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21st Century Life Skills Assessment — Report

Complete evaluation and growth recommendations for:

Yuvraj Sandhu (Sample)

Class 12 · 2026-10-22 · Report ID LS26-SAMPLE12 · Sample report: does not verify · ⌚ 25 min

★ Proficient — Rising Achiever

01 About the 21st Century Life Skills Assessment

"21st-century skills" are the core competencies — critical thinking, interpersonal skills, self-management and AI readiness — that help students succeed in school today and in the workforce tomorrow. This assessment measures **16 life skills across 4 areas**, on a framework built from the **World Economic Forum** and **WHO** guidance on 21st-century curriculum and life skills.

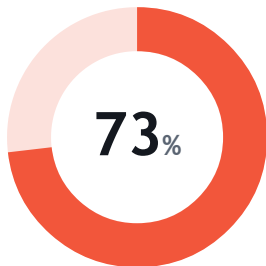
Life skills usually aren't taught — they're picked up by watching and doing. That's exactly why measuring them matters: the scores show where Yuvraj is already strong (use it to their advantage!) and where focused, small practice will pay off most. These skills are not fixed — every one of them grows with practice.

How to use this report: parents, teachers and counsellors can read the Focus Areas together with the growth plan above — each recommended activity targets a specific skill. Retaking the assessment every year turns this report into a growth story, not a snapshot.

02

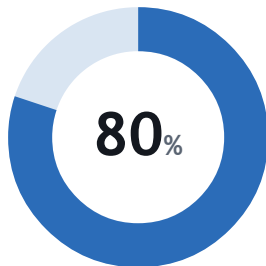
Yuvraj's Life Skill Score

Each area is measured by the four abilities listed under it. The ring fills as the score rises – a fuller ring is a stronger area.



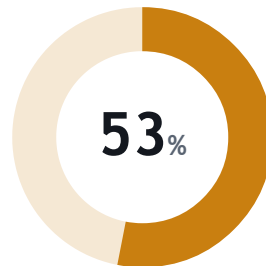
Cognitive Skills

- Decision Making
- Problem Solving
- Critical Thinking
- Curiosity & Learning to Learn



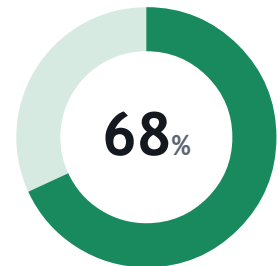
Interpersonal Skills

- Collaboration & Teamwork
 - Leadership
- Flexibility & Adaptability
 - Communication



Intrapersonal Skills

- Empathy
- Resilience & Coping
 - Initiative
- Persistence & Grit



AI Readiness

- Media Literacy
- Information Literacy
- Communicating with Technology
- Internet Skills & Safety



YUVAJ IS

03

The Connector

Brings people together – teams work better with you in them.

Your strongest area: 🏆 Interpersonal Skills

69 /100

04 Yuvraj's Skills Breakdown

The 21st Century Life Skills & Learning Wheel – all 16 skills, and where Yuvraj stands on each.

73

out of 100

● COGNITIVE SKILLS

How you think things through – making decisions, solving problems, questioning what you hear, and loving to learn.

80

out of 100

● INTERPERSONAL SKILLS

How you work with people – teaming up, leading, adjusting when plans change, and getting your ideas across.

53

out of 100

● INTRAPERSONAL SKILLS

How you handle yourself – understanding others' feelings, bouncing back, starting things on your own, and sticking with them.

68

out of 100

● AI READINESS

How ready you are for a world where AI is everywhere – telling real from AI-made, judging what to trust, using tools without being used by them, and staying safe and kind on screens.



What this wheel is

All **16 life skills** the 21st Century Life Skills Assessment measured, grouped into **4 colour areas**. Each piece is one skill, with Yuvraj's score on it; the total sits in the middle. Every student's wheel looks different – that is the point of it.

Why it matters in Class 12

In Class 12, school is nearly done and these are the skills colleges and employers actually look for – how you decide, lead, adapt, communicate and keep going. These are the skills you carry out of school. Knowing which ones are strong, and which need work, is the advantage.

What it is worth from here

In an AI-first workplace the knowing part is largely handled. What is left is judgement, working with people, adapting, and knowing what to trust online – the four areas of this wheel. In a college application or an interview these are what gets talked about once the marks are on the table, and the names of these 16 skills give you the vocabulary to answer "tell us about yourself".

Built on the **WHO** life-skills and **World Economic Forum** 21st-century skill frameworks. Take it again next year and watch the wheel change.

05



Overall 21st Century Life Skills Level

69/100 Proficient — Rising Achiever



A solid 21st-century skill set with one or two areas ready to level up. Strengthening the highlighted skills lifts the whole profile.

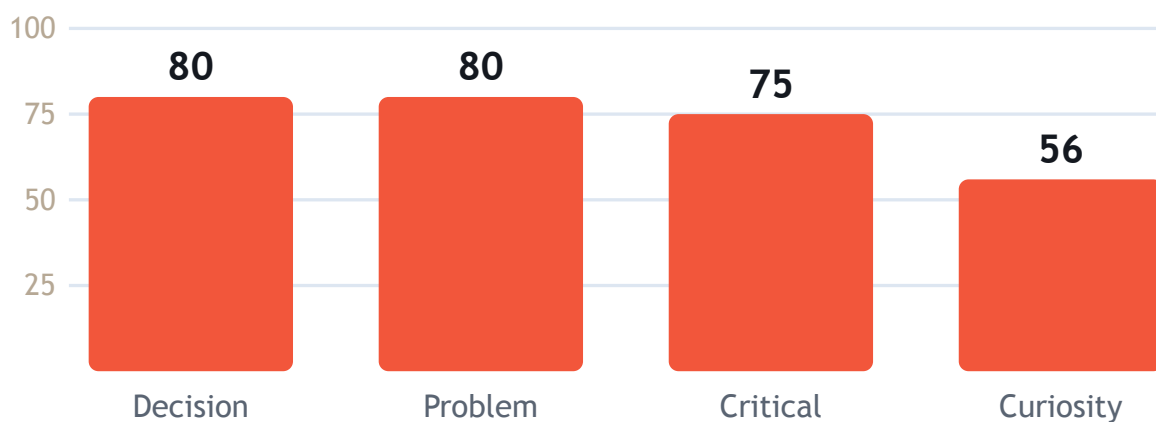
The **WHO / WEF framework**. Future-ready skills come in four families: how you **think**, how you work with **people**, how you handle **yourself**, and how smartly you live **online**. Each area above is the average of its four skills, explained one by one below.

06 All 16 skills, up close

Each skill is explained first, then your score on its range: 🏆 **Strength** (70+) · 📝 **Developing** (40-69) · 🎯 **Focus Area** (below 40).

🧠 Cognitive Skills

Deep dive – Cognitive Skills



Category	Result	Description
Decision Making	80%	How you choose between options – weighing what matters instead of picking on impulse or copying others.
Problem Solving	80%	What you do when something doesn't work – breaking it into parts, trying approaches, and using what you have.
Critical Thinking	75%	Checking ideas before believing them – spotting weak reasons, missing evidence, and claims that don't add up.
Curiosity	56%	How much you want to find things out – asking questions, exploring beyond the syllabus, and knowing how you learn best.
Want details?	Take this report to your school counsellor for a fuller conversation.	



Decision Making

👉 Strength

How you choose between options – weighing what matters instead of picking on impulse or copying others.

80 /100



Interpretation: Yuvraj's Decision Making is in the **Strength** range.

You'll notice this skill when...



Thinks of what could happen before choosing



Can say WHY they picked one option over another



Doesn't just copy what friends chose

Our recommendation

Weighs options and consequences before choosing – decisions are deliberate, not impulsive. Stretch it with bigger calls: budgets, plans, trade-offs.

A real strength – keep building on it!



Problem Solving

👉 Strength

What you do when something doesn't work – breaking it into parts, trying approaches, and using what you have.

80 /100



Interpretation: Yuvraj's Problem Solving is in the **Strength** range.

You'll notice this skill when...



Tries a second way when the first fails



Breaks a big task into smaller steps



Uses what's on hand instead of waiting for perfect conditions

Our recommendation

Approaches problems in steps and keeps trying angles until something works – a genuine strength. Feed it harder, messier problems.

A real strength – keep building on it!





Critical Thinking

👉 Strength

Checking ideas before believing them — spotting weak reasons, missing evidence, and claims that don't add up.

75 /100



Interpretation: Yuvraj's Critical Thinking is in the **Strength** range.

You'll notice this skill when...



Asks for the reason behind a claim



Spots when an argument doesn't follow



Separates facts from opinions in what they read

Our recommendation

Evaluates claims and spots weak reasoning reliably — thinks before believing. Sharpen it on real arguments: news, ads, debates.

A real strength — keep building on it!



Curiosity & Learning to Learn

📖 Developing

How much you want to find things out — asking questions, exploring beyond the syllabus, and knowing how you learn best.

56 /100



Interpretation: Yuvraj's Curiosity & Learning to Learn is in the **Developing** range.

You'll notice this skill when...



Asks questions beyond what's needed for marks



Explores topics nobody assigned



Notices which study methods work for them

Our recommendation

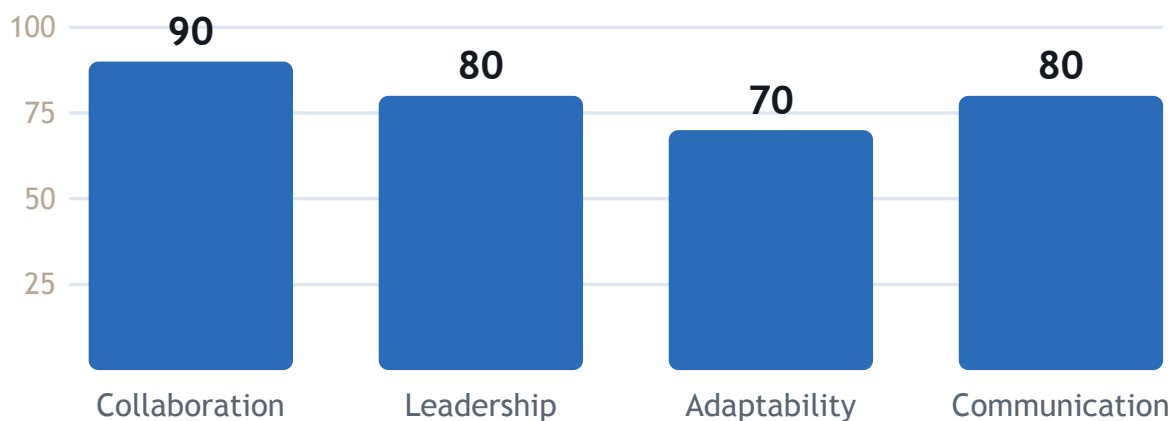
Curious when the topic clicks, passive when it doesn't. Connecting school topics to their real interests wakes the engine.

Growing well — steady practice will lift this.



Interpersonal Skills

Deep dive – Interpersonal Skills



Category	Result	Description
Collaboration	90%	Working WITH people – sharing work fairly, helping teammates, and putting the team's goal above being right.
Leadership	80%	Getting a group moving – stepping up, including everyone, and taking responsibility when things go wrong.
Adaptability	70%	Handling change without falling apart – new plans, new people, new rules, surprises.
Communication	80%	Getting your message across and taking others' in – clearly, at the right time, in the right way.
Want details?	Take this report to your school counsellor for a fuller conversation.	



Collaboration & Teamwork

Strength

Working WITH people — sharing work fairly, helping teammates, and putting the team's goal above being right.

90 /100



Interpretation: Yuvraj's Collaboration & Teamwork is in the **Strength** range.

You'll notice this skill when...



Does their share without being chased



Helps a struggling teammate instead of complaining



Accepts the group's decision even when theirs wasn't picked

Our recommendation

A genuine team player — pulls their weight, lifts others, and puts the goal first. Ready for bigger roles: coordinating, mentoring.

A real strength — keep building on it!



Leadership

Strength

Getting a group moving — stepping up, including everyone, and taking responsibility when things go wrong.

80 /100



Interpretation: Yuvraj's Leadership is in the **Strength** range.

You'll notice this skill when...



Steps up when no one else does



Makes sure quieter members get heard



Owens mistakes instead of blaming the team

Our recommendation

Steps up naturally and lifts the group — inclusive, responsible leadership. Give it real scope: events, clubs, captancy.

A real strength — keep building on it!



Flexibility & Adaptability

 Strength

Handling change without falling apart — new plans, new people, new rules, surprises.

70 /100



Interpretation: Yuvraj's Flexibility & Adaptability is in the **Strength** range.

You'll notice this skill when...



Stays calm when plans change suddenly



Tries new ways instead of insisting on the usual one



Settles quickly with new classmates or teachers

Our recommendation

Adapts quickly and calmly when things change — a skill the modern world pays for. Stretch it by choosing unfamiliar situations on purpose.

A real strength — keep building on it!



Communication

 Strength

Getting your message across and taking others' in — clearly, at the right time, in the right way.

80 /100



Interpretation: Yuvraj's Communication is in the **Strength** range.

You'll notice this skill when...



Explains ideas so others get them first time



Listens fully before replying



Picks the right moment and tone for hard conversations

Our recommendation

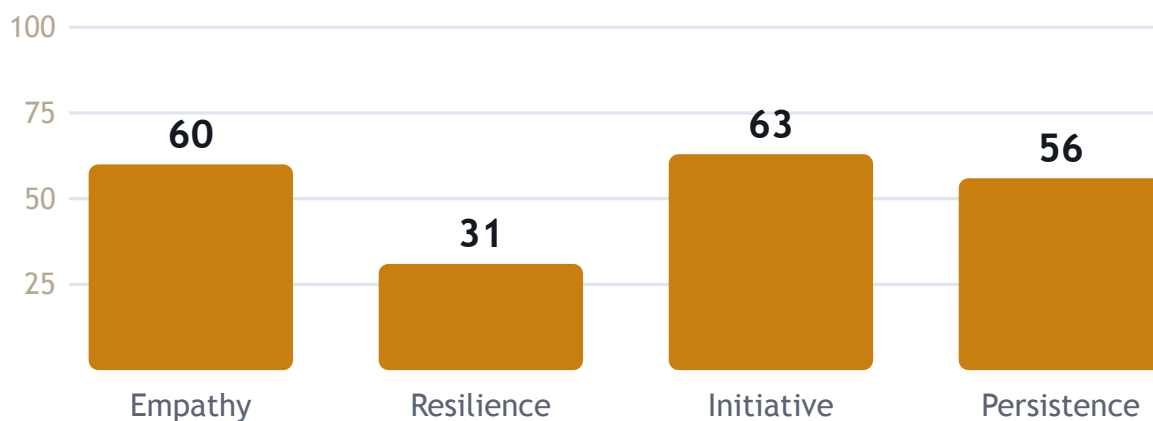
Communicates clearly and reads the moment well — persuasive without being pushy. Stretch with presentations, debate, writing for real audiences.

A real strength — keep building on it!



Intrapersonal Skills

Deep dive – Intrapersonal Skills



Category	Result	Description
Empathy	60%	Feeling with people – noticing how someone else feels and letting it shape what you do.
Resilience	31%	Bouncing back – handling stress, disappointment and bad days without staying down.
Initiative	63%	Starting without being told – seeing what needs doing and beginning, instead of waiting for instructions.
Persistence	56%	Sticking with things – through boring middles, hard parts, and slow progress.
Want details?	Take this report to your school counsellor for a fuller conversation.	

♥ Empathy

📈 Developing

Feeling with people — noticing how someone else feels and letting it shape what you do.

60 /100



Interpretation: Yuvraj's Empathy is in the **Developing** range.

You'll notice this skill when...



Notices when someone is left out or low



Checks on people, not just tasks



Considers how a joke or comment might land before making it

Our recommendation

Empathetic with friends but can miss feelings outside their circle, or notice without acting. Practising one act of noticing daily deepens it.

Growing well — steady practice will lift this.



🌱 Resilience & Coping

🎯 Focus Area

Bouncing back — handling stress, disappointment and bad days without staying down.

31 /100



Interpretation: Yuvraj's Resilience & Coping is in the **Focus Area** range.

You'll notice this skill when...



Recovers from a bad mark without spiralling



Has ways to calm down when stressed



Talks about problems instead of bottling them

Our recommendation

Stress and setbacks currently hit hard and stay long. This deserves gentle, consistent support — small wins, named feelings, trusted adults.

Best place to focus this year — small daily practice works fastest.



Initiative

 Developing

Starting without being told — seeing what needs doing and beginning, instead of waiting for instructions.

63 /100



Interpretation: Yuvraj's Initiative is in the **Developing** range.

You'll notice this skill when...



Starts homework or chores without reminders



Proposes ideas instead of waiting to be assigned



Sees something needed and just does it

Our recommendation

Starts well in areas they enjoy; elsewhere waits for a push. Shrinking the first step ('just open the book') builds the starting muscle.

Growing well — steady practice will lift this.



Persistence & Grit

 Developing

Sticking with things — through boring middles, hard parts, and slow progress.

56 /100



Interpretation: Yuvraj's Persistence & Grit is in the **Developing** range.

You'll notice this skill when...



Finishes what they start, even the boring middle



Practises things they're not yet good at



Treats 'not yet' as normal, not as failure

Our recommendation

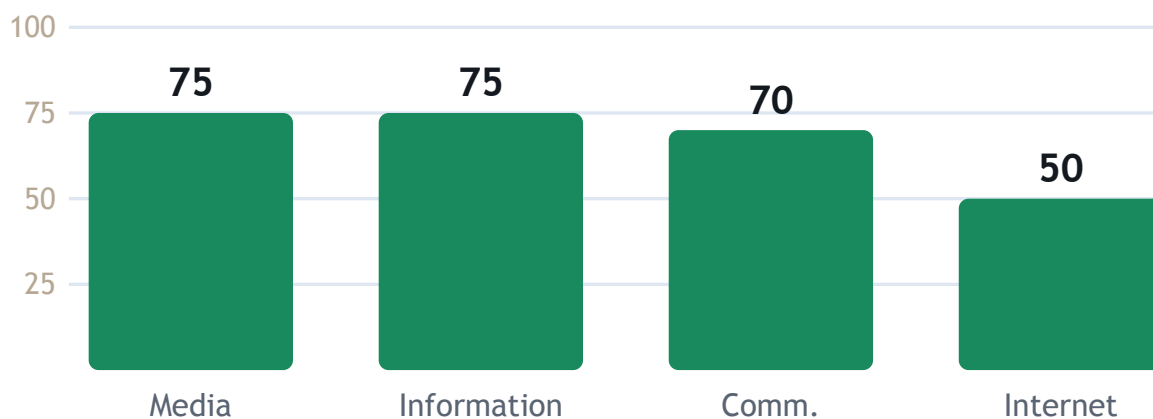
Perseveres when progress shows, drifts when it stalls. Tracking small progress visibly (streaks, checklists) sustains the middle stretch.

Growing well — steady practice will lift this.



AI Readiness

Deep dive — AI Readiness



Category	Result	Description
Media Literacy	75%	Seeing through content — knowing who made a message, why, and whether to trust it: ads, forwards, posts, videos.
Information Literacy	75%	Finding and judging information — searching well, picking trustworthy sources, and using what you find honestly.
Comm. Technology	70%	Using digital tools well with people — the right message, the right channel, the right tone, at the right time.
Internet Skills	50%	Staying safe and in control online — passwords, privacy, strangers, scams, and healthy screen habits.
Want details?	Take this report to your school counsellor for a fuller conversation.	



Media Literacy

👉 Strength

Seeing through content — knowing who made a message, why, and whether to trust it: ads, forwards, posts, videos.

75 /100



Interpretation: Yuvraj's Media Literacy is in the **Strength** range.

You'll notice this skill when...



Asks who made this and why before believing it



Spots ads and sponsored content dressed as posts



Doesn't forward things without checking

Our recommendation

Reads media the way editors do — sees the maker and motive behind messages. Keep it sharp; manipulation techniques keep evolving (AI content, deepfakes).

A real strength — keep building on it!



Information Literacy

👉 Strength

Finding and judging information — searching well, picking trustworthy sources, and using what you find honestly.

75 /100



Interpretation: Yuvraj's Information Literacy is in the **Strength** range.

You'll notice this skill when...



Checks more than the first search result



Prefers sources that cite evidence



Says where information came from in their work

Our recommendation

Searches with strategy and judges sources like a researcher — cross-checking, weighing evidence, crediting properly. University-level habits already forming.

A real strength — keep building on it!



Communicating with Technology

👉 Strength

Using digital tools well with people — the right message, the right channel, the right tone, at the right time.

70 /100



Interpretation: Yuvraj's Communicating with Technology is in the **Strength** range.

You'll notice this skill when...



Messages politely — to teachers differently than to friends



Knows what belongs in a group chat and what doesn't



Thinks how a message will land before sending

Our recommendation

Communicates skilfully on screens — right tone, right channel, and thoughtful about how messages land. A visible edge in projects and beyond.

A real strength — keep building on it!



Internet Skills & Safety

📈 Developing

Staying safe and in control online — passwords, privacy, strangers, scams, and healthy screen habits.

50 /100



Interpretation: Yuvraj's Internet Skills & Safety is in the **Developing** range.

You'll notice this skill when...



Keeps passwords private, even from friends



Recognises scams, fake prizes and phishing messages



Knows what personal information should never be shared

Our recommendation

Knows the basics but has gaps — usually password sharing, quiz-links, or over-trusting DMs. One serious review of habits closes them.

Growing well — steady practice will lift this.



STRONGEST RIGHT NOW

**Collaboration & Teamwork**

💬 Almost everything big is built by teams. Being great to work with is a superpower.

YOU'LL NOTICE THIS WHEN...

- Does their share without being chased
- Helps a struggling teammate instead of complaining
- Accepts the group's decision even when theirs wasn't picked

BEST AREA TO GROW THIS YEAR

**Resilience & Coping**

WHY IT'S WORTH IT

Bouncing back — handling stress, disappointment and bad days without staying down.

Six activities picked for Yuvraj's scores and for Class 12 – weighted toward the skills with the most room to grow. Start with any **two** this week.

1

Before results/tryouts, plan: 'if it goes badly, I will...'

Your scores Resilience & Coping · 31/100 Class 12

Why this was chosen for you: your Resilience & Coping score (31/100) has the most room to grow right now, and this activity builds exactly that skill – sized for Class 12.

2

Keep a 2-minute worry journal before bed during exam weeks

Your scores Resilience & Coping · 31/100 Class 12

Why this was chosen for you: your Resilience & Coping score (31/100) has the most room to grow right now, and this activity builds exactly that skill – sized for Class 12.

3

Make one strong password and learn why it's strong

Your scores Internet Skills & Safety · 50/100 Class 12

Why this was chosen for you: your Internet Skills & Safety score (50/100) has the most room to grow right now, and this activity builds exactly that skill – sized for Class 12.

4

Do a privacy check-up on every app you use

Your scores Internet Skills & Safety · 50/100 Class 12

Why this was chosen for you: your Internet Skills & Safety score (50/100) has the most room to grow right now, and this activity builds exactly that skill – sized for Class 12.

5

Go one level deeper: for any topic you like, learn the next thing

Your scores Curiosity & Learning to Learn · 56/100 Class 12

Why this was chosen for you: your Curiosity & Learning to Learn score (56/100) has the most room to grow right now, and this activity builds exactly that skill – sized for Class 12.

6

Try two study methods for the same chapter and compare results

Your scores Curiosity & Learning to Learn · 56/100 Class 12

Why this was chosen for you: your Curiosity & Learning to Learn score (56/100) has the most room to grow right now, and this activity builds exactly that skill – sized for Class 12.

Every activity maps to one of the 16 skills on the wheel above.

09

For parents

When they fail at something, share a failure of yours and what happened next. Modelled recovery beats pep talks.

10

For teachers

Normalise error — 'my favourite mistake' moments and visible redraft culture teach that setbacks are part of the work.



Every skill on this wheel grows with practice. See you next year, Yuvraj — bring a bigger wheel. 🚀

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Framework: WHO life skills & WEF 21st-century education parameters. This is a growth snapshot, not a grade. Retake every year to see what's changed.

PSYCHOMETRICTEST.AI · 21ST CENTURY LIFE SKILLS ASSESSMENT

Certificate of Achievement

This certifies that

Yuvraj Sandhu (Sample)

of Class 12 completed the 21st Century Skills Assessment 2026-27, assessed as

🌟 **Rising Achiever — Proficient level (69/100)** · 🏆 **The Connector**

2026-10-22

Report ID LS26-SAMPLE12 · Sample report: does not verify

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