

**CENTER FOR CAREER AND
LIFE DESIGN COUNSELLING**



Career and Life design Report

CLIENT ID: CT-2023-58791

WEBSITE
www.mylifedesign.co.in

CONTACT
[+91 91239 98128](tel:+919123998128)

EMAIL
contact.mylifedesign@gmail.com



Name: Client ID: CT-2023-58791

Age:

Gender:

Educational Qualification: Graduation

Reason for Consultation: Seeking seeks guidance to make a crucial career decision. She is considering pursuing an MBA,

entering the job market, or making a complete career switch. The consultation aims to explore her motivations, interests, and concerns to provide valuable insights for her decision-making process.

Behavioural Observation:

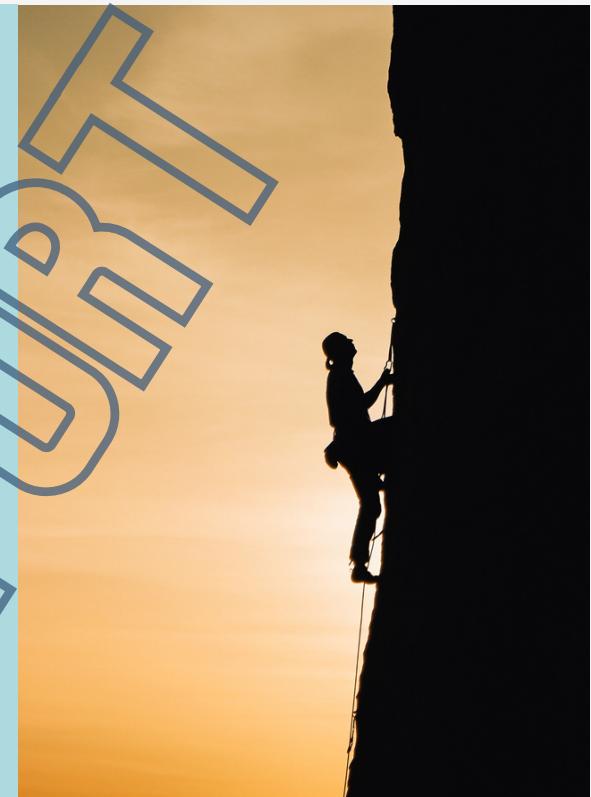
During the series of tests, Client exhibited exceptional patience and a genuine interest in the process, actively asking insightful questions that indicated her curiosity. While demonstrating intelligence and brightness, she appeared to be somewhat reserved or uncertain in her responses, which might hint at some self-doubt or modesty in her abilities.

Tests conducted

1. Big Five Personality Trait Test - Quantitative Test
2. RIASEC - Quantitative Test
3. Qualitative Worksheet

INTERPRETATION OF BIG FIVE PERSONALITY TRAITS TEST

This psychological report presents the results of the Big Five Personality Assessment. The Big Five Personality Model is a widely accepted framework used to assess individuals across five main dimensions: Openness, Conscientiousness, Extroversion, Agreeableness, and Neuroticism. The purpose of this assessment is to gain insight into Client's personality traits, which can have significant implications for various aspects of life, including social interactions, work performance, and overall well-being. This test is highly relevant for career counselling due to its ability to provide valuable insights into an individual's strengths, preferences and potential challenges in various career paths. By understanding a person's personality traits, career counsellors can help individuals make informed decisions about their career choices and identify professions that align with their natural tendencies and interests.



01

OPENNESS: HIGH OPENNESS

The client demonstrates a high level of openness to new experiences, ideas, and unconventional thinking. They are likely to be curious, imaginative, and open-minded. Individuals with high openness tend to be more creative and receptive to novel opportunities and challenges.

02

CONSCIENTIOUSNESS: HIGH CONSCIENTIOUSNESS

The client obtained a high score in conscientiousness, reflecting a strong sense of responsibility, self-discipline, and organizational skills. Individuals high in conscientiousness are typically reliable, goal-oriented, and diligent in their endeavors.

03

The client scored high in extraversion, suggesting a preference for social interactions and a tendency to seek stimulation from external sources. They are likely to be outgoing, energetic, and enjoy being in the company of others.

04

AGREEABLENESS: HIGH AGREEABLENESS

The client demonstrated a high level of agreeableness, which indicates warmth, compassion, and a cooperative nature. They are likely to be empathetic, trusting, and willing to help others.

05

NEUROTICISM: HIGH NEUROTICISM

The client obtained a high score in Neuroticism, indicating a tendency towards emotional reactivity and experiencing negative emotions such as anxiety and stress. Individuals with high neuroticism may be more prone to mood swings and perceive situations as threatening or challenging.

The client's personality assessment reveals a diverse range of personality traits, with notably high scores in Openness to Experience, Neuroticism, Extraversion, Agreeableness, and Conscientiousness.

The high score in Openness to Experience suggests that the client is likely to be receptive to new ideas and opportunities, making them adaptable and creative in their approach to various tasks and challenges. However, the high Neuroticism score indicates that they may experience more intense emotional reactions to stressors, which could impact their well-being and decision-making.

The client's high Extraversion score highlights their sociable nature and enjoyment of social interactions, making them comfortable in team-oriented environments. Additionally, their high Agreeableness score suggests that they possess strong interpersonal skills and a cooperative attitude, which can facilitate effective communication and collaboration with others.

Furthermore, the high Conscientiousness score implies that the client is organized, disciplined, and conscientious in their actions, making them reliable and committed to achieving their goals.

Implications for Career Choice:

Understanding the client's personality traits can be highly beneficial in career counseling. The high score in Openness to Experience may make them well-suited for creative and innovative roles that require flexible thinking and adaptability. However, it is essential to address the impact of their high Neuroticism score on decision-making and stress management to ensure their well-being in the chosen career path. Their high Extraversion and Agreeableness scores suggest that they may thrive in roles involving teamwork, leadership, and positions that require strong interpersonal skills. Additionally, their high Conscientiousness score can contribute to their success in roles that demand precision, reliability, and attention to detail.

Sample



Interpretation Report for RIASEC Test

RIASEC stands for Realistic, Investigative, Artistic, Social, Enterprising, and Conventional, representing six distinct categories of work-related activities and environments.

The RIASEC test is an assessment tool that helps individuals explore their interests and preferences in various occupational domains.

RIASEC stands for Realistic, Investigative, Artistic, Social, Enterprising, and Conventional, representing six distinct categories of work-related activities and environments.

SAMPLE



The Holland Codes or RIASEC model is a widely used career development theory that categorizes individuals into six personality types based on their interests and preferences.

The six types are Realistic (R), Investigative (I), Artistic (A), Social (S), Enterprising (E), and Conventional (C). This report provides insights into your RIASEC scores, highlighting your dominant and secondary personality types, and how they relate to potential career paths.

Based on the subject's scores in each category, we can provide the following interpretation:

DOMAIN	DESCRIPTION	RANGE
Realistic	Practical, hands-on tasks and physical activities	Moderate
Investigative	Scientific inquiry, research, and intellectual problem-solving.	Mild
Enterprising	Interest in careers involving leadership, entrepreneurship, and influencing others	Moderate
Conventional	Preference for a structured and organized work environment.	Moderate
Artistic	Interest in creative and expressive pursuits.	High
Social	Individual's inclination towards social interaction and helping others.	High

REALISTIC

8

INVESTIGATIVE

10

ARTISTIC

26

SOCIAL

27

ENTERPRISING

20

CONVENTIONAL

18

SAMPLE REPORT

ARTISTIC (A)



The subject has a strong inclination towards artistic and creative expression. They are likely to enjoy activities such as painting, writing, music, or other forms of artistic expression. Careers in design, writing, performing arts, or media may align well with their interests.

SOCIAL (S)



The subject demonstrates a significant preference for interacting and helping others. They are likely to be empathetic and enjoy working in roles that involve social interactions, such as counseling, teaching, healthcare, or community service.

INVESTIGATIVE (I)



The subject shows a mild interest in exploring, researching, and analyzing information. They may enjoy activities that require critical thinking, problem-solving, and scientific inquiry. Careers in research, analysis, or intellectual exploration might appeal to them.

ENTERPRISING (E)

The subject displays a moderate interest in leadership, entrepreneurship, and business-oriented activities. They may enjoy taking initiatives and have a drive to achieve their goals. Careers in sales, management, marketing, or business development may be appealing to them.

REALISTIC (R)

The subject has a moderate interest in practical, hands-on tasks and prefers working with tools, machines, and physical objects. They may have an interest in mechanical or technical occupations that involve physical skills.

CONVENTIONAL (C)

The subject also exhibits a moderate interest in organized and detail-oriented tasks. They may prefer working in structured environments that involve data analysis, record-keeping, or administrative responsibilities. Careers in finance, accounting, or administrative roles may be of interest.

Important resources

This career counseling report aims to provide the client with a comprehensive overview of various MBA specializations and post-graduate programs available in reputed institutions. The objective is to assist the client in making an informed decision about their career path and higher education options.

FREE SAMPLE

MBA Specializations at Amity University: Amity University offers a range of MBA specializations that cater to diverse career interests. Some of the possibilities include but are not limited to:

- MBA in Digital Marketing: Ideal for individuals interested in the dynamic world of digital marketing and e-commerce.
- MBA in Human Resources (HR): Suited for those aspiring to excel in managing and developing talent within organizations.

Other Institutions and Programs: Apart from Amity University, the client has various options to explore based on their interests and career goals.

SAMPLE REPORT

Indian School of Public Policy (ISPP):
For individuals passionate about Public Policy and governance, ISPP provides specialized post-graduate programs tailored to develop public policy professionals.

Tata Institute of Social Sciences (TISS):
TISS offers several post-graduate programs in Human Science & Management, providing opportunities for a deeper understanding of social issues and management practices.

Social Work and NGO Sector:
For clients interested in Social Work and working with Government or NGOs, pursuing Master's in Social Work (MSW) can open avenues to make a meaningful impact on society.

Public Health:
Institution like Indian Institute of Public Health (IIPH) offer specialized programs in Public Health for individuals who aspire to contribute to public health initiatives and disease prevention.

Gap-Year and CAT Exams:

Considering the client's uncertainty and the range of options available, it is advisable to take one or two gap-years to explore different career paths, gain work experience through internships or jobs, and thoroughly research potential post-graduate programs. During this period, preparing for CAT and related exams can open doors to prestigious MBA programs in reputed institutes.

Work Experience and Internships: Engaging in internships or jobs during the gap-years can provide valuable insights into different industries and domains, helping the client make informed decisions about her career path.

Recommendation: Life Design Counseling to Address Self-Confidence, Self-Esteem, and Anxiety Management Issues.