for them to enjoy the solitude.



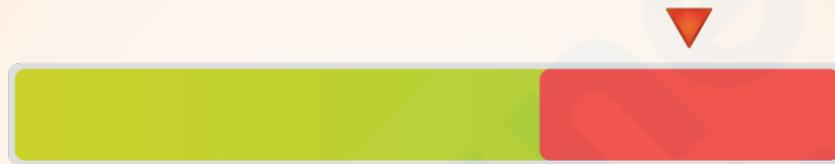
High Extrovert

An individual carrying the trait of being highly extrovert are outspoken and people's person. These individuals carry a more friendly and outgoing personality within themselves and always have optimistic energy and spread a positive vibe around their surroundings. These individuals love to interact with new people and enjoy the company of other individuals but these individuals have the characteristics of attention-seeking and can easily be distracted. These individuals are unable to spend time alone and it is difficult for them to retain the information within.

Discipline



It is a self-implicating trait of an individual to control themselves or any other individual to adhere to the code of conduct be it an unfavorable or a lean situation. Self-discipline is the key to succeed in life regardless of the situation.



High Discipline

This is a trait which when cultivated by an individual becomes extremely favorable for other individuals and groups of individuals. These people are filled with a high sense of discipline and pride which makes them unbeatable in any field. They are high achievers as they can challenge the most difficult situations and can come up like winners. The said individual is filled with the ability to adhere to a given code of conduct. They are extremely consistent with all the work they lay their hands on. They are also very punctual. High Discipline creates asymmetry in life but can cause less adaptability also.

Learning Habits

Effective study habits help in studying smarter and can be learned to improve the ability to better retain study material. These habits include approaching study with the right attitude, choosing the right environment, minimizing distractions, setting a realistic schedule and keeping the discipline to complete the schedule.

When it comes to studying habits it is difficult to say why a particular person understands better in one way while another one in a different way, we generally divide study habits into three types - audio, visual and tactical.

All the students learn differently, some study with music, while some like pin-drop silence. Some students can even learn in a noisy environment.

A person can study by reading or by seeing things, some can retain better by hearing and some can use both. So it is important for a person to understand one's own habits and then to cultivate them to study better.

Study habits are important to understand and use this understanding to create an appropriate study environment.

Learning Habits



Auditory



Visual



Kinesthetic/Tactile

Auditory



Auditory study habits imply that particular trait when a person learns better by listening or speaking the content. A person with good auditory abilities is able to retain the learned knowledge using audio mediums like lectures, podcasts and listening from others. These people can remember most of what they listen to. Auditory habits make it easy for a person to learn as listening and speaking can be done without any external help. Auditory learners enjoy the privilege of fast learning from listening from others and are benefitted more by the knowledge that other people possess. It is easy for them to analyze better and skim the information for useful purposes. This kind of learning also improves peer learning where one can learn from the peer group.

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Visual

A person with visual study habits visualizes the content to learn and remember the information. Visual learning abilities are very helpful in creating long term stable memory. Visual learning habits help to learn more in the stipulated time period. Those people who learn from visualization take less time in learning and are able to retain the information for a longer duration. Building brain castles is one of the most effective memory techniques which is based on the visualization of information. Visual learning can be amazing as a person is capable of creating visual in mind and some people are so good that they possess photo memory. They can recall everything they see and even can amaze people with their extraordinary skills. Visual learning also helps a person to form fact-based opinions.



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Kinaesthetic

Tactile learning is when a person learns using the sense of touch and movement. This learning habit requires some physical movement as some students walk while studying, some listen to music, some learn better while using the computer and some take extensive notes. Kinaesthetic learners are fast in learning but to comply with the brain they involve themselves in some movement activity. Tactile learning habits help in creating fast memory but this kind of learner need a revision of the information more to retain the knowledge in long term memory. For this type of learner, writing the information to learn and the process is an ideal strategy as it satiates the craving of movement and at the same time captures the brain in the same activity which leads to better learning. Tactile learners can also use tools or gadgets to support learning.



Aptitude

At times, students are flabbergasted about the omnipresence of the aptitude. A topic, which is not taught anywhere in formal education is so important that without good aptitude almost no paper can be cleared whether it is a competitive exam or a placement paper.

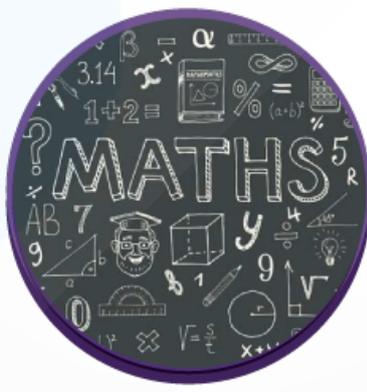
Aptitude is basically the capacity of the human brain which helps to implement known facts and knowledge to find solutions to unknown problems, without this a person even if scored very well in the exam might not be a good performer at work. Aptitude helps a person to apply the given fact to find innovative solutions within the given resources.

The good news about aptitude is that unlike IQ, aptitude can be improved through rigorous practices and exploration. It is crucial for a student to practice aptitude even if it is not directly useful because it sharpens the brain and lessens the thinking time.

Aptitude



Verbal Ability



Quantitative Aptitude



Logical Reasoning

Verbal Ability



One of the most important components of having a good managerial skill is verbal ability. There are many different components of verbal ability such as word power, analogies, sentence correction, and verbal reasoning. Verbal ability requires very good communication skills inculcated within the individual. Verbal ability can be the measure to define how quickly and accurately a person can process information to the other individual.

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Moderate Verbal Ability

An individual with moderate verbal ability can possess good managerial skill but because of lack of word power and poor communication skills, they are held behind the crowds. These individuals are moderate in the various verbal components such as analogies and verbal reasoning. These individuals are not confident enough to speak because of their moderate communication skills that is the reason these individuals are not able to process information accurately. They are not very creative when it comes to writing and imagining different ideas.

Quantitative Aptitude



Quantitative Aptitude can be classified as a sub-branch of Aptitude. It refers to the ability or skill of working with numbers. When an individual is able to solve numeric problems, mathematical calculations and is able to play with numbers in a logical manner, the individual is said to have a good quantitative aptitude.



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High Quantitative Aptitude

An individual with high quantitative aptitude is the ruler of this branch of aptitude. These individuals carry excellent ability and the skills to work with the numbers. These individuals can deal with the most complex and sophisticated problems with ease because of their high quantitative aptitude skills. They can easily find a route to solve a complex problem by recognizing known concepts and methods, even create new ones sometimes.

Logical Reasoning



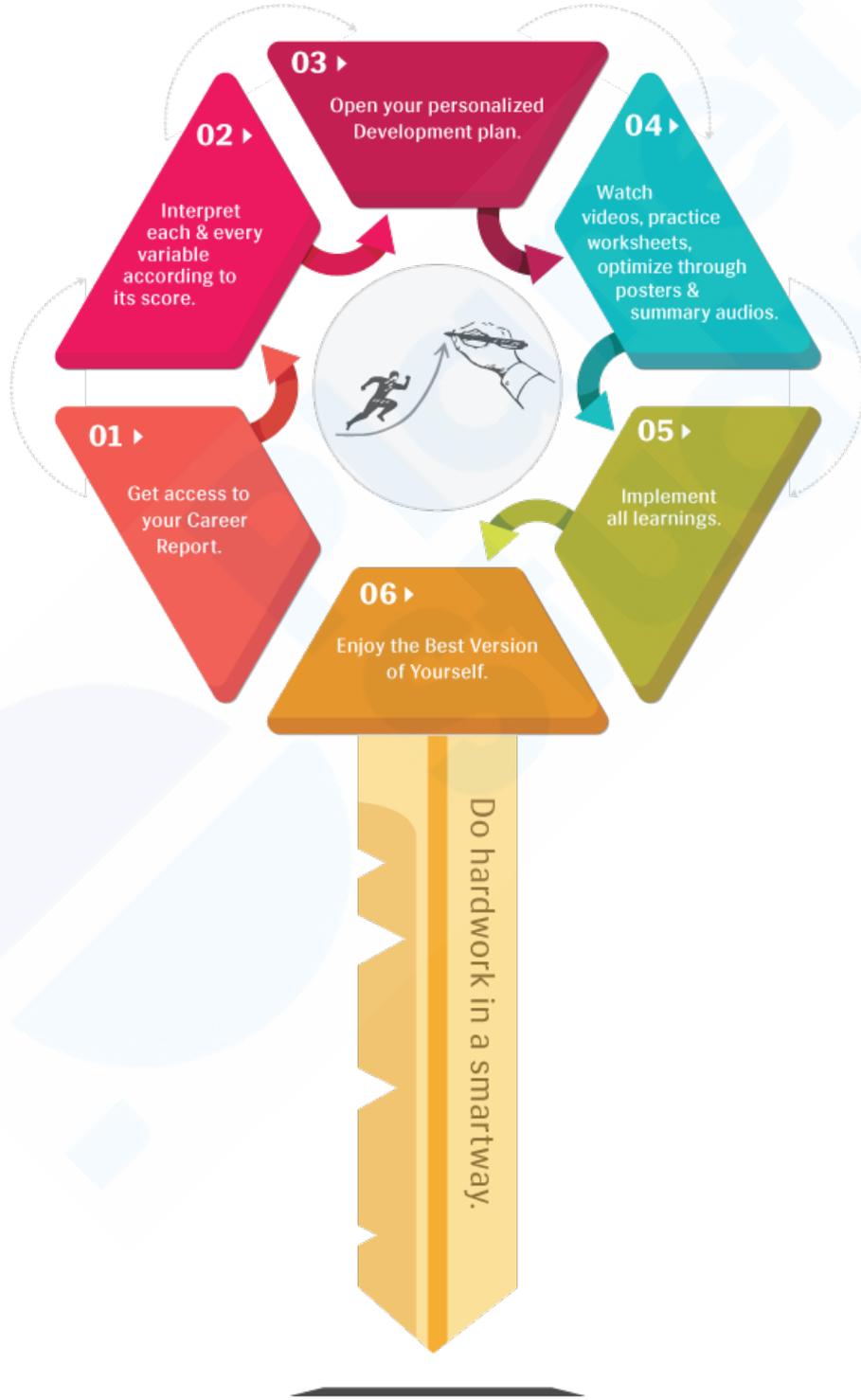
The term 'Logical Reasoning' is formed using two words which are logic and reason. The term logic refers to a systematic way of completing a task and the term reason refers to the meaning behind doing a certain task in a specified manner. Logical reasoning is the process of using a rational, systematic series of steps based on sound mathematical procedures and given statements to arrive at a conclusion.

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Low Logical Reasoning

Reasoning ability is that trait which helps a person to see things in a logical way, to connect the dots and to establish meaningful relationships among the not so related events and situations. This ability of a person has less to do with education but more with the capacity of the brain to see beyond the given facts and information. An individual with low logical reasoning finds it difficult to think logically and to draw a meaningful conclusion from the given information. They keep on diving into the shallow side and are unable to see beyond the picture present before them. They may come up with weird solutions that are far from the correct ones and might not work in the real world.

GROWTH PLAN



PARENTS SECTION

- Understand your child, every child is different, and we need to understand the inclination of our child, and for that, we must expose them to various activities, let them be free and close to nature so that they can express their positivity.
- The realistic approach does not burden our child with our aspirations. What dreams we put on ourselves we put those dreams on our children, and we want them to do that irrespective of the fact whether they are capable and interested in doing that or not.
- Be parents, our children can have several friends in life, but they have got only one set of parents. We have to make them understand what is right or wrong and help them to learn skills that are necessary to survive in this world.
- Let your child learn from his/her experiences and do not overprotect them. A major issue with today's generation is their parents protect them too much which prevents a child from having some real-time experiences and learning. Let the child have negative experiences so that they can face the real world in the future.
- Your child should confide in you, if your child makes a mistake, you should be the first person to tell, and this can happen only when you understand your child when you do not burden him/her with ideologies which you think it should be.
- Do not be too idealistic before them. Most of the time parents give unrealistic advice because they want to reflect an ideal image in front of the child. Today's environment needs a realistic representation of parents rather than idealistic.

Still Having Any Query

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