



# UNIQUE NATURAL POTENTIAL

REPORT FOR  
Sample Student

REPORT DATE  
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PREPARED BY  
VedAtma

## From the founder's desk

"CHOOSE A JOB YOU LOVE AND YOU WILL NEVER HAVE TO WORK A DAY IN YOUR LIFE."

Dear Sample Student,

Thank you for embarking on your journey of self-discovery with VedAtma! We enjoyed working with you, and we hope you found our process exciting and enlightening.

All children have dreams about what they want to be when they grow up. We have brought you a step closer to realizing your dreams, by helping you discover your Unique Natural Potential -the convergence of your Personality, Career Interests and Aptitude. Two world-renowned career assessments, Myers Briggs Type Indicator<sup>®</sup> (MBTI<sup>®</sup>) and Strong Interest Inventory<sup>®</sup>, have been used in your career counselling process to discover your Unique Natural Potential. Through this discovery, we have enabled you to choose study streams and careers that can lead to your professional and personal fulfillment.

We are confident that the insights from this journey will help you become the best version of yourself!

Best always,

Eldho Kuruvilla

Founder And Chief Mentor, VedAtma



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## Your VedAtma Report is divided into the following sections:

Introduction to Unique Natural Potential

Personality

Your Personality

Career Field Choices

Occupational Choices

Career Interests

General Occupational Themes

Basic Interests Scales

Occupational Scales

College Course Choices

Personal Style Scales

Aptitude

Your Aptitude Skills Matrix

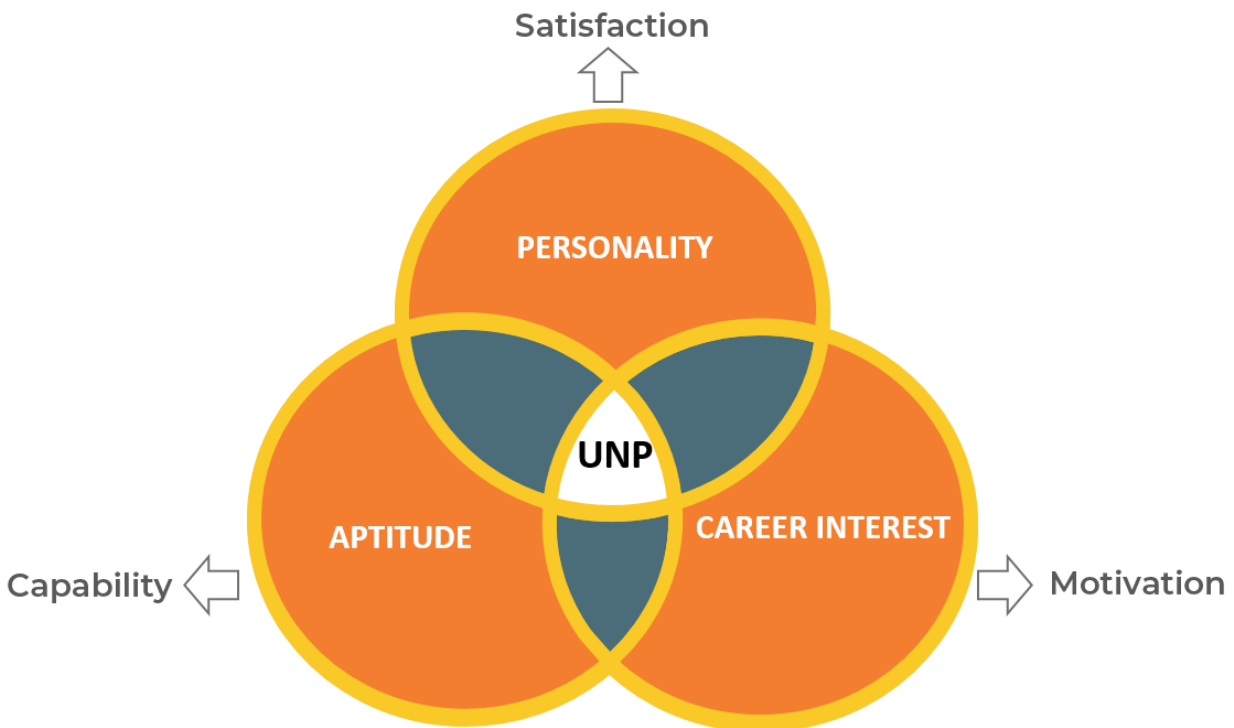
Career Mission Statement

Discovery of Your Unique Natural Potential

Ideal Specific Activities/ Occupations Recommendations

Potential Specific Activities/ Occupations Recommendations

## Unique Natural Potential (UNP)



### What is Unique Natural Potential?

An individual's Unique Natural Potential is the convergence of their Personality, Career Interests and Aptitude.

- Personality, being the essence of what an individual is, decides what gives them satisfaction in life and careers.
- Career Interest is what motivates them to excel in a field of study or work.
- Aptitude is the set of skills and abilities an individual is good at, and relates to capability in a field of study or work.

Discovery of a person's Unique Natural Potential enables academic and career choices that lead to jobs in which the individual will be capable, motivated and satisfied.

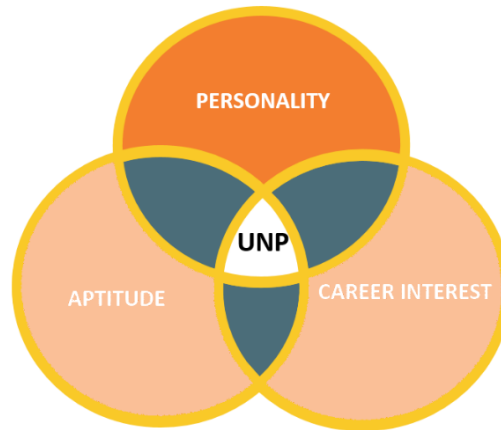
### How do we discover Unique Natural Potential?

The discovery of Unique Natural Potential entails the exploration of Personality, Career Interests and Aptitude.

- Personality can be explored using the Myers-Briggs Type Indicator<sup>®</sup> (MBTI<sup>®</sup>) Assessment, the world's most popular Personality Assessment suitable for students of classes 9 and above, as well as working professionals.
- Career Interests can be explored through the Strong Interest Inventory<sup>®</sup> Assessment, a gold standard used worldwide in career planning.

- Aptitude can be explored through a self-assessment of skills using the Motivational Skills Matrix

## Personality



The Myers-Briggs Type Indicator® Assessment identifies sixteen different personality types to describe people. Based on your MBTI® results and your self-assessment, your personality type is

# INFP

( Introversion Intuition Feeling Perceiving )

ISTJ	ISFJ	INFJ	INTJ
ISTP	ISFP	INFP	INTP
ESTP	ESFP	ENFP	ENTP
ESTJ	ESFJ	ENFJ	ENTJ

## Your Personality

Your personality type is made up of your preferences in four separate categories that together describe how you typically go about noticing and thinking about things, and interacting with people and the world.

### INFP

Where you focus your attention	<b>E</b>	Extraversion Focusing attention on the outer world of people and things	<b>I</b>	Introversion Focusing attention on the inner world of ideas and impressions
The way you take in information	<b>S</b>	Sensing Taking in information through the five senses, with a focus on the here and now	<b>N</b>	Intuition Taking in information by seeing patterns and the big picture, with a focus on future possibilities
The way you make decisions	<b>T</b>	Thinking Making decisions mostly on the basis of logic and objective analysis	<b>F</b>	Feeling Making decisions mostly on the basis of values and subjective, people-centered concerns
How you deal with the world	<b>J</b>	Judging Taking a planned and organized approach to life, liking to have things settled	<b>P</b>	Perceiving Taking a flexible, spontaneous approach to life to keep options open

You may refer to your MBTI<sup>®</sup> Report for a detailed description of your Personality Type.

## Career Field Choices Based on Personality

Amongst the four pairs of preferences discussed in previous page, 'the way you take information' (S or N) and 'the way you make decisions' (T or F) highly influence career choices. These preferences are called Mental Functions. There are 4 possible combinations of mental functions- ST, SF, NF, NT, within a Personality Type. The table below indicates how career choices are determined by each of these mental function combinations. The highlighted careers indicate those chosen by you during the counselling session.

Mental Functions	ST	SF	NF	NT
Focus On →	Facts	Facts	Possibilities	Possibilities
Prefers Applying →	Objective analysis and experience	Personal warmth, concern for others	Attention to people's potential	Theoretical concepts and systems
Tends To Become →	Practical and analytical	Sympathetic and friendly	Insightful and enthusiastic	Logical and analytical
Find Scope in Career Fields Related To →	Technical skills with objects and facts	Practical help and services for people	Understanding and encouraging people	Theoretical and technical frameworks



Mental Functions	ST	SF	NF	NT
Career Fields	<ul style="list-style-type: none"> <li>• Accounts</li> <li>• Applied Science</li> <li>• Banking</li> <li>• Business Administration</li> <li>• Computers - Database/Networks</li> <li>• Construction</li> <li>• Engineering</li> <li>• Entertainment - Sports</li> <li>• Health Care - hands-on/technical</li> <li>• Law - Corporate, Tax Practitioner, etc.</li> <li>• Law Enforcement</li> <li>• Production- Hands on Trades</li> <li>• Protective Services - Hands-On</li> <li>• Sales - Tangibles</li> <li>• Teaching - Vocational</li> </ul>	<ul style="list-style-type: none"> <li>• Clerical</li> <li>• Community Service/Social Service</li> <li>• Entertainment - Performing Arts</li> <li>• Health Care</li> <li>• Religious Service</li> <li>• Sales - Intangible</li> <li>• Supervision</li> <li>• Support Services</li> <li>• Teaching</li> </ul>	<ul style="list-style-type: none"> <li>• Communication</li> <li>• Counselling</li> <li>• Creative - Art, Music</li> <li>• Health Care</li> <li>• Human Resources</li> <li>• Literature</li> <li>• Marketing</li> <li>• Organizational Development</li> <li>• Psychology - Clinical Psychologist</li> <li>• Religious Service</li> <li>• Research</li> <li>• Social Sciences</li> <li>• Teaching</li> <li>• Technology - liaison</li> </ul>	<ul style="list-style-type: none"> <li>• Academician</li> <li>• Computers</li> <li>• Creative - Inventor</li> <li>• Engineering</li> <li>• Finance - Analyst</li> <li>• Health Care</li> <li>• Law - Civil, Criminal, Corporate</li> <li>• Management</li> <li>• Physical Science</li> <li>• Psychology - Research</li> <li>• Research</li> </ul>

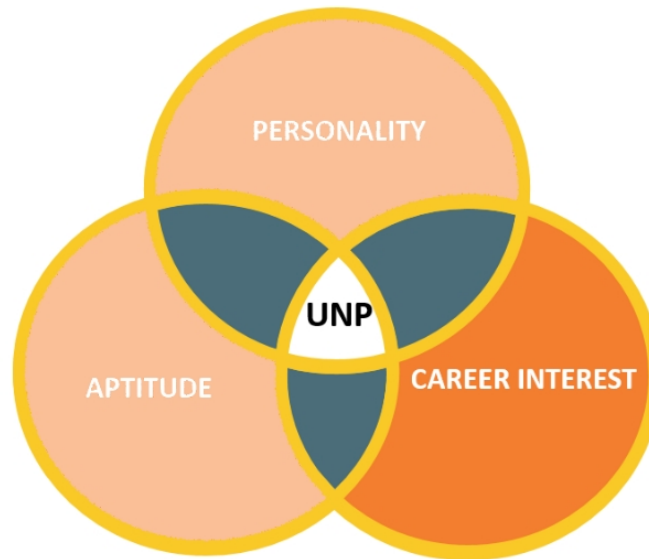
## Occupational Choices Based on Your Personality Type

The table below presents an indicative (not exhaustive) list of career fields and occupations that are normally found satisfying for your Personality Type . The highlighted careers within this indicate those chosen by you during the counselling session.

Career Domains	Career Fields
Creative/Arts	<ul style="list-style-type: none"> <li>● Architect ● Art Director ● Artist ● Composer</li> <li>● Informational-Graphics Designer ● Interaction designer</li> <li>● Interior Designer ● Interpreter ● Journalist</li> <li>● Multimedia Producer ● Writer</li> </ul>
Education/Counselling	<ul style="list-style-type: none"> <li>● Career Counsellor ● Clinical Psychologist</li> <li>● College Professor ● Curator</li> <li>● Early Childhood Education Teacher ● Education Consultant</li> <li>● Genealogist ● Legal Mediator ● Researcher</li> <li>● Social Worker ● Social Worker ● Special Education Teacher</li> </ul>
Health Care	<ul style="list-style-type: none"> <li>● Art Therapist ● Audiologist</li> <li>● Cytotechnologist (study cells on a microscopic level to identify diseases and viruses)</li> <li>● Dietitian/Nutritionist ● Geneticist ● Occupational Therapist</li> <li>● Physical Therapist ● Speech-Language Pathologist</li> </ul>
Organizational Development	<ul style="list-style-type: none"> <li>● Corporate/ Team trainer ● Diversity Manager</li> <li>● Employment Development Specialist</li> <li>● Human Resource Development Trainer</li> <li>● Industrial-organizational psychologist ● Labour Relations Specialist</li> </ul>
Religion	<ul style="list-style-type: none"> <li>● Church Worker ● Minister ● Missionary</li> <li>● Pastoral Counsellor ● Religious Educator</li> </ul>

Career Domains	Career Fields
Technology	<ul style="list-style-type: none"> <li>● Human Resources Recruiter</li> <li>● Educational Software Developer</li> <li>● Project Manager</li> <li>● Customer Relations Manager</li> <li>● Engagement Manager</li> </ul>

## Career Interests



The Strong Interest Inventory<sup>®</sup> Assessment helps match the interests of an individual with education streams, jobs and leisure activities.

The Strong Interest Inventory<sup>®</sup> Report is broadly divided into four sections

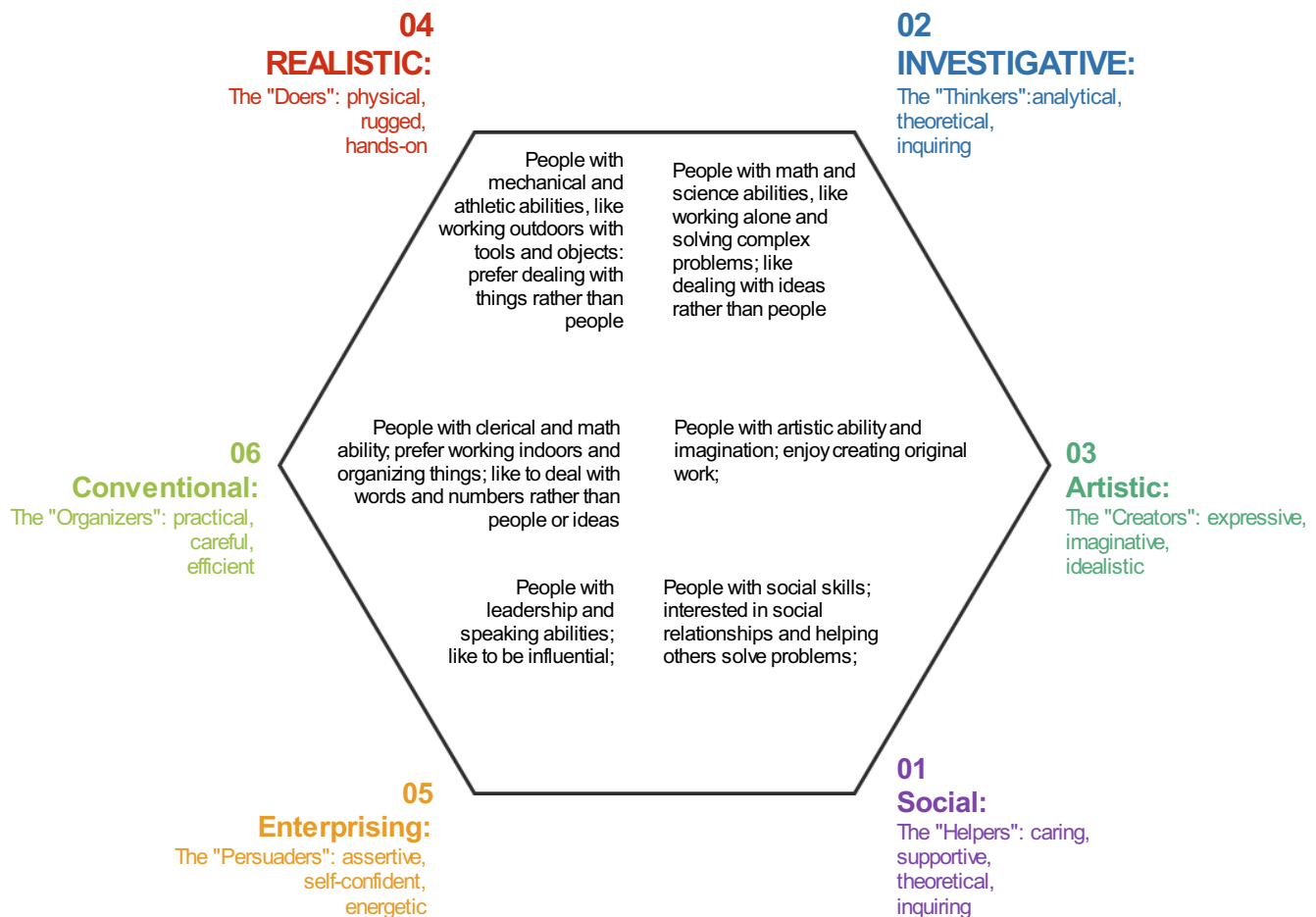
- The first section, General Occupational Themes, refers to the six broad interest patterns. All work environments and career interests can be classified under these six themes.
- The second section, Basic Interest Scales, consists of 30 Basic Interests, which are derived from the General Occupational Themes. These include broad subject areas and career fields.
- The third section, Occupation Scales, includes 130 Specific Occupations or job titles which are also classified according to the General Occupational Themes.
- The fourth section is the Personal Style Scales which defines an individual's preferred styles of working, learning, leading, risk-taking and teamwork

## General Occupational Themes - RIASEC Hexagon

John Holland's theory of Occupational and Personality Types categorizes people and occupations into six Themes.

These themes - Realistic, Investigative, Artistic, Social, Enterprising and Conventional - are collectively known by the acronym RIASEC. People usually seek work environments and specific jobs that match their interests, and thus develop skills and abilities in these areas. The Occupational Themes can be used to identify the best-fit majors for students, and also for determining ideal careers and addressing various aspects of career development.

The six themes are often represented using a hexagon model. Themes that are close together on the hexagon have similar characteristics, while those on opposite sides are dissimilar. The hexagon below depicts your hierarchy or order of preferences for the themes based on the Strong Report and self-assessment.



## Basic Interest Scales

The 30 Basic Interests are based on the RIASEC themes. They represent specific interest areas that indicate work and leisure activities that are motivating and satisfying.

The table below indicates the Basic Interests that were selected by you as areas of work or leisure interest, from the list of 30 Basic Interests on Page 4 of your Strong Report.

Theme	Basic Interest
Social	Counseling & Helping Human Resources & Training Social Sciences Teaching & Education
Investigative	Research
Artistic	Performing Arts Writing & Mass Communication
Realistic	
Enterprising	Entrepreneurship Management
Conventional	

## Specific Activities Under Basic Interest Scales

Corresponding to each Basic Interest, the Strong Interest Inventory® includes a few specific activities that are representative of occupations and study areas in that particular Basic Interest.

The identification of these specific activities within each Basic Interest enables a further fine-tuning of the individual's preferences. The table below represents the specific activities selected by you against each Basic Interest. Further, these have been categorised as Work (W) and Leisure (L) activities, as indicated by you during the session.

Basic Interest	Specific Activities that interest you
Counseling & Helping ( Social )	Helping people overcome difficulties <span>Work</span>
Social Sciences ( Social )	Learning about people and cultures <span>Leisure</span> Teaching and Research <span>Leisure</span>
Human Resources & Training ( Social )	Leading career development programs <span>Work</span> Recruiting / Managing Employees <span>Work</span> Training new employees <span>Work</span>
Teaching & Education ( Social )	Encouraging people to be successful <span>Work</span> Planning learning activities <span>Work</span> Teaching young people <span>Leisure</span>
Research ( Investigative )	Analyzing Research Results <span>Work</span>

Basic Interest	Specific Activities that interest you	
Performing Arts ( Artistic )		
Writing & Mass Communication ( Artistic )	Studying literature	Leisure
Entrepreneurship ( Enterprising )	Developing business opportunities	Work
	Marketing business ideas	Work
	Owning your own business	Work
Management ( Enterprising )	Participating in Executive Leadership Programs	Work



## Occupational Scales

The Strong Interest Inventory® Report lists 130 different occupations. It also indicates the individual's 10 most preferred occupations as selected by the individual during the assessment.

The table below indicates the Occupations that were selected by you from your top 10 occupations in Pages 19-20 of your Strong Report.

- |  |  |
|--|--|
| <ul style="list-style-type: none"> <li>• Special Education Teacher</li> <li>• Social Worker</li> </ul> | <ul style="list-style-type: none"> <li>• Occupational Therapist</li> </ul> |
|--|--|

Most individuals wish to explore certain occupations other than their Top 10 choices. The table below indicates other Occupations that were chosen by you from the list of 130 occupations in Pages 6-8 of your Strong Report.

- |  |   |
|--|---|
| <ul style="list-style-type: none"> <li>• Career Counselor</li> <li>• Training &amp; Development Specialist</li> <li>• Human Resources Specialist/ Recruiter</li> </ul> | <ul style="list-style-type: none"> <li>• Psychologist</li> <li>• Accountant</li> <li>• Actuary</li> </ul> |
|--|---|

Needless to say, there are thousands of occupations other than the 130 included in the Strong Report. The table below indicates the Occupations that were chosen by you from the O\*NET online database, a major international repository of occupational information

- |  |  |
|--|--|
| <ul style="list-style-type: none"> <li>• psychology teacher</li> <li>• socialists</li> </ul> | <ul style="list-style-type: none"> <li>• marriage &amp; family therapists</li> </ul> |
|--|--|

## College Courses based on Your Interest

The table below indicates the college courses that were selected by you under the various General Occupational Themes, from Page 11 of the Strong Interest Inventory Report<sup>®</sup>.

College Courses List	
Social	Child Development Counseling Elementary Education Family Studies Human Services Social Work
Investigative	Psychology Sociology
Artistic	Humanities
Enterprising	Hospitality Travel and Tourism

## Personal Style Scales

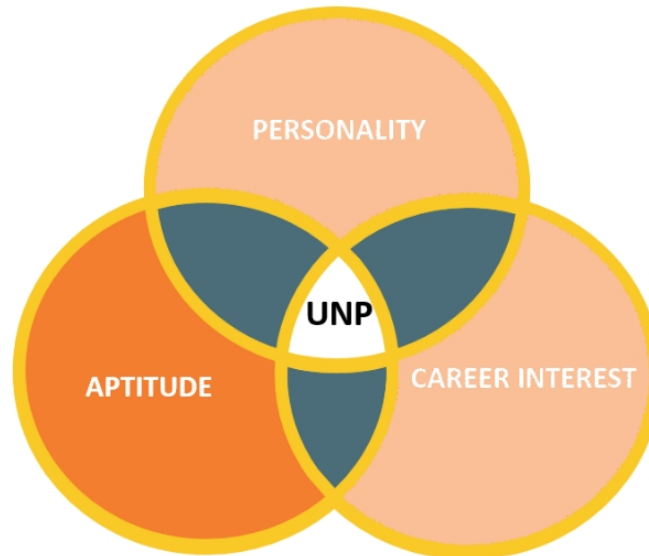
The Personal Style Scales are general indicators of an individual's preferences regarding work environment, learning, leadership, risk-taking and team work.

Page 9 of the Strong Interest Inventory Report<sup>®</sup> had highlighted your Personal Style Scale preferences as chosen by you during the assessment. The table below indicates your Personal Style Scales, as confirmed by you during your counselling session, ranging from Midrange (scores between 45 and 55), to Clear preferences towards either side.

PERSONAL STYLE SCALE		Clear      Midrange      Clear						SCORE
		25	35	45	55	65	75	
Work Style	Prefer working alone, Enjoys data, ideas, or things; Reserved			◆				37
Learning Environment	Prefers practical learning environments, learns by doing; prefers short-term training to achieve special goal or skill					◆		70
Leadership Style	Is not comfortable taking charge of others; prefers to do the job rather than direct others; may lead by example rather than by giving directions				◆			54
Risk Taking	Dislikes risk taking; likes quiet activities; prefers to play it safe; Make careful decisions				◆			60

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## Aptitude



Aptitude is the third factor to be considered in determining the Unique Natural Potential.

Aptitude is the set of Skills and Abilities that you are naturally good at. Every job requires certain skills. If an individual has those skills, they would be capable to do that job better. However, while every individual has natural skills in certain areas, other skills can also be developed if there is interest and motivation to hone them further.

The table below indicates your self-assessment of broad skills based on a simple tool called the Motivational Skills Matrix.

## Aptitude - Motivational Skills Matrix

	<b>Like</b> Skills that you like and do well <b>A</b>	<b>Don't Like</b> Skills that you don't like but do well <b>C</b>
DO WELL	<ul style="list-style-type: none"> <li>● Creativity</li> <li>● Ability to motivate and direct others</li> <li>● People Skills</li> <li>● Verbal Ability</li> <li>● Empathy</li> <li>● Researching</li> </ul>	<ul style="list-style-type: none"> <li>● Artistic Expression</li> <li>● Musical Ability</li> <li>● Writing Skills</li> <li>● Listening Skills</li> </ul>
	<b>Like</b> Skills that you like but don't do well <b>B</b>	<b>Don't Like</b> Skills that you don't like and don't do well <b>D</b>
DON'T DO WELL	<ul style="list-style-type: none"> <li>● Physical Coordination</li> <li>● Mathematical Ability</li> <li>● Analysing to solve problems</li> </ul>	<ul style="list-style-type: none"> <li>● Mechanical Skills</li> <li>● Processing Data</li> <li>● Attention to detail</li> <li>● Dexterity</li> <li>● Finances - Managing Money</li> <li>● Ability to work with numbers</li> </ul>

## Aptitude - Motivational Skills Matrix Summary

Refer the previous page where you have placed skills under:

- A - Skills that you like and do well
- B - Skills that you like but don't do well
- C - Skills that you don't like but do well
- D - Skills that you don't like and don't do well

Every occupation requires certain skills to do that particular job well. Your choices in the motivational skills matrix allows you to choose careers most aligned to your preferred skills, as explained below :

### A - High Priority

Skills placed here represent your strongest motivators. You will want to include as many of these as possible in your work. These are the footholds into the career you want.

### B - Good Option

Skills placed here are often the key to keeping work fresh and interesting. Think about ways to develop these skills so that you can move them into box A as you learn to do them well. These are the skills you may need to develop to get more options of satisfying career alternatives.

### C - Possible Option

Skills placed here represent those that deplete your energy - having to use skills you don't enjoy can cause frustration and burnout. Try to keep these skills to a minimum in your career options.

### D - Low Priority

Skills placed here should be included in your career work only if they are absolutely necessary to get the job done. It is otherwise best to avoid these in your career options.

## Career Mission Statement

The Career Mission Statement which you framed during the session captures what internally motivates you. It answers the most important career related questions of 'What gives my life its sense of purpose?' & 'How can my sense of purpose be expressed in my work?'

### What gives my life its sense of purpose?

Providing practical service to others

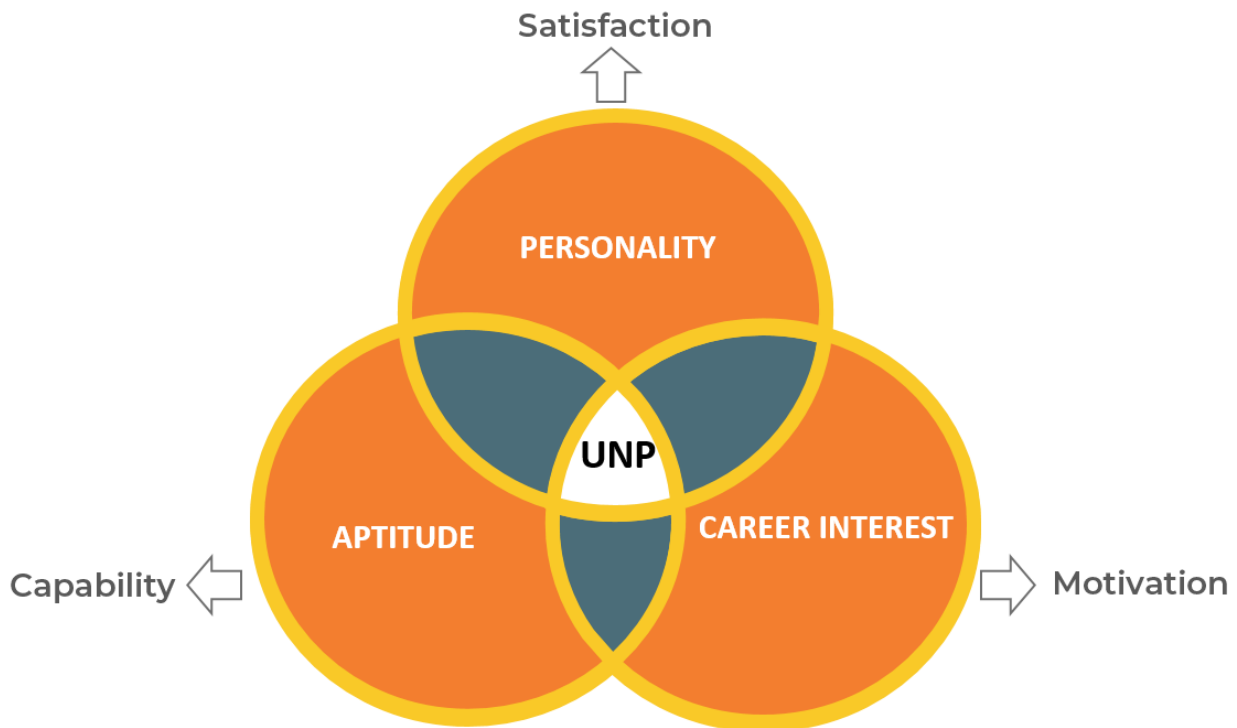
Making a meaningful difference in people's lives

### How can my sense of purpose be expressed in my work?

- Helping others to know & change, and get along for the betterment of humanity by probing questions of intellectual curiosity and by expressing themselves



## Unique Natural Potential (UNP)



Your Unique Natural Potential is the convergence of your Interest, Personality and Aptitude.

Discovery of your Unique Natural Potential enables you to identify academic and career choices that lead to occupations in which you will be capable, motivated and satisfied. This ensures professional success and personal satisfaction.

Now that we have identified your Personality, Career Interests and Aptitude in previous sections, we need to combine these to determine your Unique Natural Potential.

When combining these three, it is relevant to take your career interests first. All the specific interest activities which you have marked Work-Related (W) and the occupations you have chosen, are reflection of your Career Interest Circle.

The next step is to combine your Personality & Aptitude with your Career Interests.

### Combining Personality with Career Interests

The Mental Function combination in your Personality, (NE) is of paramount importance in the career fields you would

choose. This is because every career field prefers a combination of mental functions:

- Sensing (S) OR Intuition (N) while Taking In Information
- Thinking(T) OR Feeling (F) while Making Decisions

If your Mental Function combination (NE) is indeed the combination required in a particular career field, it would follow that the career field matches your personality. This means you would find that career satisfying, as your natural personality strengths are expressed in that career. Within your Mental Function Combination (NE) , your Dominant Function is (E) and Secondary Function is (N). So, career fields that match your Dominant Function (E) could also be potential career fields you could explore. This is because your Dominant Function helps you express your biggest personality strength in that career.

### Combining Aptitude with Career Interests

Your skills under Aptitude were marked as A, B, C & D under the earlier Aptitude section, based on your abilities and inclination

- A - Skills that you like and do well
- B - Skills that you like but don't do well
- C - Skills that you don't like but do well
- D - Skills that you don't like and don't do well

Every career field requires certain skills to do that particular job better. If you have those skills, it follows that you have the capability to do that job better. If the skills needed in the job are marked as A skills by you, it would be best. Even if the skills are marked as B, it would still be a good option since skills can be improved with effort and time, especially since you like those skills. If some skills needed in the occupation are reflected as C & D skills in your case, it would still be a potential option as long as there are more of your A & B skills, compared to C & D skills.

## Finalised Activities - Discovering Your UNP

Below is the list of work-related activities you chose under your Specific Interests. The Personality Mental Function combinations (ST, SF, NF, NT) that are preferred in each activity have been mentioned below. The Aptitude Skills needed in each activity have been highlighted as A, B, C & D according to your skill preferences.

Your Specific Interests	Your Work-related Activities Under Specific Interests
Research	Analyzing Research Results( <b>ACC</b> )[ <b>NT, ST</b> ]
Entrepreneurship	Developing business opportunities( <b>AAAAA</b> )[ <b>NF, NT, SF, ST</b> ] Owning your own business( <b>AC</b> )[ <b>NF, NT, SF, ST</b> ]

## Finalised Occupations - Discovering Your UNP

Below is the list of occupations you chose in the Career Interest section. The Personality Mental Function combinations (ST, SF, NF, NT) that are preferred in each occupation have been mentioned below. The Aptitude Skills needed in each occupation have been highlighted as A, B, C & D according to your skill preferences.

Jobs that interest you from Strong Report	Jobs outside Strong Report/ from O*NET
<ul style="list-style-type: none"> <li>Special Education Teacher(AAAAABBCD)[ NF, SF]</li> <li>Social Worker(AAAAABBC)[ NF, SF]</li> <li>Occupational Therapist(AAAAABCCDD)[ NF, SF]</li> </ul>	<ul style="list-style-type: none"> <li>Career Counselor(AAAAAABBC)[ NF, SF]</li> <li>Training &amp; Development Specialist(AAAAABBC)[ NF]</li> <li>Human Resources Specialist/ Recruiter(AAABBC)[ NF, SF]</li> <li>Psychologist(AAAAAABC)[ NF, NT]</li> <li>Accountant(CCDDDD)[ ST]</li> <li>Actuary(CCDDDD)[ NT, ST]</li> <li>psychology teacher(AAAAAB)[ NF]</li> <li>socialists(AAAAAB)[ NF, SF]</li> <li>marriage &amp; family therapists (AAAAAB)[ NF, SF]</li> </ul>

## Ideal Specific Interest Activities / Occupations

The specific interest activities/ occupations that match your mental functions and have more of your A skills, some B skills, few C skills and no D skills are the ones that are best-fit for your Unique Natural Potential. Simply put, this is the convergence of your personality, career interests and aptitude. These are the Career Fields that should be your top priority. The below choices have also taken into account your Career Mission Statement.

1. Social Worker
2. Career Counselor
3. Psychologist
4. psychology teacher
5. socialists
6. marriage & family therapists

## Potential Specific Interest Activities / Occupations

The specific interest activities / occupations that match at least one of your mental functions (dominant function) and have more A & B skills, but also a few C & D skills are the ones which are the next best. Though these activities / occupations have a preferred Mental Function combination which may not match yours, they match at least your Dominant Mental Function. Therefore, these become possible options. Further, choosing these would also mean that you need to improve a few skills which are needed in the job for you to be successful. Since skills can be improved with effort and time, these are still possible options.

1. Special Education Teacher
2. Occupational Therapist
3. Training & Development Specialist
4. Human Resources Specialist/ Recruiter
5. Developing business opportunities
6. Owning your own business

Your choice of subject streams/ college courses should ideally cover as many options from above as possible, so that you can narrow down to more specific study streams/careers later in your life. However, do keep in mind that the specific interest activities/occupations considered for deriving your Unique Natural Potential are limited by the choices you made during the counselling process. There is a possibility that you may discover more activities/occupations as you gain more knowledge about careers as you progress in life. We hope that you will then be able to filter any such activity/occupation through the lens of your Unique Natural Potential to determine its suitability as an ideal career for you. It is also important that your ideal career aligns with your Career Mission Statement.

Wishing you all the best in your journey ahead !