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21st Century Life Skills Assessment — Report

16 life skills · 4 areas | WHO / WEF framework | Graduate

Cognitive Skills

● 70/100 · 4 SKILLS

Decision Making
Problem Solving
Critical Thinking
Curiosity & Learning to Learn

AI Readiness

● 76/100 · 4 SKILLS

Media Literacy
Information Literacy
Communicating with Technology
Internet Skills & Safety



Intrapersonal Skills

● 61/100 · 4 SKILLS

Flexibility & Adaptability
Resilience & Coping
Initiative
Persistence & Grit

Interpersonal Skills

● 60/100 · 4 SKILLS

Collaboration & Teamwork
Leadership
Empathy
Communication

Overall score 67/100 · strongest area: AI Readiness 76/100

All 16 skills on one wheel · each piece is one skill, with Riya's score on it; the overall score sits in the middle

● PREPARED FOR

Complete evaluation and growth recommendations for:

Riya Thomas (Sample)

LEVEL	ISSUED	REPORT ID
Graduate	2026-11-21	LS26-SAMPLE13

Graduate · 2026-11-21 · Report ID LS26-SAMPLE13 · Sample report: does not verify · 28 min

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Riya's results on one page

OVERALL SCORE

67 /100

YOUR STRONGEST AREA
AI Readiness · 76/100

MEASURED
16 life skills across 4 areas

YOUR 4 AREAS · SCORE /100 · pp. 4–11

Cognitive Skills	70/100
Interpersonal Skills	60/100
Intrapersonal Skills	61/100
AI Readiness	76/100

8	7	1
STRENGTH	DEVELOPING	FOCUS AREA

number of skills in each range (out of 16) · Strength 70+ · Developing 40–69 · Focus Area below 40

ALL 16 SKILLS · SCORE /100 · pp. 4–11

COGNITIVE SKILLS

Decision Making	80	Strength
Problem Solving	70	Strength
Critical Thinking	50	Developing
Curiosity & Learning to Learn	81	Strength

INTERPERSONAL SKILLS

Collaboration & Teamwork	60	Developing
Leadership	60	Developing
Empathy	60	Developing
Communication	60	Developing

INTRAPERSONAL SKILLS

Flexibility & Adaptability	80	Strength
Resilience & Coping	63	Developing
Initiative	69	Developing
Persistence & Grit	31	Focus Area

AI READINESS

Media Literacy	75	Strength
Information Literacy	75	Strength
Communicating with Technology	80	Strength
Internet Skills & Safety	75	Strength

01 · ABOUT THE ASSESSMENT

"21st-century skills" are the core competencies — critical thinking, interpersonal skills, self-management and AI readiness — that help people succeed at college, at work and in life. 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.

GRADUATE · 2026

At college, these are the skills that decide how projects, internships and placements go — how you decide, solve problems, work in a team and handle pressure. Not one of them is fixed. Knowing which are strong and which need work is the head start before your first job.

NEXT YEAR

See you next year! Retake it and track how your skills grow, year after year.

Riya's 16 skills on one wheel



WHAT THIS WHEEL IS

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

THE FRAMEWORK

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

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 placements, a postgraduate application or a job interview these are what gets talked about once the grades are on the table, and the names of these 16 skills give you the vocabulary to answer "tell us about yourself".

02 · ALL 16 SKILLS

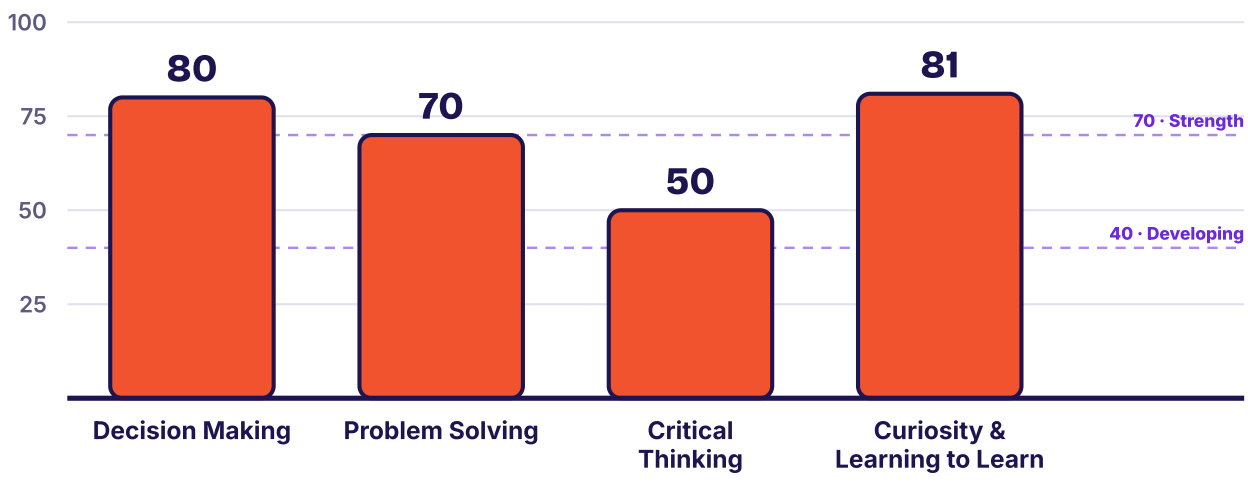
02 All 16 skills, up close

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

AREA 1 OF 4 · 4 SKILLS

Cognitive Skills

70/100
AREA SCORE



SKILL	SCORE	WHAT IT IS
Decision Making	**80/100** Strength	How you choose between options — weighing what matters instead of picking on impulse or copying others.
Problem Solving	**70/100** Strength	What you do when something doesn't work — breaking it into parts, trying approaches, and using what you have.
Critical Thinking	**50/100** Developing	Checking ideas before believing them — spotting weak reasons, missing evidence, and claims that don't add up.
Curiosity & Learning to Learn	**81/100** Strength	How much you want to find things out — asking questions, exploring beyond what the work needs, and knowing how you learn best.
Want details?	*Talk this report through with a career counsellor or mentor for a fuller conversation.*	

COGNITIVE SKILLS · SKILL 1 OF 4

Decision Making

80 /100 **Strength**



You'll notice this skill when...

- Thinks through what could happen before committing
- Can explain WHY they chose one option over another
- Doesn't just follow what friends or colleagues pick

Our recommendation

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

COGNITIVE SKILLS · SKILL 2 OF 4

Problem Solving

70 /100 **Strength**



You'll notice this skill when...

- Tries a second approach when the first fails
- Breaks a big task into smaller steps
- Works with what's available 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.

COGNITIVE SKILLS · SKILL 3 OF 4

Critical Thinking

50 /100 **Developing**



You'll notice this skill when...

- Asks for the evidence behind a claim
- Spots when an argument doesn't hold together
- Separates facts from opinions in reports and news

Our recommendation

Questions some things but accepts others too quickly, especially from friends or favourite sources. 'What's the evidence?' as a habit closes the gap.

COGNITIVE SKILLS · SKILL 4 OF 4

Curiosity & Learning to Learn

81 /100 **Strength**



You'll notice this skill when...

- Learns things beyond what the syllabus or job needs
- Asks questions to understand, not just to finish
- Knows which learning methods work best for them

Our recommendation

Genuinely hungry to learn and aware of how they learn — the single best predictor of lifelong growth. Feed it with freedom and depth.

AREA 2 OF 4 · 4 SKILLS

Interpersonal Skills

60/100
AREA SCORE



SKILL	SCORE	WHAT IT IS
Collaboration & Teamwork	**60/100** Developing	Working WITH people — sharing work fairly, helping teammates, and putting the team's goal above being right.
Leadership	**60/100** Developing	Getting a group moving — stepping up, including everyone, and taking responsibility when things go wrong.
Empathy	**60/100** Developing	Feeling with people — noticing how someone else feels and letting it shape what you do.
Communication	**60/100** Developing	Getting your message across and taking others' in — clearly, at the right time, in the right way.
Want details?	*Talk this report through with a career counsellor or mentor for a fuller conversation.*	

INTERPERSONAL SKILLS · SKILL 1 OF 4

Collaboration & Teamwork

60 /100 **Developing**

You'll notice this skill when...

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

Our recommendation

Works well in teams they like, less so otherwise — friction shows as silence or solo-work. Practising one supportive act per project helps.

INTERPERSONAL SKILLS · SKILL 2 OF 4

Leadership

60 /100 **Developing**

You'll notice this skill when...

- Steps up when no one else does
- Makes sure quieter people get heard
- Owns mistakes instead of blaming the team

Our recommendation

Leads when asked but rarely volunteers, or leads by doing everything personally. Practising delegation and speaking first grows it.

INTERPERSONAL SKILLS · SKILL 3 OF 4

Empathy

60 /100 **Developing**

You'll notice this skill when...

- Notices when someone is left out or low
- Checks on people, not just tasks
- Thinks how a comment will 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.

INTERPERSONAL SKILLS · SKILL 4 OF 4

Communication

60 /100 **Developing**

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

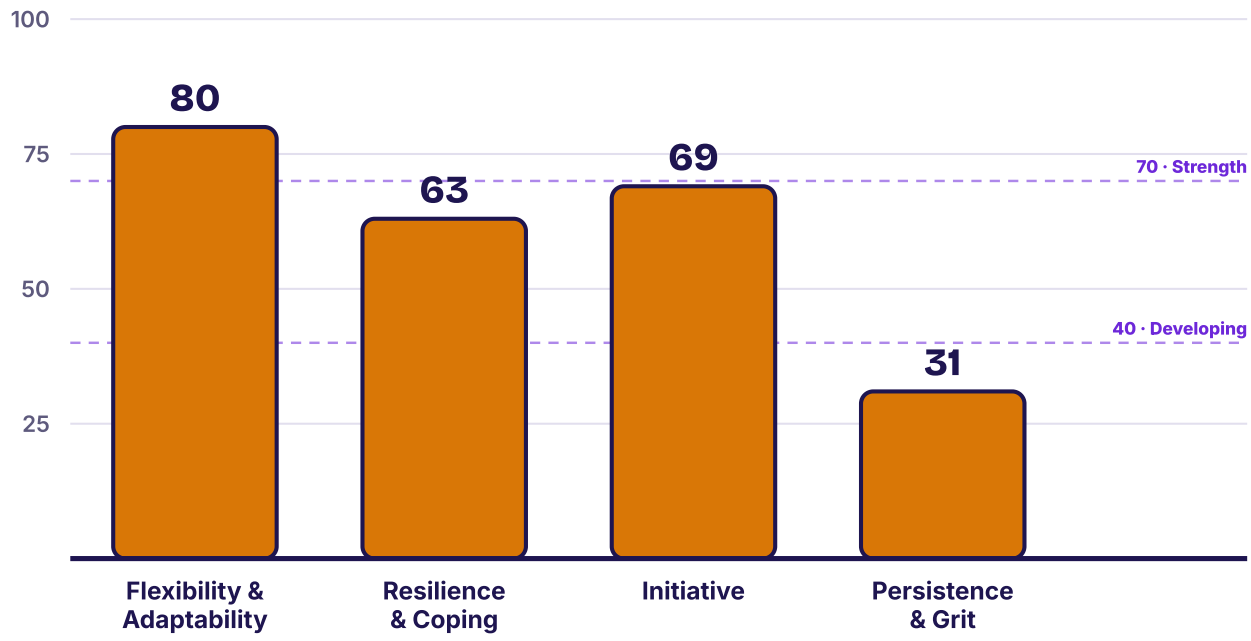
Our recommendation

Gets the message across with friends but struggles in formal moments, conflicts, or groups. Practising structured speaking builds range.

AREA 3 OF 4 · 4 SKILLS

Intrapersonal Skills

61/100
AREA SCORE



SKILL	SCORE	WHAT IT IS
Flexibility & Adaptability	80/100 Strength	Handling change without falling apart — new plans, new people, new rules, surprises.
Resilience & Coping	63/100 Developing	Bouncing back — handling stress, disappointment and bad days without staying down.
Initiative	69/100 Developing	Starting without being told — seeing what needs doing and beginning, instead of waiting for instructions.
Persistence & Grit	31/100 Focus Area	Sticking with things — through boring middles, hard parts, and slow progress.
Want details?	*Talk this report through with a career counsellor or mentor for a fuller conversation.*	

INTRAPERSONAL SKILLS · SKILL 1 OF 4

Flexibility & Adaptability

80 /100 — Strength



You'll notice this skill when…

- Stays calm when plans change suddenly
- Tries new ways instead of insisting on the usual one
- Settles in quickly with new people, teams or places

Our recommendation

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

INTRAPERSONAL SKILLS · SKILL 2 OF 4

Resilience & Coping

63 /100 — Developing



You'll notice this skill when…

- Recovers from a setback without spiralling
- Has healthy ways to handle stress
- Talks about problems instead of bottling them up

Our recommendation

Copes with everyday stress but big disappointments linger. Building 2–3 named calming strategies makes recovery reliable.

INTRAPERSONAL SKILLS · SKILL 3 OF 4

Initiative

69 /100 — Developing



You'll notice this skill when…

- Starts work without reminders
- Proposes ideas instead of waiting to be assigned
- Sees something that needs doing and just does it

Our recommendation

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

INTRAPERSONAL SKILLS · SKILL 4 OF 4

Persistence & Grit

31 /100 — Focus Area



You'll notice this skill when…

- Finishes what they start, even the boring middle
- Keeps practising things they're not yet good at
- Treats 'not yet' as normal, not as failure

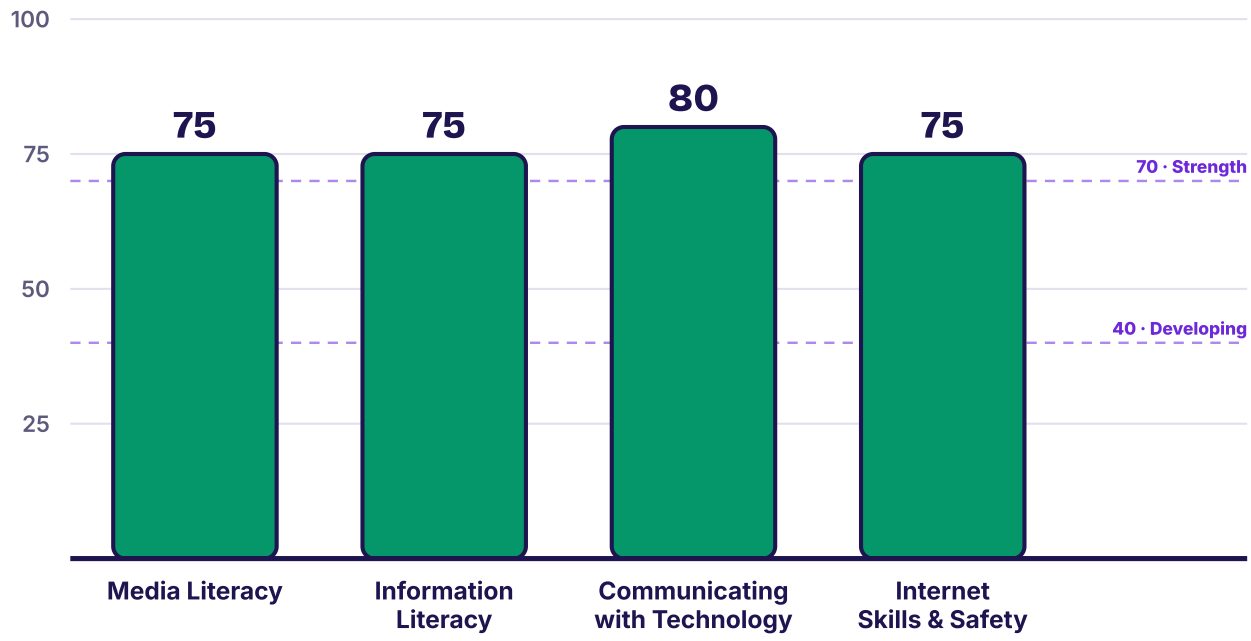
Our recommendation

Hard or boring tasks get abandoned quickly right now. Build with short finish-lines: tasks small enough to complete, completed often.

AREA 4 OF 4 · 4 SKILLS

AI Readiness

76/100
AREA SCORE



SKILL	SCORE	WHAT IT IS
Media Literacy	**75/100** Strength	Seeing through content — knowing who made a message, why, and whether to trust it: ads, forwards, posts, videos.
Information Literacy	**75/100** Strength	Finding and judging information — searching well, picking trustworthy sources, and using what you find honestly.
Communicating with Technology	**80/100** Strength	Using digital tools well with people — the right message, the right channel, the right tone, at the right time.
Internet Skills & Safety	**75/100** Strength	Staying safe and in control online — passwords, privacy, strangers, scams, and healthy screen habits.
Want details?	*Talk this report through with a career counsellor or mentor for a fuller conversation.*	

AI READINESS · SKILL 1 OF 4

Media Literacy

75 /100 **Strength**

0 · Focus 40 · Developing 70 · Strength 100

You'll notice this skill when...

- Asks who made a post or video and why before believing it
- Spots sponsored content, paid reviews and AI-made images
- Doesn't forward news without checking it first

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).

AI READINESS · SKILL 2 OF 4

Information Literacy

75 /100 **Strength**

0 · Focus 40 · Developing 70 · Strength 100

You'll notice this skill when...

- Checks more than the first search result or AI answer
- Prefers sources that show 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.

AI READINESS · SKILL 3 OF 4

Communicating with Technology

80 /100 **Strength**

0 · Focus 40 · Developing 70 · Strength 100

You'll notice this skill when...

- Writes differently to a professor or manager than to friends
- Knows what belongs in a group chat and what doesn't
- Uses AI tools at work or study without passing off the output blindly

Our recommendation

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

AI READINESS · SKILL 4 OF 4

Internet Skills & Safety

75 /100 **Strength**

0 · Focus 40 · Developing 70 · Strength 100

You'll notice this skill when...

- Uses strong passwords and two-step login on key accounts
- Recognises scams, fake job offers and phishing messages
- Is careful about what personal data they share online and with apps

Our recommendation

Strong safety instincts — protects accounts, spots scams, guards personal information. Keep updating; the tricks keep changing.

03 · GROWTH PLAN

03 Riya's growth plan

Six activities picked for Riya's scores and for college life — weighted toward the skills with the most room to grow. Start with any two this week.

1 Keep a 30-day streak on one placement skill — aptitude, coding or speaking

YOUR SCORES
Persistence & Grit · 31/100 Graduate

2 Pick one semester goal and track weekly progress where you can see it

YOUR SCORES
Persistence & Grit · 31/100 Graduate

3 For one claim in a lecture or reading, find evidence for AND against it

YOUR SCORES
Critical Thinking · 50/100 Graduate

4 In a case study or group discussion, point out the weakest assumption

YOUR SCORES
Critical Thinking · 50/100 Graduate

5 In your next group project, finish your part early and ask who needs help

YOUR SCORES
Collaboration & Teamwork · 60/100 Graduate

6 In a disagreement, repeat the other person's idea before giving yours

YOUR SCORES
Collaboration & Teamwork · 60/100 Graduate

04 · FOR YOU

04 For you

Set short finish-lines and track progress visibly so the middle stretch feels possible. Plan rest too, so sticking with it doesn't turn into burnout.

05 · MENTOR / PROFESSOR

05 For your mentor or professor

Praise effort and good strategy, not just results. Show them drafts of your own work so they see that good work takes many rounds.