

**SELF-AWARENESS AND CAREER SELECTION TEST**

**Instructions:**

1. Read the questions carefully.
2. For Questions 1-25 kindly check on one response per question only.
3. Do not overthink on any question, it has to be spontaneous.
4. You have 20 minutes to complete this test.

S. No		Does not Apply	Rarely	Applies half of the time	Often	Always Applies
1	I know when I am happy					
2	Others can rarely tell what kind of mood I am in					
3	I am able to always motive myself to do difficult tasks					
4	I am always able to see things from the other person's viewpoint					
5	I am an excellent listener					
6	I usually recognize when I am stressed					
7	Difficult people do not annoy me					
8	I believe you should do the difficult things first					
9	Other individuals are not 'difficult' just 'different'					
10	People are the most interesting thing in life for me					

11	When I feel anxious I usually can account for the reason(s).					
12	I can consciously alter my frame of mind or mood					
13	I can always motivate myself even when I feel low					
14	I can sometimes see things from others' point of view					
15	I am good at reconciling differences with other people					
16	I can let anger 'go' quickly so that it no longer affects me					
17	I can suppress my emotions when I need to					
18	Motivations has been the key to my success					
19	Reasons for disagreements are always clear to me					
20	I generally build solid relationships with those I work/study with					
21	I realize immediately when I lose my temper					

22	I can 'reframe' bad situations quickly					
23	I have a strong heart					
24	I am excellent at empathizing with someone else's problem					
25	I never interrupt other people's conversations					

**26. Mark a tick (✓) on all the items that are appealing to you. (Minimum 10 and maximum 15)**

- Planting and growing crops
- Solving math problems
- Being in a play
- Studying other cultures
- Talking to people at a party
- Working with computers
- Working on cars
- Writing blogs
- Drawing or painting
- Exploring new places
- Advising friends
- Dressing up formally
- Foreign language
- Working from nine to five
- Reading fiction or plays
- Helping people with problems
- Talking about the features of mobile phones
- Mimicry
- Playing a musical instrument
- Making new friends
- Leading a group
- Following a budget
- Belonging to a club
- Giving talks or speeches
- Working with the elderly

**27. Which all social networking sites are you active on?**

- a) Facebook                      b) Twitter                      c) Instagram  
d) Snapchat                      e) Youtube                      f) Google+                      g) Others

**28. Which career would you prefer?**

- |                        |                 |                         |
|------------------------|-----------------|-------------------------|
| a) Travel & Tourism    | b) Airlines     | c) Hotel                |
| d) Banking & Insurance | e) Retail/Mall  | f) Media- Entertainment |
| g)IT/Computer          | h) Entrepreneur | i) Education            |
| j) Agriculture         | k) Automobiles  | l) Any Other _____      |

**29. Rewrite the following in the order of your preference- Money, Status, Fame, Happiness?**

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**30. Where would you like to work and settle after completing your education?**

- |                      |                   |
|----------------------|-------------------|
| a) Near your home    | b) Abroad         |
| c) Anywhere in India | d) Doesn't Matter |

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**Name:**

\_\_\_\_\_

**Institution Name:**

\_\_\_\_\_

\_\_\_\_\_

**Email Address:**

\_\_\_\_\_

**Contact Number:**

\_\_\_\_\_

**Course Name:**

\_\_\_\_\_

**Tick the appropriate option:**

**Graduation/ Post-graduation**

**Stream: Arts/Commerce/Science**

**Year: 1<sup>st</sup> / 2<sup>nd</sup> / 3<sup>rd</sup>**