

EXAM MINDSET TUNER REPORT



Name: Rahul Sharma
Level: Class XI
Target: IIT JEE
School/College: St. Xavier's

2023



MINDTUNES

Table of Contents

TOPIC	PAGE
I. Report Information	3
II. Introduction	4
III. Our Vision	5
IV. Overview of Areas Measured	6
V. Results - in detail	8
VI. Cumulative Information	13
VII. Action Plan	15
VIII. Conclusion	17

I. REPORT INFORMATION

This report has been generated using results from the **Exam Mindset Tuner Test**, which analyses a person's approach to academic responsibilities

This report presents different scales based on the candidate's own responses to behavioural and belief-based questions. Research has shown that the self-reporting measures used in this questionnaire are a valid measure of how students think, feel, and act in academic environments.

Scales have been generated by using secondary sources and encompass a student's all-around approach to academics.

It is important to note that low test scores do not necessarily mean poor performance; they just mean a low tendency to exhibit that particular aspect of mindset.

The information contained in this report is confidential and should be stored securely. The information in this report is likely to remain valid for up to 24 months from the date of taking the questionnaire unless there is some intervention or other influence/s for alteration in the process.

This report contains very useful information to help you know yourself better. The results can give you an idea of pre-existing tendencies and how to make the most of your strengths and talents.

Please take the time to read each section carefully since you can use it to your benefit and increase your chances of success!

II. Introduction

A mindset refers to a person's established set of attitudes, beliefs, and thoughts that shape their perceptions, interpretations, and responses to the world around them. It encompasses the way individuals think, perceive, and approach various aspects of life, including challenges, opportunities, relationships, and personal growth.

Exam Mindset is an adapted term to mean the same as the term 'mindset' but in the framework of academic goals. There is more to academic success than just studying endlessly, scribbling notes, and giving tests. The gap that seems to remain unaddressed is a student's thought processes whilst they study, set goals, and give exams. Developing the success mindset first requires a self-examination and this report does exactly that.

III. Our Vision



Our vision is to empower students to achieve their highest academic potential by revolutionizing mindset management. We strive to create a world where every student possesses the confidence, resilience, and focus needed to overcome challenges, unlock their true potential, and excel in their educational journey.

Growth-oriented
mindset

- Personalized mindset management solutions
- Insight into oneself
- Revolutionize approaches to targets

IV. Overview of Areas Measured



The five scales are
Time Management, Learning
Approach, Exam Temperament, Peer
Environment & Motivation



Time Management



Planning

Attitude

Belief

Behaviour

Learning Approach



Mastery Orientation

Performance Orientation

Exam Temperament



Cognitive

Behavioural

Emotional

Belief

Peer Environment



Cultural Influence

Support System

Competition

Social Comparison

Motivation



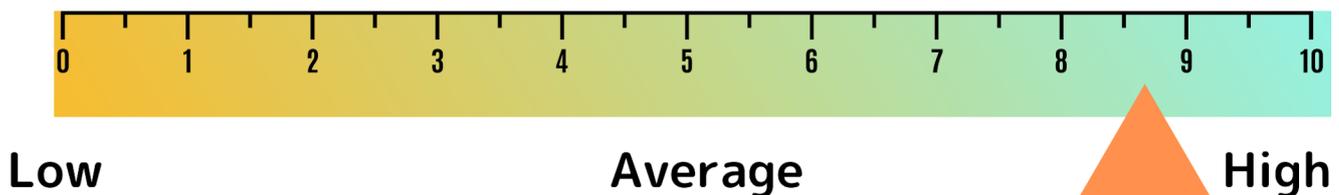
Intrinsic Motivation

Extrinsic Motivation

V. Assessment Results

I. Time Management

Time Management involves planning, execution of the plans, and the attitudes and beliefs that underlie them



	1	2	3	4	5	6	7	8	9	10	
Planning											
Attitude											
Belief											
Behaviour											

Description

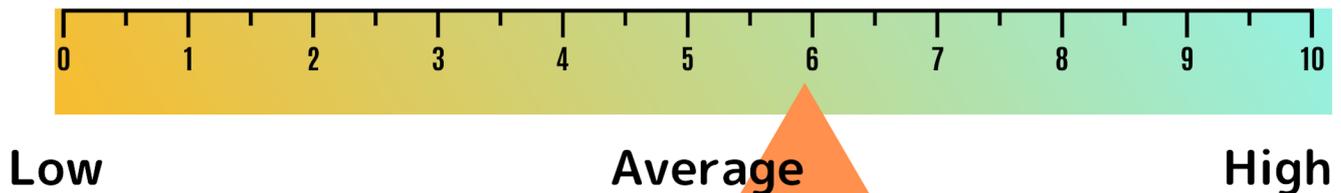
- Excellent planning skills with a strong ability to prioritize tasks and follow schedules.
- Positive attitude towards time management, avoiding procrastination and embracing flexibility.
- Well-balanced perspective on demanding beliefs and flexibility, valuing self-care and maintaining a healthy balance.
- Exceptional proficiency in executing plans and effectively managing time.
- Highly disciplined, adaptable, and skilled in multitasking to meet goals and deadlines with ease.

Recommendation

- Create a detailed schedule or to-do list to effectively plan and prioritize your tasks.
- Cultivate a positive mindset towards time management by focusing on the benefits and rewards of being organized and efficient.
- Practice flexibility in your approach to tasks, allowing room for adjustments and adapting to unforeseen circumstances.
- Prioritize self-care and maintain a healthy work-life balance to sustain productivity and overall well-being.
- Develop strong execution skills by practicing discipline, setting realistic deadlines, and breaking tasks into manageable steps.

2. Learning Approach

The learning approach involves the orientation that is undertaken to study that is divided into two parts - mastery and performance. While mastery orientation is based on intrinsic benefits of studying, performance orientation is based on outcomes of the task



	1	2	3	4	5	6	7	8	9	10	
Mastery Orientation											
Performance Orientation											

Description

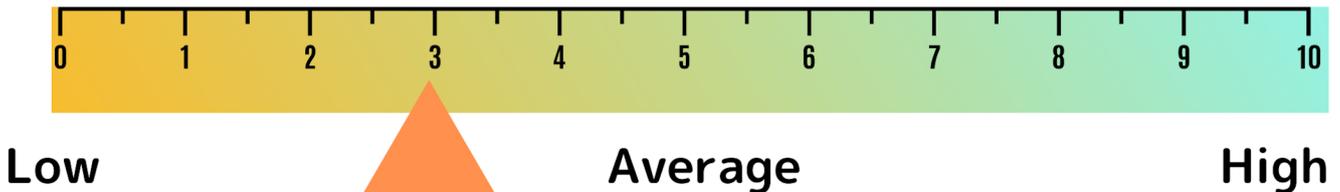
- Strong focus on mastering tasks and continuous learning.
- View exams as opportunities for learning rather than a source of anxiety.
- Believe that success comes from mastering a subject, with the effort being more important than grades or recognition.
- Lean towards a mastery orientation but still value recognition and praise from others for achievements.
- May experience some anxiety during exams but see them as valuable learning experiences.

Recommendation

- Prioritize mastering tasks and continuous learning.
- Embrace exams as valuable learning opportunities, not sources of anxiety.
- Focus on effort and mastery rather than grades or recognition for success.
- Find a balance between valuing personal growth and seeking recognition from others.
- Manage exam anxiety through relaxation techniques and seeking support.

3. Exam Temperament

Exam Temperament involves the cognitive, emotional and behavioural states while approaching an exam along with the underlying beliefs about self



	1	2	3	4	5	6	7	8	9	10
Cognitive	[Yellow bar with orange vertical line at 6]									
Emotional	[Yellow bar with orange vertical line at 6]									
Behavioural	[Yellow bar with orange vertical line at 4]									
Belief	[Yellow bar with orange vertical line at 3]									

Description

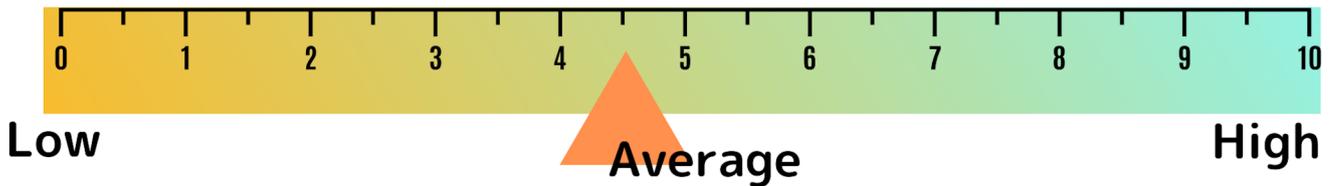
- You have strong cognitive abilities, including memory recall, adaptability to unexpected exam questions, and clear thinking under pressure.
- You may experience significant anxiety and stress during exams, which can negatively impact your physical health.
- You generally have confidence in your ability to remember what you studied, but may experience anxiety with difficult or new exam questions.
- You see exams as unnecessary sources of stress and pressure, and you feel luck plays a role in exam outcomes.

Recommendation

- Manage exam anxiety and stress through relaxation techniques and self-care.
- Seek support from others to help cope with exam-related anxiety.
- Practice adapting to unexpected exam questions through mock exams or practice tests.
- Build confidence in tackling difficult questions by improving problem-solving skills.
- Foster a growth mindset and focus on effort and preparation rather than relying on luck for exam success.

4. Peer Environment

The Peer Environment is the result of the influence of culture, the support system along with the level of social comparison and the extent of competition and peer influence



	1	2	3	4	5	6	7	8	9	10
Cultural Influence	[Yellow bar with orange tick at 6]									
Support System	[Yellow bar with orange tick at 5]									
Social Comparison	[Yellow bar with orange tick at 4]									
Competition	[Yellow bar with orange tick at 5]									
Peer Influence	[Yellow bar with orange tick at 8]									

Description

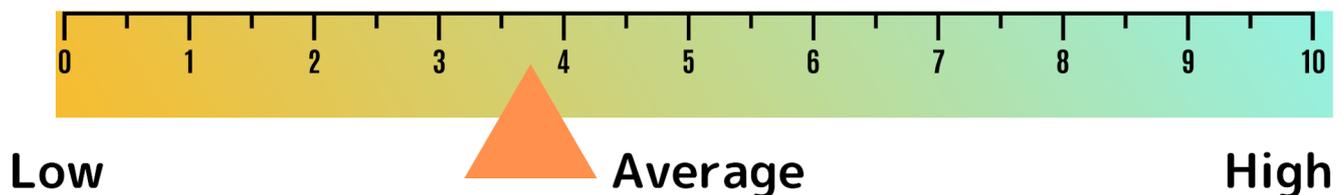
- Moderate influence by external factors, while still making independent decisions.
- Pressure to conform to societal expectations before prioritizing personal goals and values.
- Limited understanding of career aspirations from parents and occasional lack of encouragement from friends.
- Occasional difficulties in clarifying doubts despite having a comfortable study environment.
- Moderate competitiveness and occasional comparison to peers, leading to stress and occasional rudeness.

Recommendation

- Prioritize personal goals and values over societal expectations.
- Communicate openly with parents about career aspirations.
- Build a supportive network of friends aligned with your goals.
- Utilize additional resources for clarifying doubts and enhancing understanding.
- Focus on personal growth and avoid excessive comparison with peers.

5. Motivation

Motivation depicts the levels of intrinsic and extrinsic motivation



	1	2	3	4	5	6	7	8	9	10
Intrinsic Motivation	[Bar chart showing Intrinsic Motivation level at 4]									
Extrinsic Motivation	[Bar chart showing Extrinsic Motivation level at 6]									

Description

- Moderately motivated about this target. Although sometimes you are motivated by inner desire, a sense of challenge, and personal growth yet other times you look outward for validation and rewards.
- A mix of internal and external motivations such as impressing others, making your family proud, and being respected along with personal interest and enjoyment of the subject. It is a good balance

Recommendation

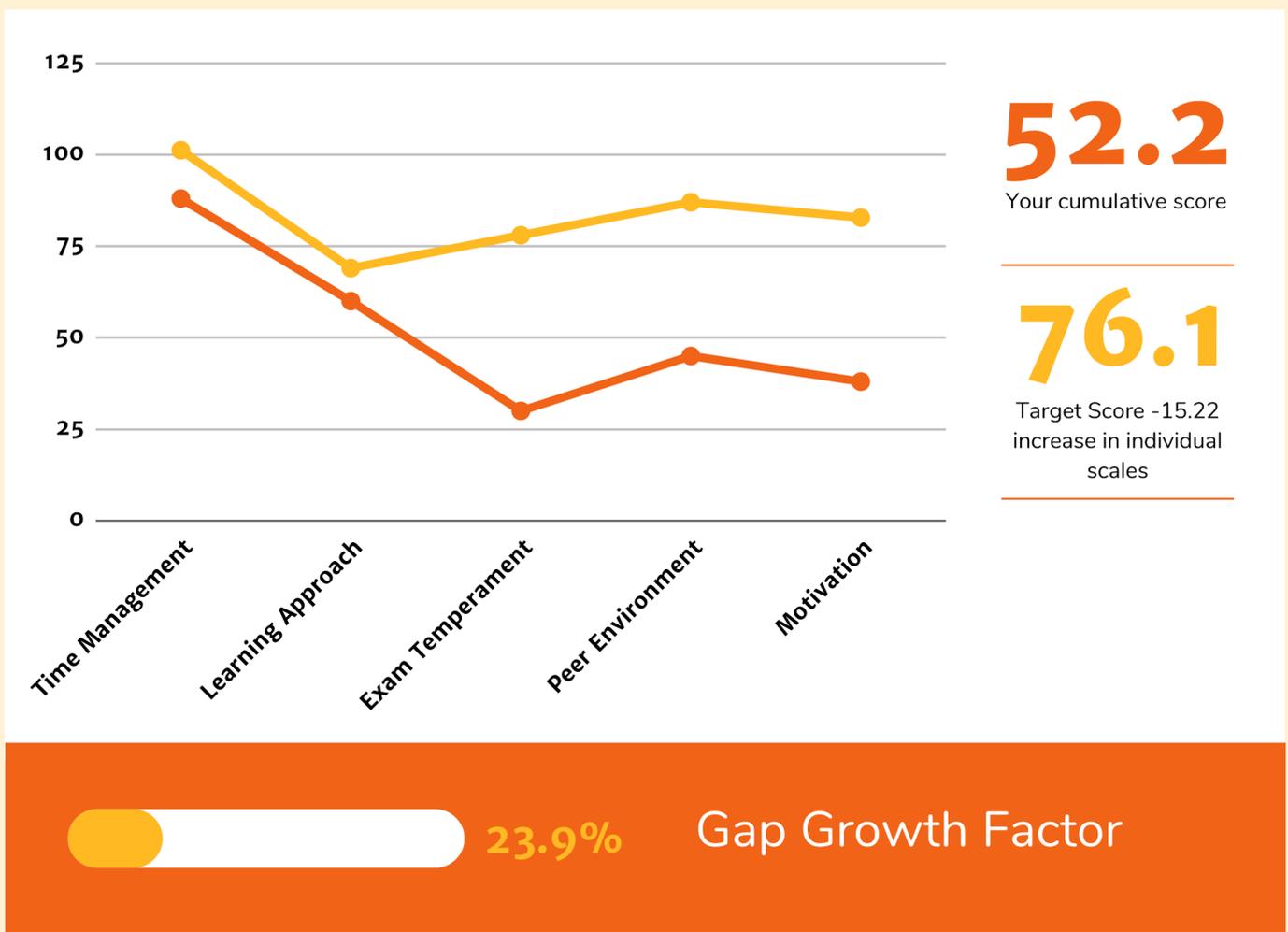
- Embrace and nurture your inner desire and passion, as it serves as a strong driving force.
- Seek out challenging opportunities that align with your abilities and provide a sense of accomplishment and pleasure.
- Focus on intrinsic motivation by placing less importance on external expectations and materialistic outcomes.
- Cultivate a deep interest in the subject matter to sustain long-term motivation and enjoyment.
- Occasionally explore external rewards or recognition as an additional source of motivation, while maintaining a strong focus on personal interest and passion.

VI. Cumulative Information

Include information on the different levels and which subscale requires to be worked on the most and which requires to be worked on the least.

What's your exam mindset level?

Note: Indicative numbers to make sense of the abstract parameters.



How to use the Gap Growth Factor ?

If your existing score in a particular test is 74%, then the gap growth factor indicates the percentage growth to reach the highest potential

- Existing Score (ES) = Your current marks
- Highest Potential Score (HS) = Maximum Score One Can Get
- Gap Score (GS) = (HS) - (ES)
- Gap Growth Factor (GF) - Percentage increase in GS
- New Expected Target Score = ES + (GS x GF)

For example, Rahul is preparing for Board Exam and he gets 65% in the mock test. Then,

- Existing Score (ES) = 65%
- Highest Potential Score (HS) = 100%
- Gap Score (GS) = 35%
- Gap Growth Factor (GF) = 23.9%
- New Expected Target Score = 73%

VII. Action Plan

Where do you go from here?
Your future goals should include improving your learning approach, having a stable temperament i.e reduced anxiety, cultivating an environment most suitable for you, and seeking an inner desire for your target

Hope you have read the descriptions and recommendations based on your results in the "results" section!

You will find specific resources below to help you work on your problem areas.

 **To maintain**
 **To be worked on**

01 Time Management

Your Time Management skills are excellent. You need to only work on maintaining them.

Resources

<https://nwdistrict.ifas.ufl.edu/fcs/2021/10/11/reaching-for-success-with-time-management-and-a-positive-attitude/>

02 Learning Approach

You seek out exams as opportunities to get maximum marks and output but you may forget the learning that you derive from it. You have a great performance approach. You need to develop a mastery approach

Resources

<https://smallbizclub.com/leadership/best-practices/10-ways-to-develop-a-mastery-mindset/>

03 Exam Temperament

Your exam temperament with respect to the stress and anxiety you experience is high.

Resources

<https://youtu.be/fHfHSq7PVDU>

<https://www.indiatoday.in/education-today/featurephilia/story/10-tips-from-a-doctor-on-how-to-handle-exam-stress-and-test-anxiety-during-board-exams-1459775-2019-02-19>



04 Peer Environment

You have a high sense of competition and you compare yourself frequently. Here is a resource that can help you reduce that.

Resources

<https://youtu.be/dQ6YjZHofe4>

<https://youtu.be/Qm-jHatFYc8>



05 Motivation

You are extrinsically motivated which is not a bad thing but you need to develop an intrinsic interest in your subject. This will help you have long-term benefits.

Resources

<https://www.opencolleges.edu.au/informed/features/intrinsic-motivation/>

VIII. Conclusion

Cultivating an effective mindset is crucial for success in exams. By adopting strategies such as effective preparation, self-care, time management, and relaxation techniques, you can reduce anxiety and enhance your performance during exams. With the right mindset and effective strategies, you can navigate exams with confidence and achieve their desired academic goals.



Believe you can
and you're
halfway there



Success is not final,
failure is not fatal: It is
the courage to continue
that counts



The difference between
ordinary and
extraordinary is that little
'extra' effort you put in
every day

Dear Rahul,

In a world of achievements, where success reigns
Learning unlocks the endless game and gain
With targets high, we embark on a curious quest
In a backdrop of peace, you seek to be your best.





We acknowledge the efforts and contributions of the team dedicated to producing this report with the aim to help students achieve their desired goals

Those responsible for **concept and coordination**

The **group of researchers**

The **writers** behind the impact report

The **designers** of the report

Our **colleagues** from Local and Partner Organizations

Other **contributors**

Come again to check your progress!

Contact

Mindtunes

2nd Floor, Sapphire Plaza, Dadabhai Rd, opp.
Vile Parle West, Mumbai, Maharashtra 400056

www.mindtunes.in 

contact@mindtunes.in 