

The test is administered online by Altin Atlas

# Report

## Advanced Graduate Inventory Test

The Advanced Graduate Inventory Test helps students entering or navigating master's or doctoral programs assess their behavioral, motivational, and non-cognitive strengths—building the self-awareness, resilience, and adaptive strategies needed to thrive in highly autonomous, research-intensive environments.





## BRIEF

Welcome to your personalized feedback report! This assessment was designed to help you reflect on your work habits, preferences, and approaches as you prepare for graduate study. The goal is to identify potential areas of strength, areas where you might anticipate challenges, and strategies or resources that could be helpful. **Remember, this is a tool for self-awareness, not a definitive evaluation or diagnostic test.** Use these insights to think proactively about navigating your graduate journey successfully.

## YOUR ASSESSMENT RESULTS

Time Management	MEDIUM
Academic Self-Efficacy	LOW
Research Interest & Preliminary Self Efficacy	MEDIUM
Need for Structure Preference	LOW
Autonomy	MEDIUM
Coping	MEDIUM
Self Compassion	MEDIUM
Perseverance	MEDIUM

# SKILLS ASSESSMENT & FEEDBACK

## TIME MANAGEMENT

Your responses indicate some tendencies towards procrastination and delaying tasks, but likely balanced with periods of timeliness and effective work habits.

### WHAT THIS MEANS

You probably manage many deadlines effectively, but certain types of tasks, specific situations, or periods of low motivation might trigger delays. In graduate school's high-stakes environment, even occasional significant procrastination can create bottlenecks or increase stress. Refining your strategies for handling those specific triggers can lead to greater consistency and reduced pressure.



### RECOMMENDED STRATEGIES

- **Pinpoint Difficult Task Types:** Reflect specifically on *which* academic tasks you are most likely to delay (e.g., starting writing, complex readings, administrative forms). Target your strategies there first.
- **Plan Realistic Daily Goals:** Instead of overly ambitious to-do lists, set 1-3 *must-do* academic tasks for each day and prioritize completing those. Acknowledge that other tasks might roll over.
- **Use Implementation Intentions:** For tasks you often delay, use an 'If-Then' plan. Example: 'IF it is 2 PM on Tuesday, THEN I will open my dissertation draft and write for 25 minutes.' This reduces the mental effort of starting.
- **Schedule 'Admin Time':** Dedicate specific, short blocks of time each week solely for administrative tasks, correspondence, or errands that you might otherwise put off until the last minute.

### RESOURCES TO CONSIDER

Consider exploring resources such as: Techniques like 'Implementation Intentions' or 'Time Blocking' ([Search Online Productivity Guides]), workshops on managing large academic projects ([Graduate Division or Learning Center URL]), tools for setting reminders and managing deadlines ([Calendar Apps, To-Do Apps]), strategies for maintaining motivation during long projects ([Online Academic Skills Resources]).

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