PSYCHOMETRICTEST.AI · FROM CAREERGUIDE

21st Century Life Skills Assessment — Report

16 life skills · 4 areas | WHO / WEF framework | Working professional

Cognitive Skills

● 70/100 · 4 SKILLS

Decision Making
Problem Solving
Critical Thinking
Curiosity & Learning to Learn

AI Readiness

● 64/100 · 4 SKILLS

Media Literacy
Information Literacy
Communicating with Technology
Internet Skills & Safety



Intrapersonal Skills

● 79/100 · 4 SKILLS

Flexibility & Adaptability
Resilience & Coping
Initiative
Persistence & Grit

Interpersonal Skills

● 65/100 · 4 SKILLS

Collaboration & Teamwork
Leadership
Empathy
Communication

Overall score 70/100 · strongest area: Intrapersonal Skills 79/100

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

● PREPARED FOR

Complete evaluation and growth recommendations for:

Kunal Bose (Sample)

LEVEL	ISSUED	REPORT ID
Working professional	2026-11-21	LS26-SAMPLE14

Working professional · 2026-11-21 · Report ID LS26-SAMPLE14 · Sample report: does not verify · 26 min

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Kunal's results on one page

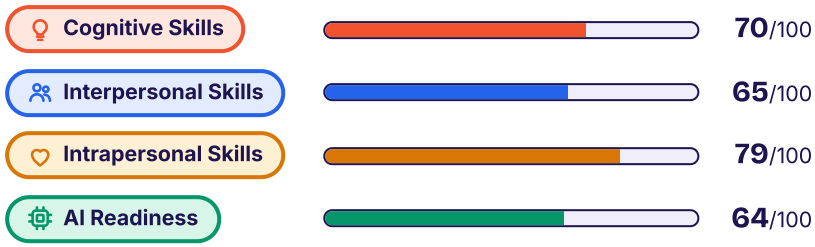
OVERALL SCORE

70 /100

YOUR STRONGEST AREA
Intrapersonal Skills · 79/100

MEASURED
16 life skills across 4 areas

YOUR 4 AREAS · SCORE /100 · pp. 4–11



12	3	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	70	Strength
Problem Solving	90	Strength
Critical Thinking	50	Developing
Curiosity & Learning to Learn	69	Developing

INTERPERSONAL SKILLS

Collaboration & Teamwork	80	Strength
Leadership	40	Developing
Empathy	70	Strength
Communication	70	Strength

INTRAPERSONAL SKILLS

Flexibility & Adaptability	80	Strength
Resilience & Coping	81	Strength
Initiative	75	Strength
Persistence & Grit	81	Strength

AI READINESS

Media Literacy	75	Strength
Information Literacy	25	Focus Area
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.

WORKING PROFESSIONAL · 2026

At work, these are the skills that decide how far your work travels — how you decide, solve problems, lead, adapt, communicate and keep going. Not one of them is fixed. A lighter score is simply the skill that will move fastest with practice.

NEXT YEAR

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

Kunal'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 Kunal'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 an appraisal, a promotion talk or a job interview these are what gets talked about, and the names of these 16 skills give you the words for it.

02 · ALL 16 SKILLS

02

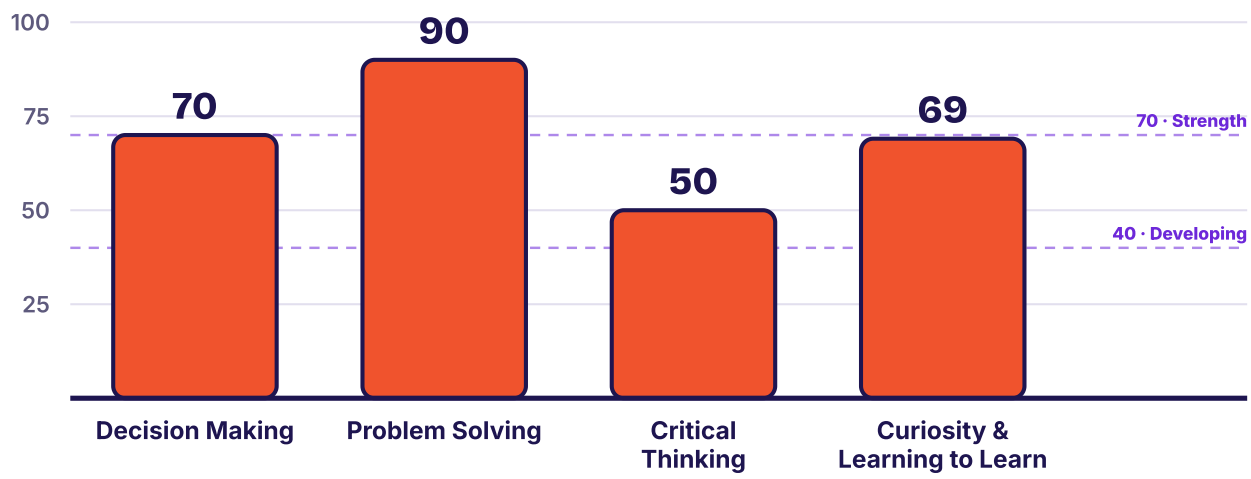
All 16 skills, up close

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	**70/100** Strength	How you choose between options — weighing what matters instead of picking on impulse or copying others.
Problem Solving	**90/100** 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	**69/100** Developing	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

70 /100 — Strength

0 · Focus | 40 · Developing | 70 · Strength | 100

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

90 /100 — Strength

0 · Focus | 40 · Developing | 70 · Strength | 100

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

0 · Focus | 40 · Developing | 70 · Strength | 100

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

69 /100 — Developing

0 · Focus | 40 · Developing | 70 · Strength | 100

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

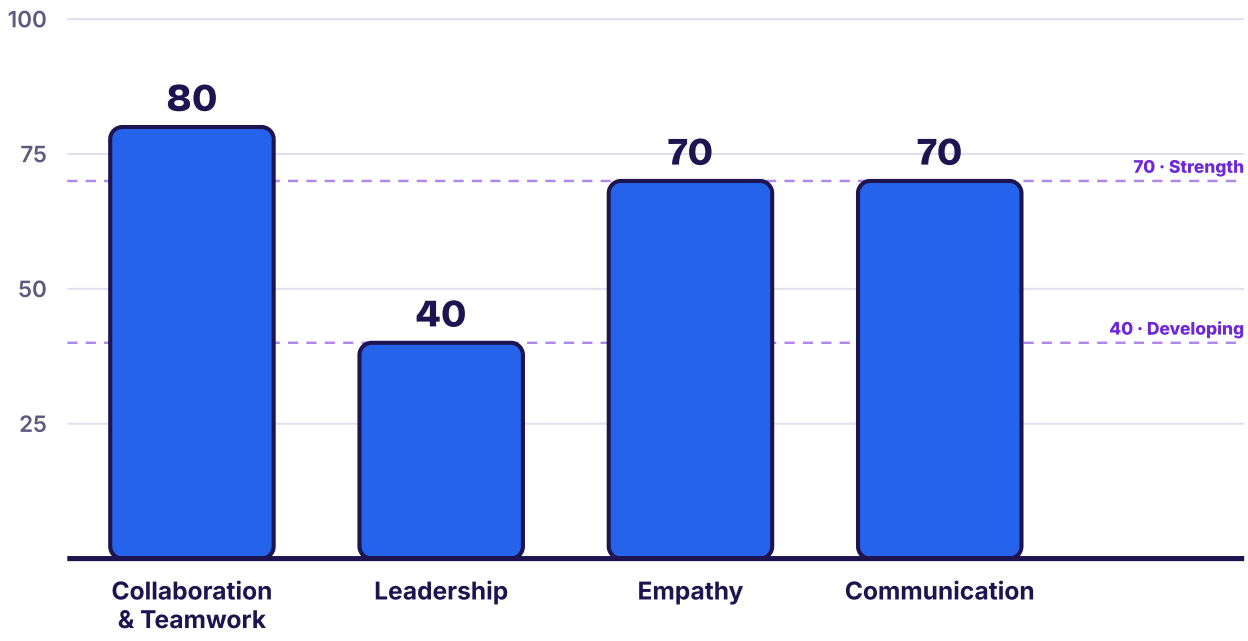
Curious when the topic clicks, passive when it doesn't. Connecting the work in front of them to their real interests wakes the engine.

Interpersonal Skills

AREA 2 OF 4 · 4 SKILLS

Interpersonal Skills

65/100
AREA SCORE



SKILL	SCORE	WHAT IT IS
Collaboration & Teamwork	**80/100** Strength	Working WITH people — sharing work fairly, helping teammates, and putting the team's goal above being right.
Leadership	**40/100** Developing	Getting a group moving — stepping up, including everyone, and taking responsibility when things go wrong.
Empathy	**70/100** Strength	Feeling with people — noticing how someone else feels and letting it shape what you do.
Communication	**70/100** Strength	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

80 /100 — Strength



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

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

INTERPERSONAL SKILLS · SKILL 2 OF 4

Leadership

40 /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

70 /100 — Strength



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

Tunes into others' feelings and acts on it — kind AND perceptive. It will make them the person people trust; protect it from being taken for granted.

INTERPERSONAL SKILLS · SKILL 4 OF 4

Communication

70 /100 — Strength



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

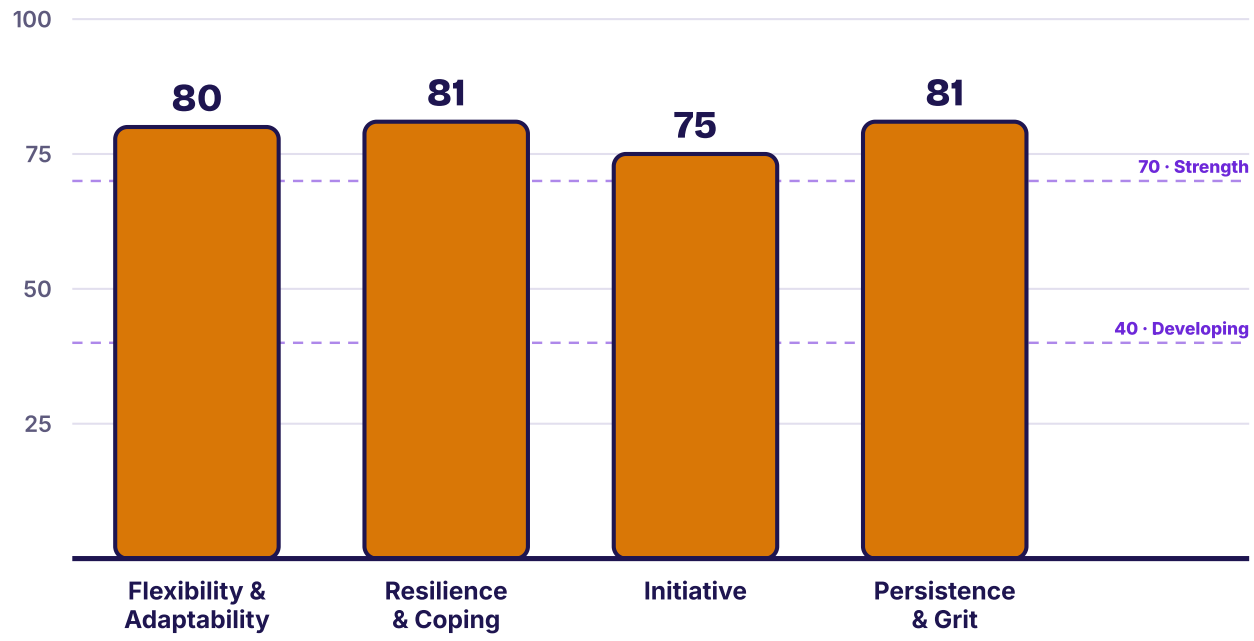
Our recommendation

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

AREA 3 OF 4 · 4 SKILLS

Intrapersonal Skills

79/100
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	**81/100** Strength	Bouncing back — handling stress, disappointment and bad days without staying down.
Initiative	**75/100** Strength	Starting without being told — seeing what needs doing and beginning, instead of waiting for instructions.
Persistence & Grit	**81/100** Strength	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**

0 · Focus 40 · Developing 70 · Strength 100

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

81 /100 **Strength**

0 · Focus 40 · Developing 70 · Strength 100

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

Recovers well from setbacks and manages stress with real strategies — a foundation everything else stands on.

INTRAPERSONAL SKILLS · SKILL 3 OF 4

Initiative

75 /100 **Strength**

0 · Focus 40 · Developing 70 · Strength 100

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

A self-starter — sees what's needed and begins. That reliability compounds into trust and opportunities. Aim it at bigger self-chosen projects.

INTRAPERSONAL SKILLS · SKILL 4 OF 4

Persistence & Grit

81 /100 **Strength**

0 · Focus 40 · Developing 70 · Strength 100

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

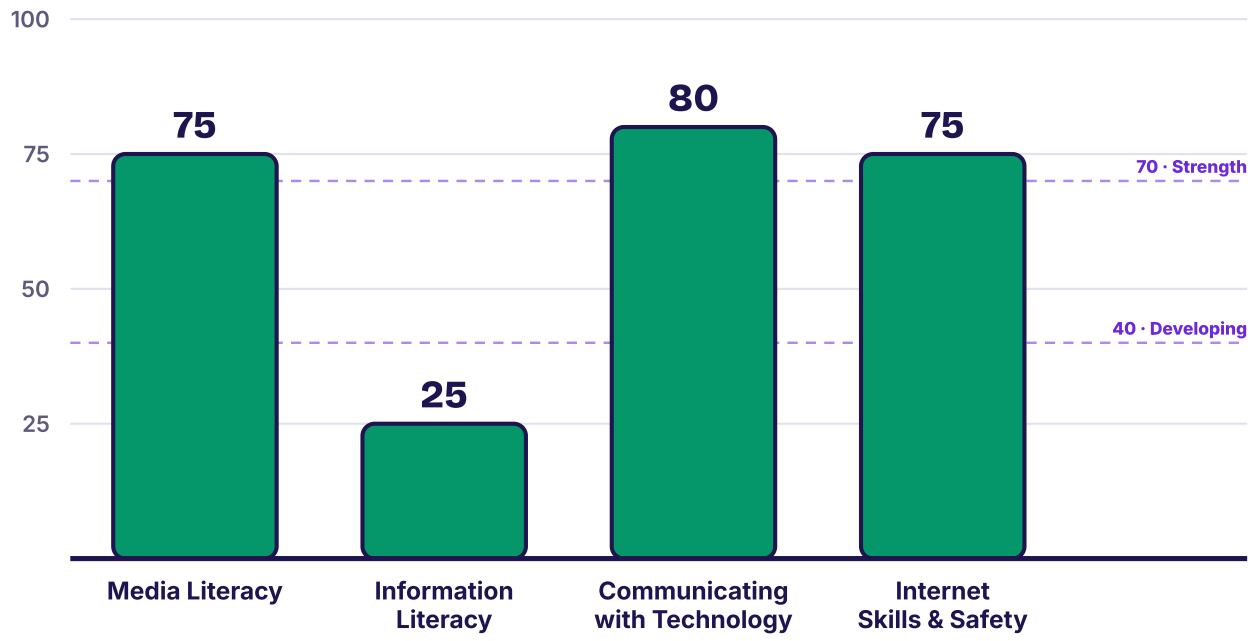
Sticks with hard things until they crack — the trait research ties most to long-term achievement. Pair it with rest so it doesn't tip into burnout.

AI Readiness

AREA 4 OF 4 · 4 SKILLS

AI Readiness

64/100
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	**25/100** Focus Area	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



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

25 /100 — Focus Area



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

Searching currently means copying whatever appears first. Start with the two-source rule and 'who wrote this?' as standard questions.

AI READINESS · SKILL 3 OF 4

Communicating with Technology

80 /100 — Strength



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



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 Kunal's growth plan

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

1 Before using an AI summary in a report, check the key numbers at the source

YOUR SCORES

Information Literacy · 25/100 — Working professional

2 For your next piece of research, compare at least two reliable sources

YOUR SCORES

Information Literacy · 25/100 — Working professional

3 Offer to run one team meeting or stand-up this month

YOUR SCORES

Leadership · 40/100 — Working professional

4 Mentor a new joiner or intern for their first two weeks

YOUR SCORES

Leadership · 40/100 — Working professional

5 Before a meeting, list the assumptions behind the main proposal

YOUR SCORES

Critical Thinking · 50/100 — Working professional

6 For one report or dashboard, ask: what data is missing here?

YOUR SCORES

Critical Thinking · 50/100 — Working professional

04 · FOR YOU

04 For you

Treat AI answers and search results as a starting point, not the final word. Check important facts at the original source and say where they came from.

05 · MANAGER / MENTOR

05 For your manager or mentor

Ask 'where did this come from?' when they share a finding. Expect sources and checks in their work, including for anything AI-generated.