

FOUNDATION REPORT



I'm Set for My Bright Career !

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Test Date : 2nd April 2021
Student ID : VIDHI-51377

Report at a Glance



Introduction

About this report	04
Why Alma Mater ?	05

Your Scholastic Profile

Study Habits	06
Learning Style	09

Know Your Intelligence 12

Multiple Intelligence	
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Your Personal Profile

Aptitude	15
Adjustment	17



Tips to shine

For you	20
On Parenting	21





Dear Students,

Thanks for taking the Career Foundation Test!

This is the time in your life when you are probably facing many new challenges and surprises as you begin to grow. This may involve changes in academics and increased expectations from you in terms of social behaviour. Most importantly, it is time to think about high school and beyond. This report basically talks about various ways to create a foundation for successful completion of high school and further preparation.

The report answers some key questions about you -

- ✓ What are my study habits?
- ✓ What is my learning style?
- ✓ What is my natural flair?
- ✓ What are my strengths and weaknesses?
- ✓ Why it is sometimes difficult to adapt to my social circle?

Understanding your potential and discovering the improvement areas at the onset of career forming age gives you an advantage of being fully prepared for your further decisions. The Career Foundation Test holds importance in this regard.

We trust that this report would help you a lot in making you aware of your natural flair and study habits, likes and dislikes leading you to a successful future.



In addition, India's renowned educationist, psychologist and technologists have added their mainstream work and successful researches to make it a very practical and efficient scientific career recommendation engine. The amalgamated efforts are quite visible through our three Aces. Lets now take a tour in the Ace World.

Alma Mater is based on this equation. The other foundation is, the research on almost 1 million wish list of students across the country.

Alma Mater's 3 Aces



The 3 Aces of our product are an amazing solution to your wishes to locate a bright career. Have a look.

1 Omniscan technology

Alma Mater's unique, proprietary and under Patent process, Scientific Recommendation Engine does a 360 degree mapping of a student's profile on the critical aspects that are ideally required to decide a Career, Course and College.

1. Thinking ability
2. Ambition
3. Eligibility - Academics & Physical
4. Opportunity
5. Personal
6. Budget
7. Geography

2 365 days Profile Monitor

We track and preserve the history of your performances and profiles at important stages of your Career planning for further reference to plan your career.

1. 8th to Post graduation

3 C-Planner

365 days of online tool to:

1. Explore your career through the vast career databank
2. Change your career foundation priorities and makes you set your career goals
3. Lead you to select Right course, college and a Bright career
4. Confirm facts and figures about your career choice through interaction with experts of your choice

Best of luck!!

Your innate strengths will always give you the best!

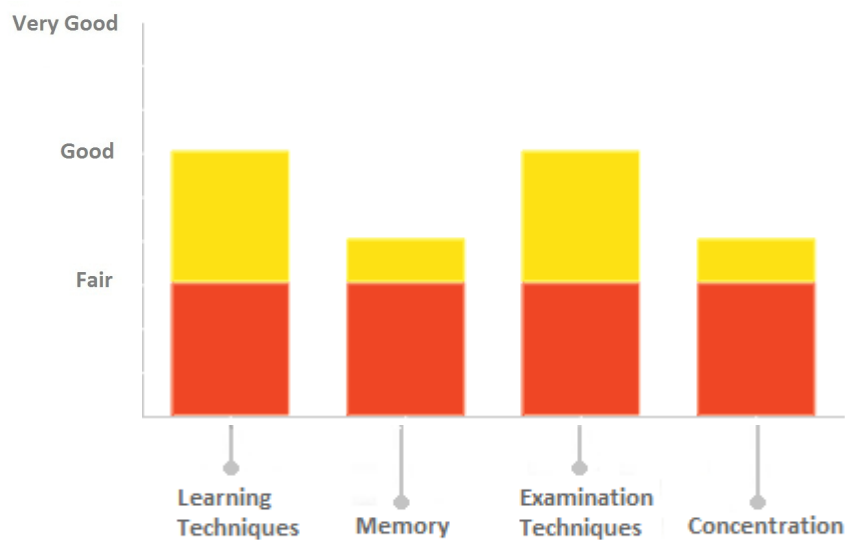


Study Habits

Study habits determine the way you take in and process information. These are the easy tricks that assist in retention of large amount of information. Study habits play a crucial role in obtaining good grades.

Alma Mater's Study Habits test assesses an individual's style, techniques and consistency of particular study habits that one has formed during school years.

The test evaluates the individual on various study habits viz. learning, memorization, concentration and preparing for the examination.

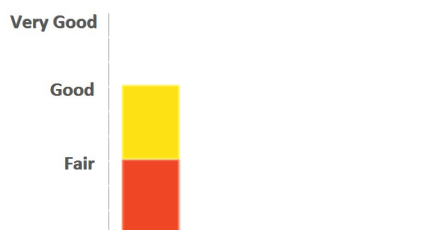


Your Test Results

1. You have been assessed good in [Learning technique](#).
2. You have been assessed good in [Memory](#).
3. You have been assessed good in [Examination technique](#).
4. You have been assessed good in [Concentration](#).



Learning techniques



Meaning

Broadly, any skill which boosts a person's ability to study can be termed as a Learning Technique. Key to the better results is not studying longer, but 'studying smarter'. Smart study involves factors like how well you are prepared, how efficiently the time at hand has been utilized and how much has been retained at the end of all studying. Learning techniques are a combination of your methods and ways for effective learning. It includes - *Time management, Reading and note taking, Learning motivation, Healthy habits*

Suggestions:

Time management -

- Prepare and Follow 'To Do List' as a Daily/weekly planner to write important study activities. Do the same for monthly activities so that you can plan in advance.
- Set goals Long term as well as short term.

Reading and note taking -

- Read Early in the Day when your mind is clear and sharp as your grasping is at its best.
- Discuss and learn: Discussing what you have learnt in the classroom with your friends gives you better clarity and retains it for a longer period.

Learning motivation -

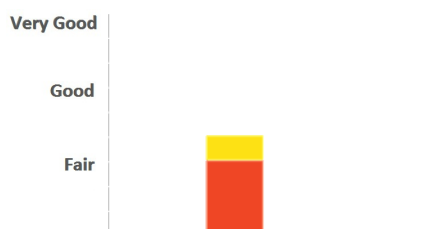
- Prepare your mind for studying.
- Your emotional state helps/hampers learning: Stay calm and be positive!

Healthy habits

- Have nutritious food and lot of water
- Include physical activity in your daily schedule
- Rest: Your body needs sufficient amount of rest.
- Be open to inputs and feedback



Memory



Meaning

Memory is the mental capacity to acquire, store and reproduce knowledge and information wherever and whenever required. Strong memory results in better learning. Here are few techniques that will boost memorization.

Suggestions:

Mnemonics - Mnemonics are strategies for improving memory. These include acronyms, acrostics, the narrative method, and rhymes.

- **Acronyms** - An invented combination of letters with each letter acting as a cue to an idea you need to remember. E.g. VIBGYOR
- **Acrostics** - An invented sentence where the first letter of each word is a cue to an idea you need to remember. A famous acrostic for the planets Mercury, Venus, Earth, Mars, Jupiter, Saturn, Uranus, Neptune, and Pluto is 'My Very Energetic Mother Just Served Us Nine Pizza's
- **Narrative Methods** - Narrative methods involve making up a story to remember a list of words.
- **Rhymes** - Rhymes are also good mnemonics. E.g. the rhyme that starts with, Thirty days has September, April, June, and November; all the rest have thirty one except February which has 28 unless leap turns it 29.

Visual Imagery - Visualizing procedures, techniques, processes in your mind's eye help them to be retained in your memory over long periods of time. You can also invent your own memorization techniques to remember things.





Examination techniques



Meaning

Exams are an indispensable part of our curriculum. To excel in the examination you need to think and work quickly under pressure. Most students cram at the last minute. Neither your body nor your mind can take that kind of strain. It is absolutely necessary to take good care of yourself during the exam preparation period.

Suggestions:

Here are some examination related To-Do's:

Before Exam

- Devote more attention towards weak areas
- Stay healthy, take enough rest
- Avoid over-studying.
- Have a calm, cool and relaxed attitude towards exam

During Exam

- Glance over the test: number of questions, format, points per question/section, etc.
- Read instructions completely.
- Work out which questions you are going to answer first and in what order. Then plan your time accordingly.
- Answer the easiest questions first
- If you are running out of time and you can't write sentences, then just write bullet points.
- Check answers before submitting your answer sheet.

Concentration



Meaning

Effective study is only possible if you study with full attention putting off all the unnecessary thoughts which interrupt in the process of learning. Concentration means to put off all unnecessary thoughts and focus all the mental capabilities on a point. Focusing your mental capabilities enables productive study - this is the power of concentration.

Suggestions:

- Focus on one activity at a time - reading only; not reading while watching television.
- Meditation, Yoga, simple breathing exercises improve concentration.
- Avoid studying when attention is persistently wandering.
- Avoid using excess of coffee or tea to improve concentration.
- Stop daydreaming. Stand up and walk around to stop daydreaming.
- Lastly, learn to enjoy study.

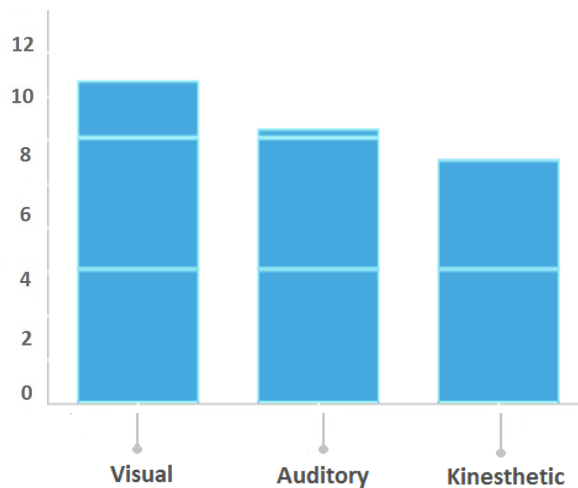
Learning Styles

Learning style is an individual's natural or habitual pattern of acquiring and processing information in learning situations. Understanding your own learning style can help you to learn as well as work in a more efficient manner.

Alma Mater's Learning Style Test assesses an individual's basic learning style.

They are: Visual (V) Auditory (A) or Kinesthetic (K)

Each individual may possess a single style or could possess a combination of different learning styles. There is no such thing as a good or bad learning style. The reality is that we all have a custom 'learning style' that is, in varying degrees, a combination of Visual, Auditory and Kinesthetic learning. Therefore, utilize your dominant style to the maximum and also inculcate the other types so that your ability to accumulate and assimilate information is enhanced. The most important thing to remember is: *Do what works for you!*



Your Primary learning style is ' Visual ' and secondary learning style is ' Auditory ' .

Visual



Meaning

Visual learning is a learning style in which ideas, concepts, data and other information are associated with images.

Characteristics of Visual Learner are:

- Observes rather than acts or talks
- Memorizes by seeing graphics or pictures
- Notices details
- Has good spatial sense
- Good sense of direction
- Good at seeing the 'big picture' of both simple and complex systems.

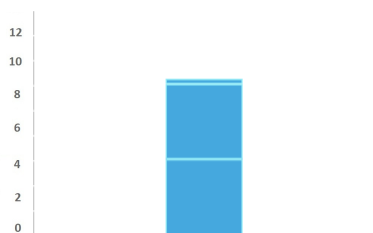
Your Primary learning style

Suggestions:

The following learning techniques will be useful for you:-

- Use images, pictures, colours and other visual media to help you learn. Try to find diagrams, sketches, schematics, photographs, flow charts or any other visual representation of course material.
- Use mind maps. Use colours and pictures in place of text, wherever possible.
- Take advantage of the visual elements of the computer in studying or locating information.
- Illustrate your notes with images and graphs.

Auditory



Meaning

Auditory Learning is a learning style in which ideas, concepts, data and other information are associated with listening and speaking.

Characteristics of Auditory Learner are:

- Enjoys talking
- Learns best through listening to lectures
- Interprets the underlying meaning of speech through listening to tone of voice, pitch, speed and other nuances
- Often benefits from reading text aloud Enjoys listening activities

Your Secondary learning style

Suggestions:

The following learning techniques will be useful for you:

- Study with a friend so you can talk about the information and hear it too.
- While reading, skim through and look at the pictures, chapter titles and other clues and say out loud what you think this book could be about.
- Read out loud whenever possible. You need to hear the words as you read them to understand them well.
- Participate in class discussions and debates.
- Recite information over and over to better memorize material.
- Use a tape recorder and replay the information.

Kinesthetic



Meaning

Kinesthetic learning is a learning style in which learning takes place by the student carrying out a physical activity.

Characteristics of Kinesthetic Learner are:

- Hands on learner or a doer
- Uses larger hand gestures, body language to communicate
- Has very good eye-hand co-ordination
- Sensitive to the physical world around you
- Likes to experiment
- Likes 'getting the hands dirty,' making models, working out jigsaws.

Your Third learning style

Suggestions:

The following learning techniques will be useful for you:

- Try to memorise by walking around while reciting to yourself.
- If you need to fidget, try doing so in a way which will not disturb others or endanger yourself or others. Try jiggling your legs or feet, try hand/finger exercises or handle a soft ball, tennis ball or something similar.
- Use coloured construction paper to cover your desk or even decorate your area. Choose your favourite colour as this will help you focus. This technique is called colour grounding.
- While studying, take frequent breaks, but be sure to settle back down to work quickly. A reasonable schedule would be 15-25 minutes of study, 3-5 minutes of break time.
- When learning new information, make task cards, flashcards, electro-boards, card games, floor games, etc. This will help you process the information.
- Use breathing and relaxation while you learn and perform. Focus on staying calm, centred, relaxed and aware.

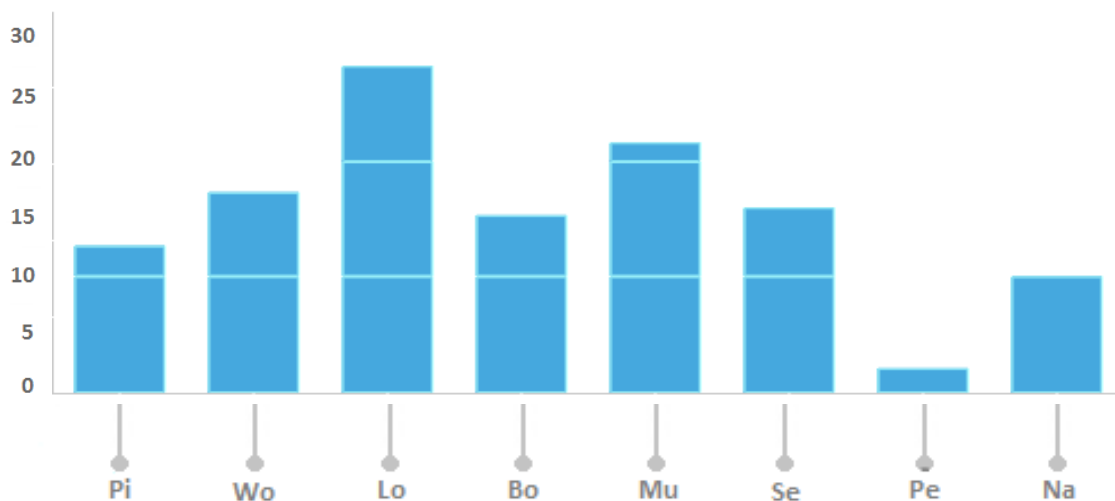


What is Multiple Intelligence?

Intelligence is the capacity to understand the world, to think rationally and to use resources effectively when faced with challenges. 'Multiple intelligence' shows the areas you are really interested in and helps you define what you really want from your personal life and career. It also reflects your natural talents. We are happy and successful when we learn, develop and work in ways that make best use of our natural talents. 'Multiple intelligence' indicator helps you to focus on the kind of learning and work that will be most fulfilling and rewarding for you.

Remember-

- Everyone has part of all the intelligence!
- This inventory is meant as a snapshot in time – it can change!
- Multiple Intelligence inventory is meant to empower, not to label learners.



Your Multiple Intelligences are: [Logic Smart](#), [Music Smart](#), [Word Smart](#), [Self Smart](#), [Body Smart](#), [Picture Smart](#), [Nature Smart](#) and [People Smart](#) .



Picture Smart (Pi)

Your score is 13

Meaning: Picture smart people have highly developed capacity to perceive the world visually and accurately and to transform, manipulate and recreate mental images.

Common Characteristics:

- Can easily form a mental image of a description
- Can imagine easily how objects look from different angles
- Interested in drawing, painting, sculpting, interior design
- Good at visual arts, geometry

Exercises to enhance this intelligence type:

- Mind-mapping
- Visualize scenarios and goals you want to attain
- Use posters, flash cards and symbols in studies
- Use diagrams and maps

Word Smart (Wo)

Your score is 17

Meaning: Word Smart people have the capacity to use language fluently and flexibly to express their thinking and understanding others.

Common Characteristics:

- Advanced vocabulary
- Debating and Negotiation skills
- Debating
- Good memory for quotes, people's names etc.
- Writing: creative or otherwise

Exercises to enhance this intelligence type:

- Make up stories and tell them to someone
- Keep notes
- Learn new words every day
- Play vocabulary games
- Solve puzzles and crosswords

Logic Smart (Lo)

Your score is 27

Meaning: Logic Smart people have the capacity to think conceptually, abstractly and logically. Scientists, mathematicians, engineers and programmers are high on logic smart.

Common Characteristics:

- Good at calculations without any help
- Recognizing numeric patterns
- Curious about how things work
- Good at scientific reasoning, problem solving

Exercises to enhance this intelligence type:

- Practice step-by-step thinking!
- Do brain teasers
- Play mathematical computation games
- Do practical experiments

Body Smart (Bo)

Your score is 15

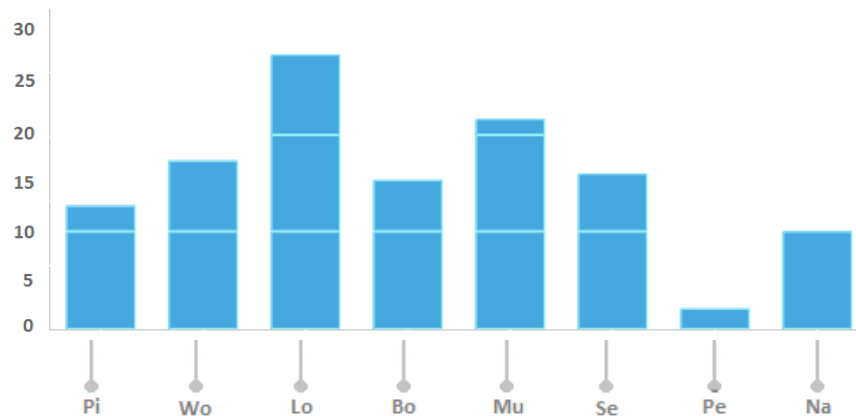
Meaning: Body Smart people possess good coordination and motor skills and/or tend to learn best through 'hands on' activities.

Common Characteristics:

- Performing arts (dancing, acting, music, drama)
- Well-coordinated and Inventive.
- Taking things apart and putting them back together
- Sports/athletics

Exercises to enhance this intelligence type:

- Act out what you are learning
- Change your position frequently and take breaks
- Learn subjects using tools, toys and things you can handle
- Create things with hands



Music Smart (Mu)

Your score is 22

Meaning: Music smart people have the capacity to produce, create and apply musical patterns.

Common Characteristics:

- Sensitive to sounds
- Ability to recognize tonal patterns
- May like to playing a musical instrument
- Good at learning/discerning accents in foreign languages

Exercises to enhance this intelligence type:

- Learn with music
- Play an instrument
- Join a choir or a band
- Create a mood tape - with music that lifts you up, inspires you

Self Smart (Se)

Your score is 16

Meaning: Self Smart refers to the knowledge of one's internal strengths and limitations and using that knowledge to effectively relate to others.

Common Characteristics:

- Strong-willed and independent
- Higher-order thinking and reasoning
- High level of concentration/focus; self-motivated
- Accurate perception of self, good intuition

Exercises to enhance this intelligence type:

- Do independent study
- Incorporate think and listen sessions to clarify your own thinking
- Use questions to explore your inner self and gain clarity
- Discuss or write about your experiences and how you felt.

People Smart (Pe)

Your score is 2

Meaning: People smart have the ability to understand the motives, feelings and behaviors of other people so as to bond into a comfortable relationship with others.

Common Characteristics:

- Extrovert, Leadership ability, cooperative
- Good communication and social skills
- Empathy/sensitivity to others' feelings, moods Group activities, brainstorming

Exercises to enhance this intelligence type:

- Use communication and relationship skills
- Work in teams
- Take advantage of opportunities to serve others
- Teach what you know - be a tutor/mentor

Nature Smart (Na)

Your score is 10

Meaning: Nature smart people are in tune with nature and are often interested in nurturing, exploring the environment and learning about other species. These people find both interest and inspiration in nature.

Common Characteristics:

- Keen observational skills
- Interested in care of animals or plants
- Studying various aspects of nature
- Notices nature above all other things

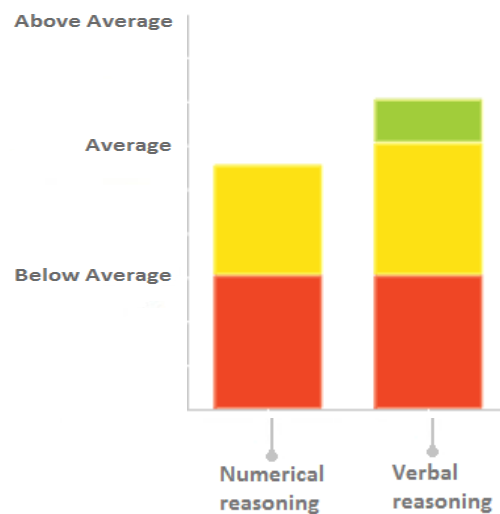
Exercises to enhance this intelligence type:

- Use nature metaphors
- Support and encourage nature related project work
- Study natural phenomenon
- Visit national parks and zoo to see different types of birds, animals and plants.



What is Aptitude?

Aptitude is an acquired or natural ability for learning and proficiency in a specific area or discipline. This aptitude test assesses an individual on two key abilities viz. verbal reasoning and numerical reasoning. The test assesses the ability to reason using words and numbers such as learn and understand complex new material; use logic to develop arguments that are rational and well-reasoned; figure out the logical consequences of a given set of rules, assumptions or relationships.

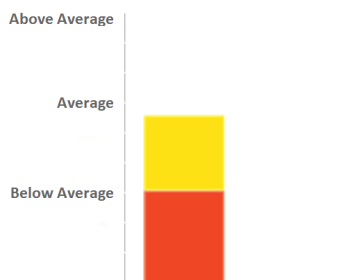


Your Test Results

1. Your performance is average in [Numerical Reasoning Ability](#).
2. Your performance is above average in [Verbal Reasoning Ability](#).



Numerical Reasoning



Meaning

Numerical reasoning ability is an individual's capacity towards understanding and application of numbers and patterns. It also means applying logical thinking before coming to a particular conclusion by observation of given information or subject matter.

This helps in:

- Learning new numerical concepts
- Recognising and probing into numerical problems or issues
- Identifying numerical information needed in decision making
- Applying numerical reasoning when analysing information
- Detecting numerical relationships in data
- Drawing accurate conclusions from numerical information

This ability is required for subjects:

Maths, Physics, Chemistry, and Biology.



Your Numerical reasoning ability score is at Average

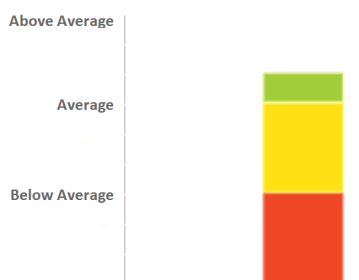
What does this ratings mean?

You may need to take extra efforts in understanding and applying knowledge of mathematical operations, solving complex problems etc.

Tips for Improvement

1. Try to recite tables in random order.
2. Improve your understanding of the basic principles of mathematics.
3. Try to be quick at addition, subtraction, multiplication and division with accuracy.
4. Allot more time for practice of numerical problems.

Verbal Reasoning



Meaning

This test measures the ability to reason with words, to understand and use concepts expressed in words. This ability is primarily required in reading, listening and writing and/or speaking in a precise manner with appropriate usage of words.

This helps in:

- Defining problems and situations
- Identifying information for decision making or problem solving
- Reasoning while analyzing information
- Drawing accurate conclusions from information
- Developing arguments

This ability is required for subjects:

Languages, History, Geography, Economics and Music.



Your Verbal reasoning ability score is at Above Average

What does this ratings mean?

You are good at expressing your thoughts clearly and you can learn very well through reading, writing and discussing the same. It seems that you can understand the complex logic and abstract concepts.

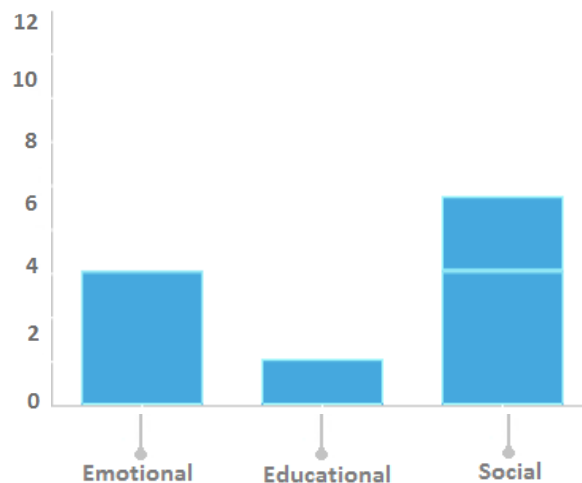
Tips for Improvement

1. Make sure you read widely outside the syllabus. Read a range of books, as this will add to your knowledge and skills.
2. Play games about synonyms and antonyms to build the vocabulary.
3. You can enhance this ability by reading small passages and concluding the information gathered. Start enjoying questions of 'What' and 'How' type.



Adjustment level

The aim of this test is to obtain more realistic information about how well the student understands and has learnt to live with his feelings and emotions in his physical and social environment.



Your Test Results

1. You have been assessed above average in [Emotional adjustment](#).
2. You have been assessed above average in [Educational adjustment](#).
3. You have been assessed average in [Social adjustment](#).



Emotional



Meaning

It is maintaining the emotional stability with reference to the internal and external concerns. It is quite possible that the student is highly sensitive and has guilt and self consciousness. It is important to check whether a student is able to produce appropriate emotional responses or he/she is overtly nervous and excitable.

*Your rating in this category is Above Average
(Score range - 0 to 4)*

Suggestions:

- **Do not react impulsively** - At this age you will go through a lot of emotional ups and downs, as it is a transition period, so try to think and react instead of reacting impulsively.
- **Aggression, irritability, restlessness** are common in this age, but try to keep calm and control these negative emotions.
- **Keep positive mind set** - You may face other problems such as low self confident, guilt, worry etc. Try to overcome these by keeping a positive mind set.
- **Learn from failure** - Along with success, failure is also an integral part, so never lose hope and get depressed but take it up as a new challenge and work hard but smart the next time.

Educational



Meaning

It focuses mainly on school life and academic involvement. During the schooling phase, students face stress. It may be in any form - high expectations, overload of homework etc. They might respond to these by being irritable, aggressive and restless. This kind of situation leads to withdrawal from academics. Students who are well adjusted will have harmonious relationships in the school setting and will be able to take up challenges.

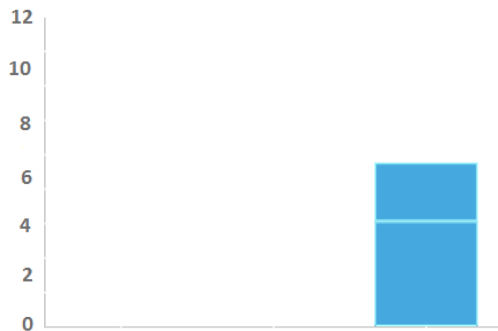
*Your rating in this category is Above Average
(Score range - 0 to 3)*

Suggestions:

- **Discuss and seek help of parents or teachers** - If you face any problem or unfamiliar situations, always discuss them with your parents or teachers or ask for their help.
- **Extracurricular Activities** - Along with academics, extracurricular activities are also important, try to take initiative and participate in them.
- **Acquire soft skills** - At school, make new friends, interact with everyone, volunteer for school activities, these will make you feel happy and you will acquire various good soft skills like team work, leadership etc.



Social



Meaning

It is an adaptation of the student to the social environment. Adjustment may take place by adapting the self to the environment or by changing the environment. Social environment refers to the immediate physical and social setting in which people live or in which something happens or develops. It includes the culture that the individual was educated or lives in and the people and institutions with whom they interact.

*Your rating in this category is Average
(Score range - 5 to 9)*

Suggestions:

- **Keep Balance** - It is always good to be self confident but at the same time it is very important not to be over confident.
- **Manners** - It is very important to behave politely and gently with everyone around you.
- **Interact** - Try to make new friends and social connections as and when possible.



As a middle school student, you are in an age group that is both fascinating and complex. You are no longer a ‘child’, but you are not yet an ‘adult’ also.

- You are experiencing biological, physical and behavioural and social changes.
- Relationships with your friends and family take on new meanings.
- You will be dealing with more complex intellectual tasks.
- You will be expected to behave in a more mature manner.
- You will be held more accountable for your actions.

This phase, called adolescence, can be joyful and painful at the same time. However, it is always a time of growth. In other words, you are growing up.

As an intelligent and thinking adolescent:

- Use your natural curiosity, imagination and energy to make this phase an exciting opportunity to learn and play.
- Be aware of health hazards! Avoid involvement with drugs, alcohol and tobacco. This involvement diminishes your quality of life.
- Be kind and gentle to yourself; seek the advice and wisdom of your parents/teachers regularly.
- Talk with your teachers and school counsellor whenever you feel like.
- Involve yourself in extracurricular activities. This can reinforce academics and help you learn social skills. But remember that you need to focus on your academic achievements as well.

Note: If you use all that you have discovered about yourself through this report, you will be well on your way to being successful and will beat your own records.



Understand Your Child:

- Everyone has own pattern and style of study. Understand your child's pattern and prepare a schedule on that basis.
- Positive support is a must for their growth and healthy development.
- One of the basic principles of child psychology is to boost your child's self esteem. Low self esteem affects performance.
- Child's attention span is typically twice the age (in minutes). Do not force your child to sit for longer hours because his/her mind starts to wander.
- The best teacher in life is experience. Let children learn from their own experiences. Brain development depends on stimulation. Let them gather experiences. Allow them to play, handle stuff, manipulate objects etc.
- Proper nutrition and physical work is necessary for the child.
- Let them take part in some of the physical activities at home like brooming / sweeping the floor, carry vegetables and fruits, get something from the market. Let them play in the sand pit. All these activities do not harm them, rather they build muscles and strength necessary for many activities.

Do's:

- Set realistic goals for your child that they can accomplish.
- Make proper use of technology for academic purposes.
- Get your child's basics clear.
- Give your child the autonomy to decide for himself/herself.
- During exams, children would get confidence if parents are with them at home. If possible, do it.
- Stay positive about your child.

Don'ts:

- Do not label your child.
- Do not lose control on yourself.
- Never do your child's assignments and homework for them.
- Competition of each child is with self. Never compare them with others.



Career Guidance Report

The purpose of this Career Guidance Report is self-discovery. It is designed to help people identify their natural abilities, personality strengths and their career interests. The Alma Mater's Career Guidance Report should not be used to identify or diagnose psychological, mental health and/or medical problems. The user assumes sole responsibility for any actions or decisions that are made as a result of using this report and self-discovery. By using Alma Mater's Career Guidance Report, you explicitly waive and relinquish any and all claims of any nature against The Alma Mater's and/or their employees arising out of or in connection with the use of this Report.

Disclaimer for Personality / Interest test

High/low scores do not mean anything good or bad projected in you through the test. It is usually an inter mix of different factors in the same persona.

Preview of streams/careers

- Disclaimer: Every effort has been made to ensure the accuracy of the information contained in this report at the time of printing. However, this information could be subject to change.
- For all tests the results interpreted in these tests are based on the answers provided by the individuals/ applicant. We (Alma Mater) will not be held responsible for any difference or correctness of the same.

These test assessments are made for educational and/or personal purposes only and thus the inferences found within this report should be viewed with unbiased consideration.



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