

# ***Psychometric Tests***

**NEURO-COGNITIVE-EMOTIONAL  
INTELLIGENCE BEHAVIOUR  
COMPETENCY MAPPING**

**REPORT**



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## Development of Psychometric Research

Psychometric tests are based on scientific principles of measurement and aim to provide reliable and valid assessments of human behavior and cognitive abilities.

- **1884:** Sir Francis Galton coined the term "eugenics" and conducted early research on human abilities and traits, which laid the groundwork for the development of psychometric tests.
- **1905:** Alfred Binet and Theodore Simon introduced the Binet-Simon Scale, the first modern intelligence test, to identify children with learning difficulties in French schools.
- **1916:** Lewis Terman adapted and standardized Binet's test, creating the Stanford-Binet Intelligence Scales, which became one of the most widely used intelligence tests in the United States.
- **1939:** David Wechsler developed the Wechsler-Bellevue Intelligence Scale, which measured both verbal and non-verbal abilities and laid the foundation for subsequent Wechsler intelligence tests.
- **1943:** Raymond Cattell introduced the concept of "fluid" and "crystallized" intelligence, contributing to the understanding of human cognitive abilities.
- **1949:** The Myers-Briggs Type Indicator (MBTI), based on Carl Jung's theory of personality, was developed by Isabel Briggs Myers and Katharine Cook Briggs, becoming one of the most widely used personality tests.
- **1950:** Hans Eysenck developed the Eysenck Personality Questionnaire, contributing to the study of personality traits and dimensions.
- **1961:** Raymond Cattell introduced the concept of "fluid" and "crystallized" intelligence, contributing to the understanding of human cognitive abilities.
- **1962:** The Minnesota Multiphasic Personality Inventory (MMPI) was revised by Starke R. Hathaway and J.C. McKinley, becoming a widely used tool in clinical and research settings.
- **1983:** Howard Gardner published his groundbreaking book "Frames of Mind: The Theory of Multiple Intelligences," where he introduced the concept of multiple intelligences.
- **1985:** Daniel Goleman introduced the concept of Emotional Intelligence (EI), paving the way for the development of EI assessments.
- **1995:** The Big Five Personality Traits model gained popularity, focusing on five major personality dimensions: openness, conscientiousness, extraversion, agreeableness, and emotional stability.
- **2003:** The VIA Survey of Character Strengths, based on positive psychology, was developed by Christopher Peterson and Martin Seligman to assess character strengths.
- **2011:** The introduction of web-based and computer-adaptive testing revolutionized psychometric assessments, making them more accessible and efficient.

These milestones represent some key developments in the field of psychometrics, but it's important to note that research and advancements in this area continue to evolve, enhancing the quality and utility of psychometric tests for various purposes.

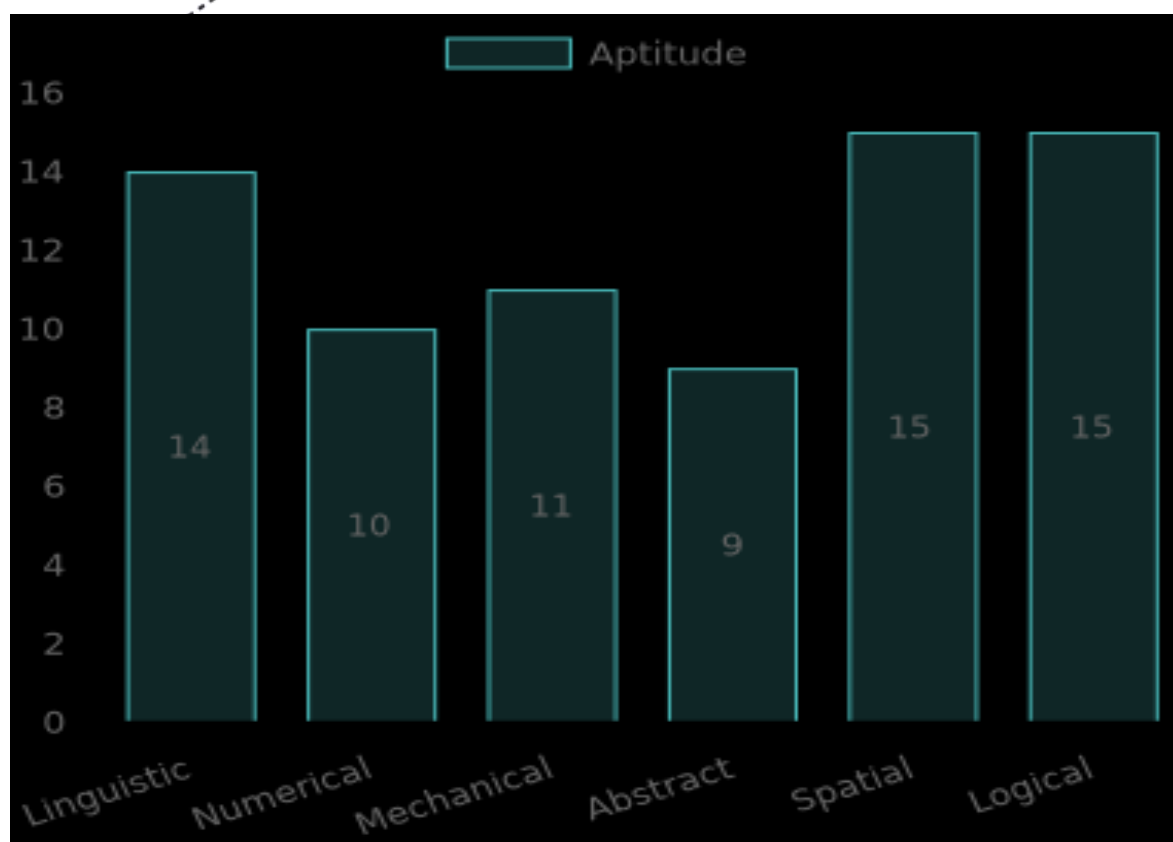
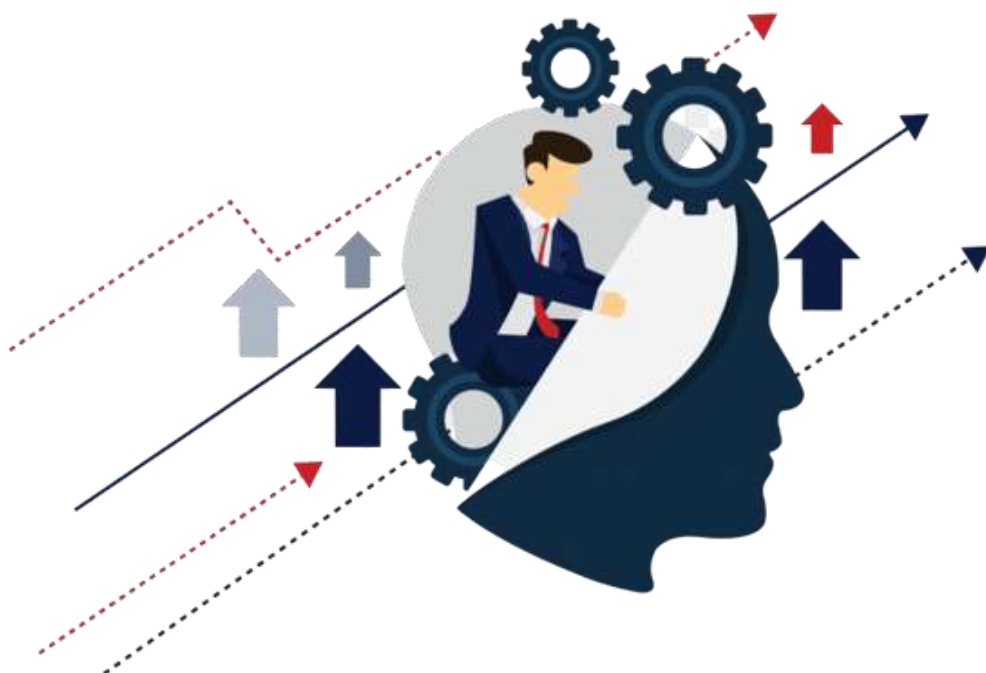


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# 1. APTITUDE





# APTITUDE

## 1. Linguistic Reasoning:



**Score :** 14 ( Category: Excelling )

**Feedback:**

Your strong verbal reasoning skills demonstrate your commitment to improvement and learning. Your ability to grasp complex ideas and articulate them clearly is impressive.

**Career Suggestions:**

Pursue roles that involve advanced communication and critical thinking. Careers in public relations, copywriting, journalism, or research analysis could be a natural fit for your skills and interests.

## 2. Numerical Reasoning



**Score :** 10 ( Category: Competing )

**Feedback:**

Your numerical reasoning skills are solid and demonstrate your commitment to improvement. Your ability to work with numbers is commendable, and you have a good foundation to build upon.

**Career Suggestions:**

Consider roles that involve financial analysis, data entry, or junior positions in accounting. Pursue opportunities in administrative or office management roles where your numerical skills are valuable.

# APTITUDE

## 3. Mechanical Reasoning



**Score:** 11 ( Category: Competing )

**Feedback:**

Your mechanical reasoning skills are developing well, and your grasp of fundamental concepts is commendable. Your ability to solve mechanical problems is a valuable asset.

**Career Suggestions:**

Consider careers that involve technical tasks and problem-solving, such as mechanical technician, quality control inspector, or junior positions in engineering. These roles will allow you to apply and enhance your mechanical skills.



## 4. Abstract Reasoning

**Score:** 9 ( Category: Competing )

**Feedback:**

Your abstract reasoning skills are above average, reflecting your dedication to learning and growth. You're becoming adept at recognizing patterns and making connections between different elements.

**Career Suggestions:**

With your improved abstract reasoning skills, you might excel in roles that involve problem-solving, data analysis, and creativity. Consider careers in graphic design, market research, data visualization, or entry-level programming, where your ability to think critically and creatively is valuable.



## APTITUDE



### 5. Spatial Reasoning

**Score :** 15 ( Category: Excelling )

**Feedback:**

Your strong spatial reasoning skills are impressive and demonstrate your commitment to learning. Your ability to understand and manipulate spatial relationships is commendable.

**Career Suggestions:**

Pursue careers that require strong spatial abilities, such as architectural design, 3D modeling, or junior roles in fields like aerospace engineering. Explore opportunities in industries where visualizing and designing in three dimensions is crucial.

### 6. Logical Reasoning



**Score :** 15 ( Category: Excelling )

**Feedback:**

Your logical reasoning skills are impressive and reflect your dedication to learning and improvement. Your capacity to identify patterns and solve problems is commendable and positions you well for various opportunities.

**Career Suggestions:**

Consider roles that involve data analysis, programming, or quality assurance. Careers in fields like computer programming, systems analysis, or scientific research could be a good fit, as they require strong logical thinking and analytical skills.

## 2. MULTIPLE INTELLIGENCE





## MULTIPLE INTELLIGENCE

### 1. Linguistic Intelligence

**Score:** 27 ( Category: Strong Proficiency )

**Feedback:**

Congratulations, your linguistic intelligence falls within the strong proficiency range. You have a solid command of language and can effectively express yourself. Keep refining your skills by exploring different writing styles, experimenting with complex sentence structures, and engaging in advanced language-related activities. Leveraging your linguistic abilities, you could consider pursuing careers in writing, translation, content creation, or public speaking, where your communication skills will be highly valued.

**Career Suggestions:**

- **Journalist:** Pursue a career in journalism, reporting on various topics and using your strong language skills to convey information accurately.
- **Public Relations Specialist:** Work in PR, where effective communication is essential for building and maintaining a positive image for clients.
- **Author:** Consider writing novels, non-fiction books, or essays, leveraging your strong proficiency in language to engage readers.



## 2 Logical/Mathematical Intelligence

**Score:** 35 ( Category: Exceptional Mastery )

**Feedback:**

Exceptional! Your logical/mathematical intelligence places you in the highest category of mastery. Your aptitude for logical reasoning and mathematical thinking is outstanding. Consider pursuing careers in fields such as mathematics, theoretical physics, computer science, cryptography, or any discipline that requires complex problem-solving and analytical skills. Your ability to dissect intricate systems and formulate innovative solutions is a rare and valuable talent.

**Career Suggestions:**

- **Mathematician:** Conduct advanced mathematical research, develop mathematical theories, and contribute to solving complex real-world problems.
- **Theoretical Physicist:** Explore the fundamental laws of the universe, formulate new theories, and conduct groundbreaking research.
- **Cryptographer:** Work on securing data and communications systems, utilizing your mastery of mathematical algorithms and encryption techniques.
- **Quantum Computing Scientist:** Push the boundaries of computing by working on quantum algorithms and applications in a rapidly evolving field.
- **Artificial Intelligence Researcher:** Lead in the development of AI systems, machine learning algorithms, and deep learning models, using your exceptional logical and mathematical intelligence.



**Picture Smart**

### 3 Visual/Spatial Intelligence

**Score:** 38 ( Category: Exceptional Mastery )

**Feedback:**

Exceptional! Your Visual/Spatial intelligence score places you in the highest category of mastery. Your ability to perceive, manipulate, and interpret visual and spatial information is outstanding. You have the potential to excel in fields that demand advanced visual thinking and spatial reasoning, such as architecture, industrial design, fine arts, 3D modelling, or even scientific research involving complex visual data analysis. Your extraordinary talents in this domain provide a strong foundation for pursuing a rewarding and impactful career.

**Career Suggestions:**

- **Architectural Visualization Specialist:** Focus on creating highly detailed architectural renderings and visualizations.
- **Industrial Design Manager:** Lead teams in designing complex products, leveraging your exceptional skills.
- **Fine Artist:** Pursue a career as a professional artist, creating visually stunning works of art.
- **3D Modeler/Animator:** Work on advanced 3D modeling and animation projects for films or games.
- **Scientific Visualization Specialist:** Apply your skills to visualize complex scientific data for research and communication.

## 4 Interpersonal Intelligence



**Score:** 33 ( Category: Exceptional Mastery )

**Feedback:**

Exceptional! Your interpersonal intelligence score places you in the highest category of mastery. You have a remarkable talent for connecting, understanding, and influencing others. Your ability to build relationships, inspire teamwork, and navigate complex social dynamics is exceptional. Consider careers in fields such as psychology, coaching, mentoring, diplomacy, or executive leadership, where your exceptional interpersonal skills can drive meaningful change and success.

**Career Suggestions:**

- **Psychologist:** Utilize your exceptional interpersonal skills to help individuals and groups address mental and emotional challenges.
- **Executive Leadership:** As a top-level executive, you can lead organizations to success by fostering a positive and collaborative work environment.
- **Diplomat:** Represent your country's interests and build international relationships as a diplomat.
- **Leadership Coach:** Help executives and leaders improve their interpersonal and leadership skills.
- **Mentorship Programs:** Establish mentorship programs within organizations or communities to empower others with your expertise.





Music Smart

### 5 Musical Intelligence

**Score:** 18 ( Category: Developing Skills )

**Feedback:**

Your musical intelligence falls within the developing sensitivity range. You are starting to recognize and appreciate the nuances of music. To enhance your musical abilities, continue exploring different musical styles, practising your listening skills, and experimenting with creating your music. Learning to read musical notation, exploring different instruments, and participating in group musical activities can further develop your musical intelligence.

**Career Suggestions:**

- **Music Teacher (Beginner Levels):** Teach beginners to play musical instruments or provide introductory music theory lessons.
- **Session Musician:** Collaborate with local musicians or bands, contributing your growing musical skills to live performances or recordings.
- **Music Therapist Assistant:** Support certified music therapists in using music to help individuals with various needs, such as emotional expression or rehabilitation.

### 6 Naturalistic Intelligence



Nature Smart

**Score:** 25 ( Category: Strong Proficiency )

**Feedback:**

Congratulations, your naturalistic intelligence falls within the strong proficiency range. You have a keen ability to connect with and understand the natural world. Your deep appreciation for nature could lead you towards impactful careers such as environmental education, ecological research, or park management. Continue to expand your expertise by delving into more specialized areas of naturalistic study and sharing your knowledge with others.

**Career Suggestions:**

- **Ecologist:** Conduct research on ecosystems, species interactions, and environmental changes to contribute to conservation efforts.
- **Environmental Educator:** Lead workshops, design educational materials, and inspire others to take action for the environment.
- **Park Manager:** Oversee the management and conservation of natural areas, ensuring their sustainability and educational value.



## 7 Body/Kinaesthetic Intelligence

**Score:** 29 ( Category: Strong Proficiency )

**Feedback:**

Congratulations, your Body/Kinesthetic intelligence is in the strong proficiency range. You have a solid command of physical coordination and movement, allowing you to excel in activities that require hands-on skills. To further enhance your abilities, consider specializing in a particular physical discipline or art form. This could involve pursuing careers in dance, sports, acting, or other performance-related fields. Your strong kinesthetic intelligence can also be valuable in careers such as physical education, fitness training, or even fields that involve hands-on craftsmanship.

**Career Suggestions:**

- **Professional Athlete:** Pursue a career in professional sports, where your strong kinesthetic intelligence can excel in a competitive environment.
- **Professional Dancer:** Consider becoming a professional dancer, specializing in a specific dance style like ballet, hip-hop, or contemporary.
- **Physical Education Teacher:** Use your skills to educate and inspire students as a physical education teacher in schools.
- **Choreographer:** Develop intricate dance routines or movement sequences as a choreographer in the entertainment industry.

### 8 Intrapersonal Intelligence



**Self Smart**

**Score:** 28 ( Category: Strong Proficiency )

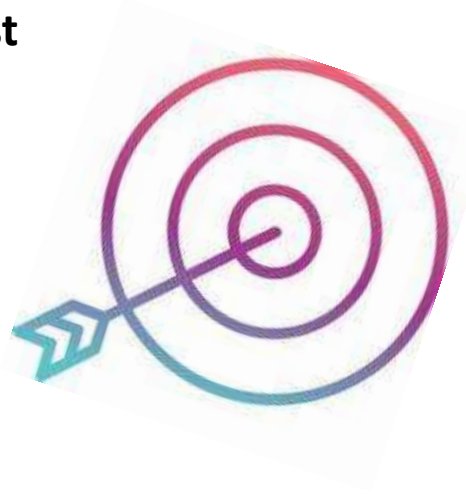
**Feedback:**

Congratulations, your intrapersonal intelligence suggests a strong level of self-awareness. You have a solid grasp of your emotions, values, and internal processes. Your ability to navigate your inner world can serve you well in both personal and professional settings. Consider pursuing careers involving coaching, counselling, psychology, or leadership roles where your adept understanding of human behaviour and motivation can significantly impact you.

**Career Suggestions:**

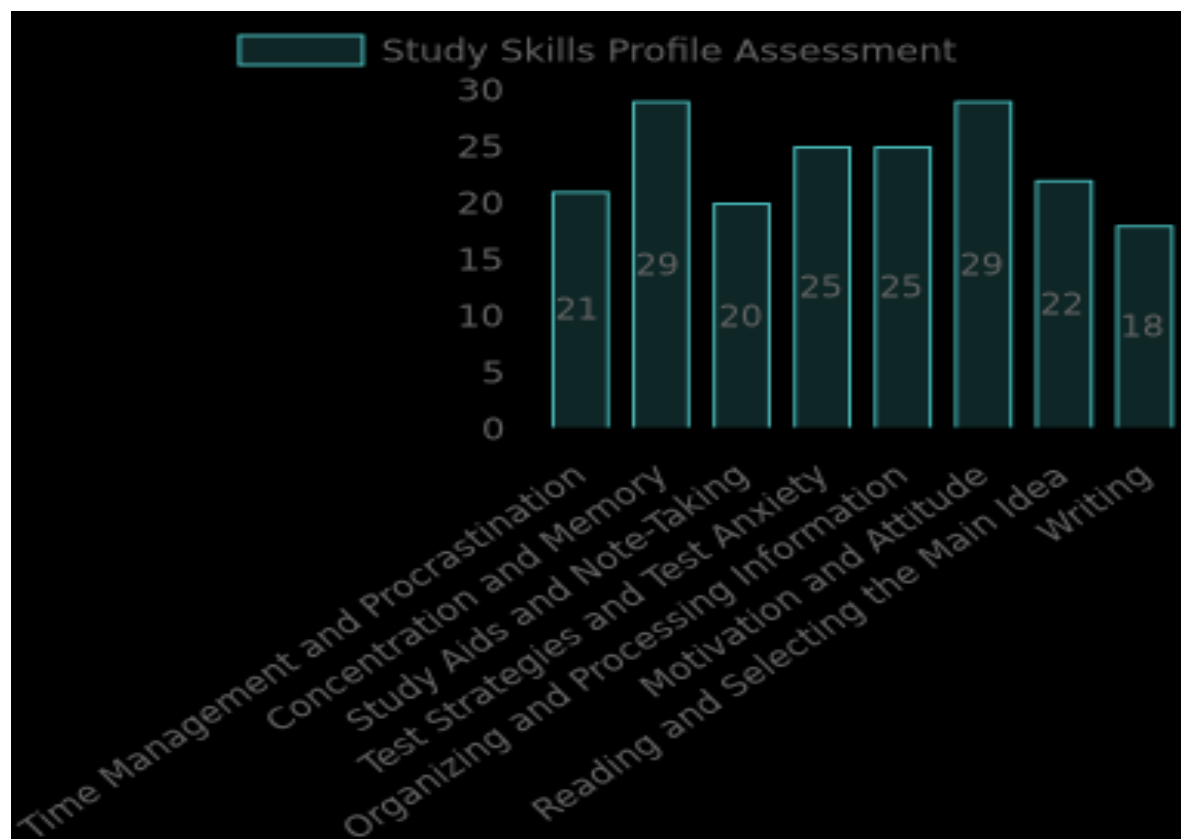
- **Psychologist:** Utilize your strong self-awareness to provide therapy and counseling to individuals seeking personal growth and healing.
- **Leadership Coach:** Help leaders enhance their effectiveness by drawing on your understanding of human behavior and motivation.
- **Motivational Speaker:** Share your journey and insights to inspire and motivate others in various aspects of life.

## Career Priority List



1. Mathematician
2. Physicist
3. Computer Scientist
4. Architect
5. Therapist
6. Botanist
7. Astronomer
8. Mental Health Advocate
9. Industrial Designer
10. Financial Analyst

### 3. STUDY SKILL PROFILE ASSESSMENT





# STUDY SKILL PROFILE



## 1. Time Management and Procrastination

**Score :** 21 ( Category: Strong Proficiency )

**Feedback:**

Your efforts in time management and combating procrastination are commendable. Continue to fine-tune your approach and leverage proven methods to optimize your productivity and minimize procrastination challenges.

## 2. Concentration and Memory



**Score :** 29 ( Category: Exceptional Mastery )

**Feedback:**

Congratulations, your exceptional score reflects a strong command over concentration and memory. Your diligent efforts have paid off, enabling you to excel in absorbing and retaining information. Continue fine-tuning your skills to maximize your cognitive potential and achieve remarkable academic and personal growth.



## 2. Study Aids and Note-Taking

**Score :** 20 ( Category: Strong Proficiency )

**Feedback:**

Your score suggests a solid foundation in study aids and note-taking. Continue to develop and fine-tune these strategies to further streamline your learning process and increase your understanding of the material.

## STUDY SKILL PROFILE



### 4. Test Strategies and Test Anxiety

**Score :** 25 ( Category: Exceptional Mastery )

**Feedback:**

Impressive proficiency in test strategies and adeptly handling test anxiety are evident in your performance. Your dedicated preparation and effective techniques are positioning you for excellence in exams. Stay the course for continued success.

### 5. Organizing and Processing Information

**Score :** 25 ( Category: Exceptional Mastery )

**Feedback:**

Impressive mastery of organizational and information-processing skills is evident in your approach. Your ability to efficiently handle and process information is a valuable asset that contributes significantly to your academic and personal success.



### 6. Motivation and Attitude

**Score :** 29 ( Category: Exceptional Mastery )

**Feedback:**

Your exceptional motivation and unwavering positive attitude are truly inspiring. Your proactive approach and enthusiasm set a strong foundation for continuous growth and remarkable accomplishments.

## STUDY SKILL PROFILE



### 7. Reading and Selecting the Main Idea

**Score :** 22 ( Category: Strong Proficiency )

**Feedback:**

Your proficiency in reading and selecting the main idea is commendable. Continue engaging with a variety of texts to reinforce your skillset. Fine-tune your analytical prowess and main idea identification through continuous practice, leading to a deeper understanding of textual content.

### 8. Writing

**Score :** 18 ( Category: Strong Proficiency )

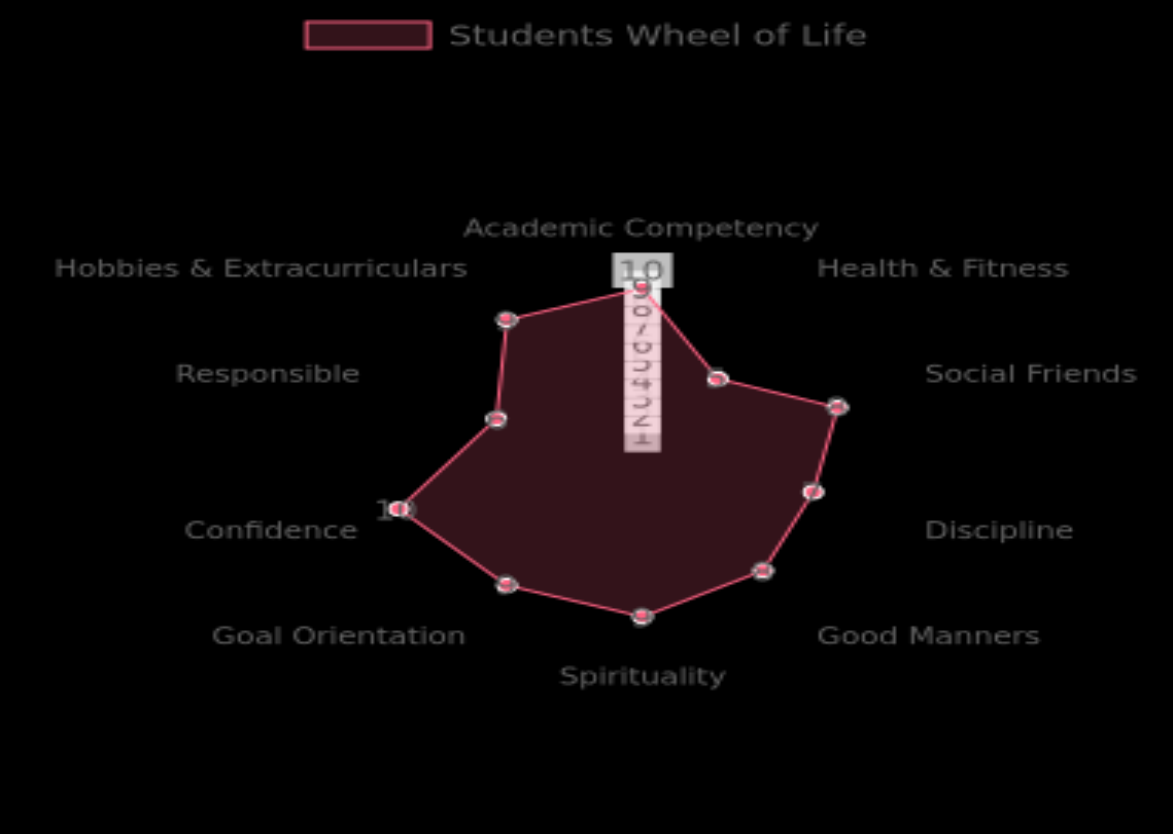
**Feedback:**



Your writing abilities are solid and promising. Continue honing your skills by refining your style, enhancing the flow of your ideas, and employing advanced techniques to captivate your readers.

# 4. WHEEL OF LIFE

## STUDENT’S WELLNESS DIMENSIONS



## WHEEL OF LIFE: STUDENT'S WELLNESS DIMENSIONS

### Feedback:

### Score:

Academic Competency: Exceptional understanding, excelling. 9/10

Health & Fitness: Inconsistent health habits, need better routine. 5/10

Social Friends: Active social interactions, and positive relationships. 8/10

Discipline: Good self-control, and effective organization. 7/10

Good Manners: Consistently polite and well-mannered. 8/10

Spirituality: Deeply connected, meaningful engagement. 9/10

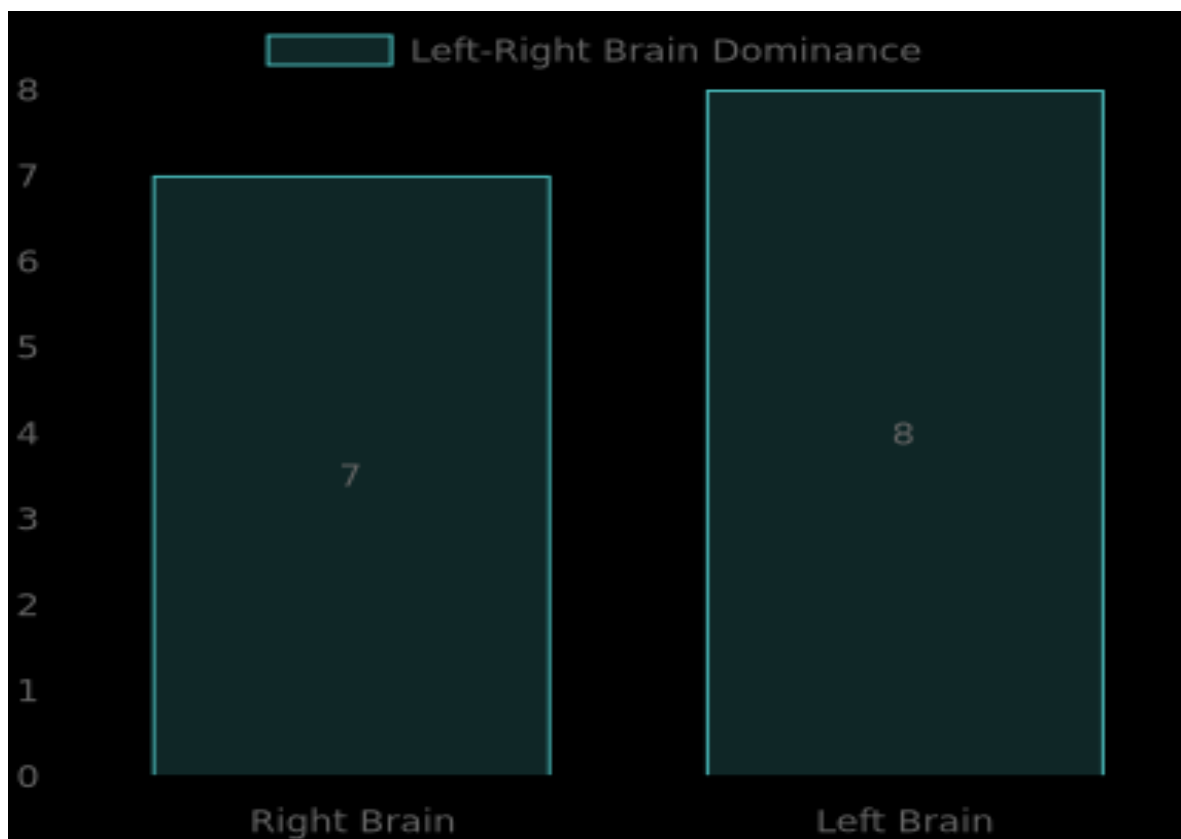
Goal Orientation: Significant growth, clear and ambitious goals. 9/10

Confidence: High self-esteem, strong self-belief. 10/10

Responsible: Meeting some commitments, improvement needed. 6/10

Hobbies & Extracurriculars: Fully engaged, pursuing passions. 9/10

## 5. RIGHT-LEFT BRAIN DOMINANCE





# RIGHT-LEFT BRAIN DOMINANCE



## Left Brain Dominance:

**Score :** 8 ( Category: Balanced Dominance )

### **Feedback:**

Analytical Thinking: Strong logical problem-solving abilities.

Language Skills: Proficient verbal communication and grammar.

Math and Logic: Comfortable with numbers and reasoning.

Structured Planning: Effectively organizes tasks and goals.

Sequential Processing: Easily follows linear sequences.

## Right Brain Dominance:



**Score :** 7 ( Category: Balanced Dominance )

### **Feedback:**

Creativity: Strong capacity for imaginative and original thinking.

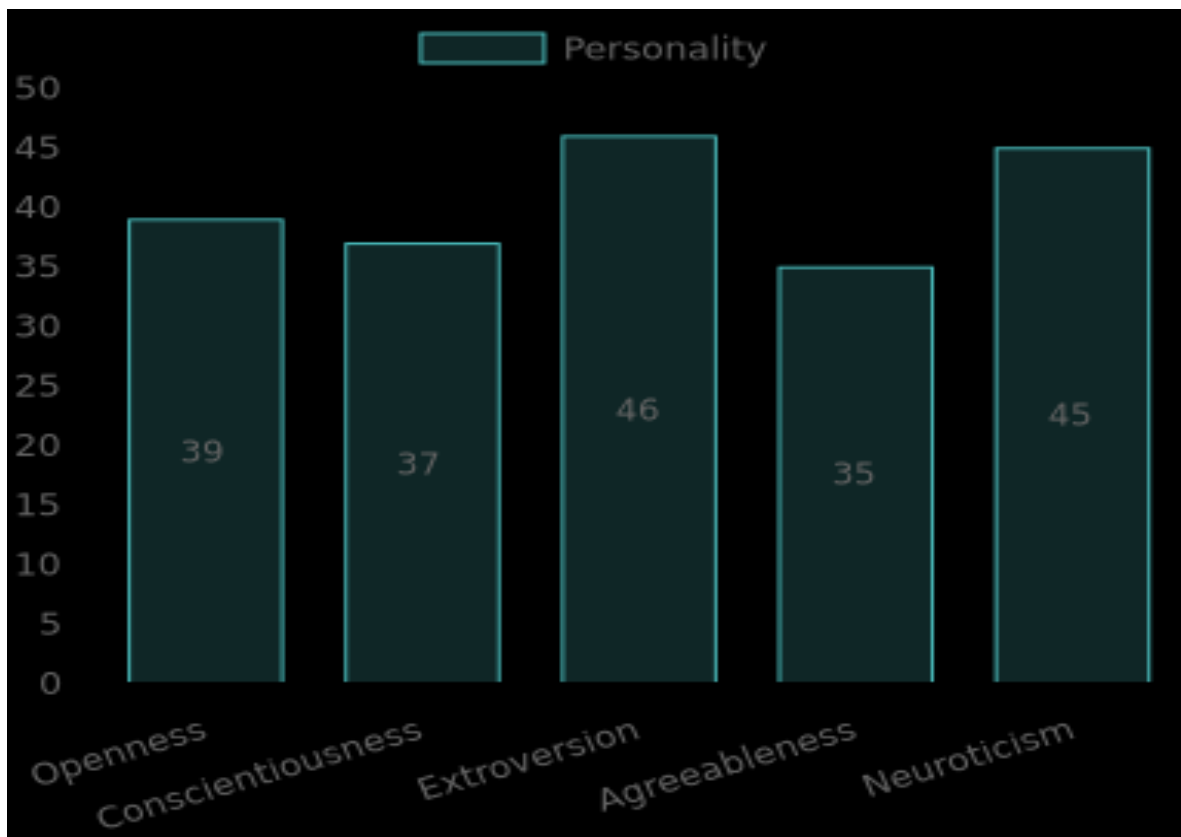
Visual Perception: Proficient in noticing shapes and colors.

Intuition: Comfortable relying on instincts and gut feelings.

Holistic Thinking: Easily sees the big picture and makes connections.

Artistic Abilities: Proficient artistic expression.

## 6. PERSONALITY TRAITS DOMINANCE



# PERSONALITY TRAITS DOMINANCE

## 1 Extroversion:



**Score :** 46 ( Category: Outstanding )

### Feedback:

Your extroversion is a dominant trait, and you are naturally drawn to social interactions. You derive energy and excitement from engaging with others, often taking on leadership roles.

**Possible Personality Type:** Possible Personality Type: Extroverted, Enthusiastic, Charismatic

### Career Options:

Seek roles that require extensive networking, public speaking, and leading groups. Sales management, event coordination, public speaking, or entrepreneurship could be highly fulfilling paths for you.



## 2 Agreeableness:

**Score :** 35 ( Category: Excelling )

### Feedback:

Your agreeable nature is evident in your interactions, and you excel at maintaining positive relationships. You value cooperation and may prioritize group cohesion over individual achievements.

**Possible Personality Type:** Possible Personality Type: Cooperative, Supportive, Amiable

### Career Options:

Pursue roles that involve mentoring, coaching, or community engagement. Nonprofit work, counseling, healthcare, or teaching may be fulfilling avenues for you.

## PERSONALITY TRAITS DOMINANCE

### 3 Conscientiousness:



**Score :** 37 ( Category: Excelling )

**Feedback:**

Your conscientious tendencies are noticeable, and you value structure, planning, and goal attainment. You tend to be reliable, detail-oriented, and committed to your tasks.

**Possible Personality Type:** Possible Personality Type: Dependable, Detail-Focused, Goal-Driven

**Career Options:**

Pursue roles that require precision, organization, and meticulousness. Accounting, quality control, data management, or executive assistance could be well-aligned with your personality.

### 4 Neuroticism:



**Score :** 45 ( Category: Outstanding )

**Feedback:**

Your emotional experiences tend to be intense, and you may face challenges in managing stress and negative emotions. However, your depth of emotional awareness can also lead to profound self-discovery and empathy for others. the performing arts could provide outlets for your emotional depth.

**Possible Personality Type:** Possible Personality Type: Emotional, Empathetic, Introspective

**Career Options:**

Seek roles that center around emotional support, creativity, and individual growth. Therapy, art therapy, social work, or roles in the performing arts could provide outlets for your emotional depth.

## PERSONALITY TRAITS DOMINANCE

### 5. Openness :



**Score :** 39 ( Category: Excelling )

**Feedback:**

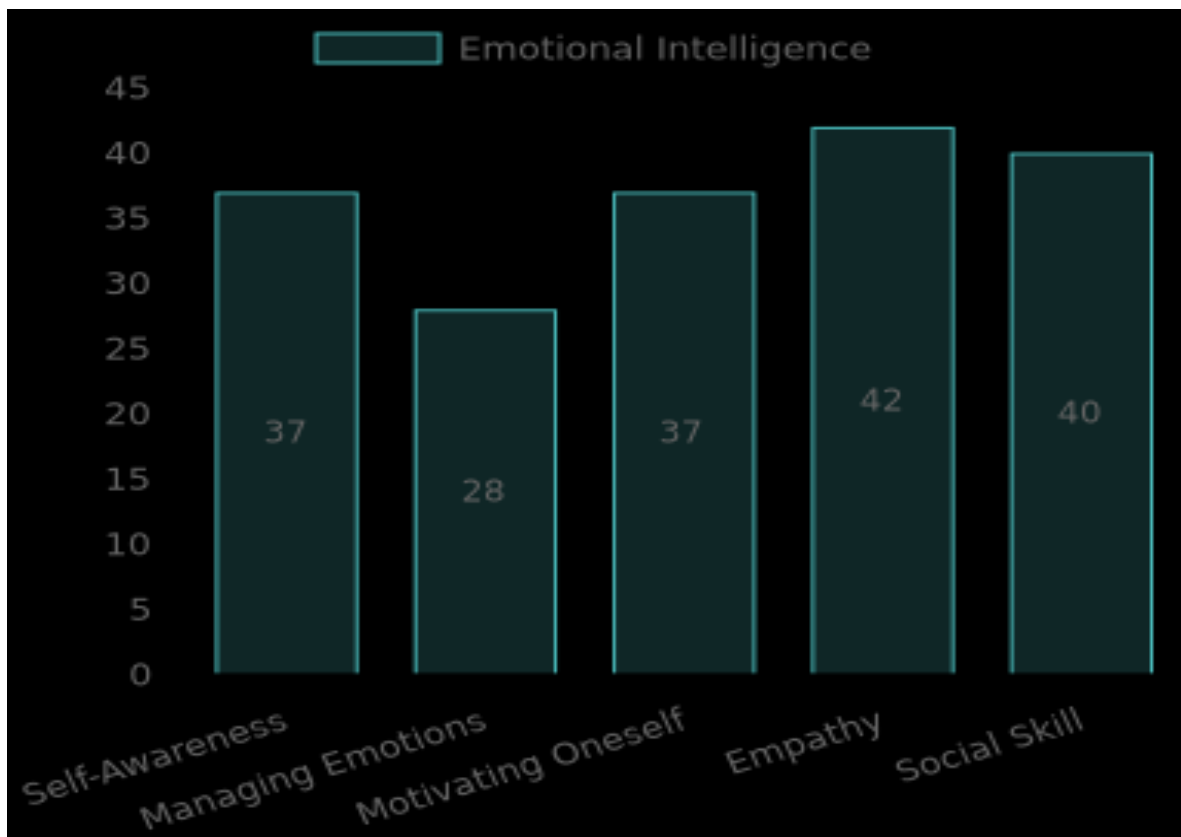
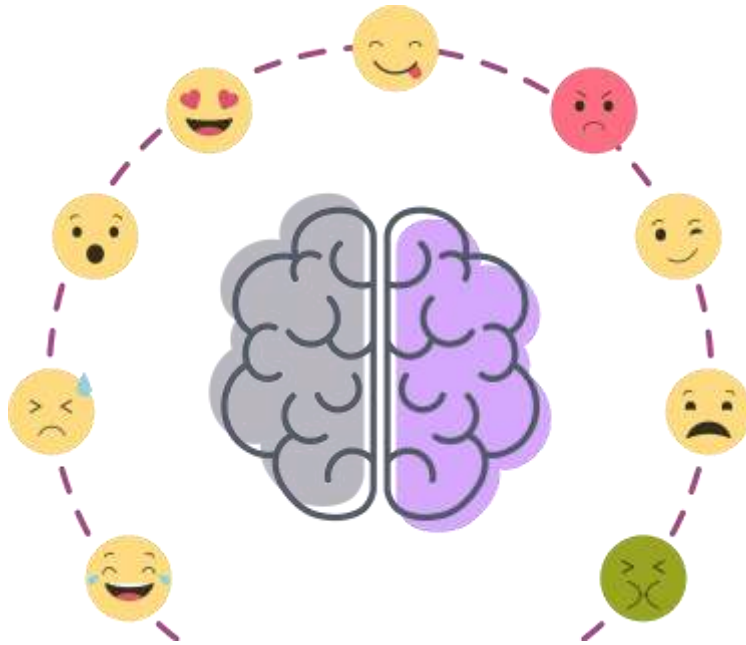
Your open-mindedness and curiosity are evident, as you actively seek out new experiences and ideas. You thrive in dynamic environments and enjoy exploring uncharted territory.

**Possible Personality Type:** Possible Personality Type: Curious, Imaginative, Innovative

**Career Options:**

Pursue roles that emphasize creativity, exploration, and the generation of new ideas. Entrepreneurship, research, creative arts, or roles in emerging technologies may resonate with your disposition.

## 7. EMOTIONAL INTELLIGENCE





# EMOTIONAL INTELLIGENCE



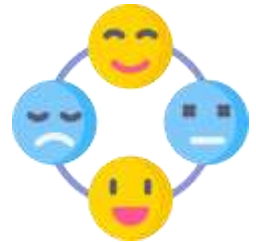
## 1. Self-Awareness

**Score :** 37 ( Category: Competing )

**Feedback:**

You're on the right track! Your self-awareness is developing nicely. You are attuned to your emotions and can often decipher their impact on your decisions. As you continue to explore your thought patterns and motivations, you'll find more growth opportunities. By deepening your understanding of your own experiences, you're positioning yourself to navigate challenges with greater insight and resilience.

## 2. Managing Emotions



**Score :** 28 ( Category: Progressing )

**Feedback:**

There's an opportunity to focus on improving your emotional management skills. While you're making efforts to handle your emotions, there's room for growth in effectively regulating your responses in different situations. Consider exploring techniques such as mindfulness, deep breathing, and problem-solving to better manage stress and emotional challenges. With dedication and practice, you can enhance your ability to navigate emotions constructively.

## 3. Motivating Oneself



**Score :** 37 ( Category: Competing )

**Feedback:**

Your self-motivation is solid, and you display a commendable level of determination. While you may face occasional challenges, you approach them with resilience and work towards finding solutions. There is room for growth in terms of consistently maintaining your motivation, especially during tougher times. By identifying strategies that help you stay inspired and engaged, you can enhance your ability to maintain momentum towards your goals.

# EMOTIONAL INTELLIGENCE

## 4. Empathy



**Score :** 42 ( Category: Excelling )

**Feedback:**

Your empathy skills are strong and admirable. You can tune into the emotions of others and demonstrate understanding and consideration for their feelings. Your capacity to show empathy enhances your relationships and makes you a valued team member. Continue nurturing this skill, as it can lead to even deeper connections and more effective communication with those around you.

## 5. Social Skill

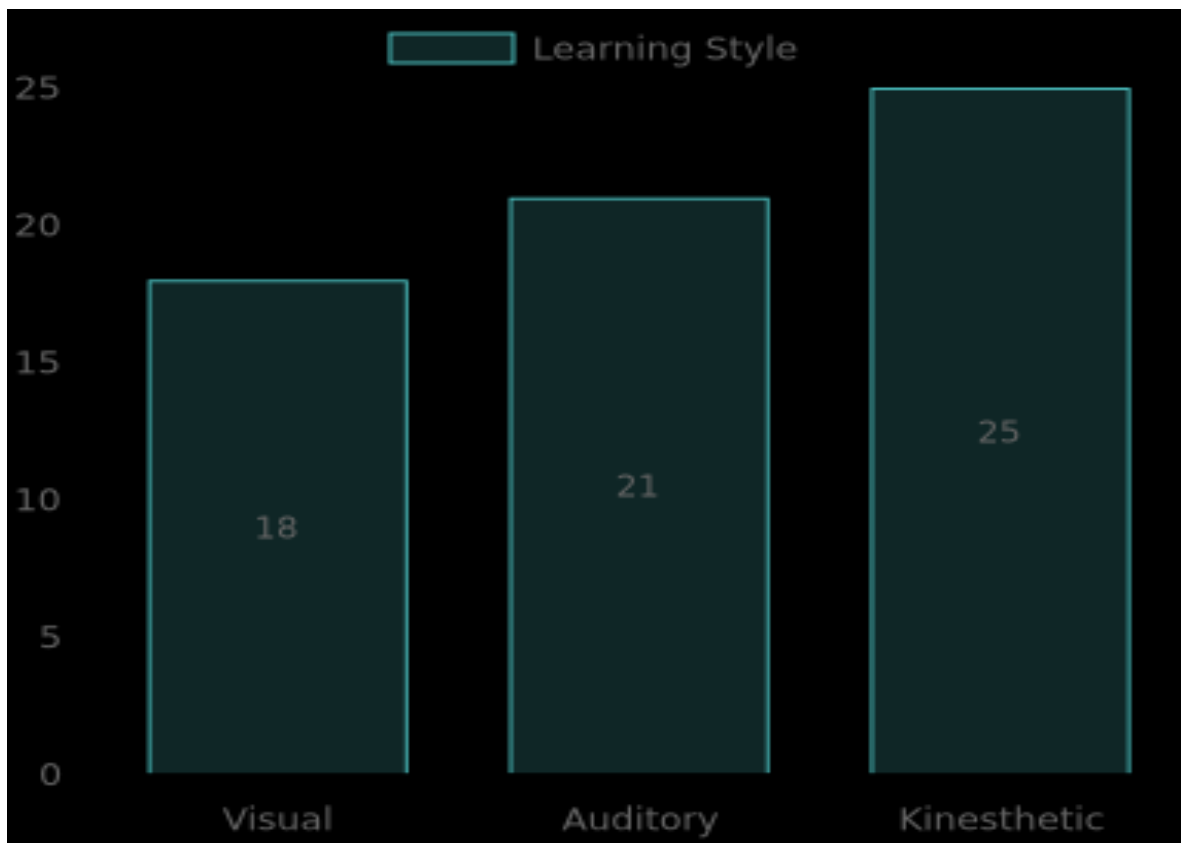


**Score :** 40 ( Category: Excelling )

**Feedback:**

Your social skills are well-developed, and you exhibit a high degree of effectiveness in your interactions with others. You are adept at understanding and responding to people's emotions, which enables you to build rapport and connect on a deeper level. Continue honing your social skills, and you'll likely find that your positive and empathetic approach enhances both your personal and professional relationships.

# 8. LEARNING STYLE



# LEARNING STYLE

## 1. Visual



**Score :** 18 ( Category: Moderate )

### **Feedback:**

You have a balanced approach to learning, valuing both visual aids and other methods. Visual materials like diagrams, charts, and videos complement your learning style well and enhance your understanding of concepts.



## 2. Auditory

**Score :** 21 ( Category: Moderate )

### **Feedback:**

If you have a moderate preference for auditory learning, you maintain a balanced approach to learning by appreciating both auditory explanations and other methods. Your capacity to engage in productive discussions and actively listen to lectures is an asset. To further enhance your learning experience, utilize visual aids when appropriate to complement your auditory learning style and reinforce your understanding of complex concepts.

## 3. Kinaesthetic

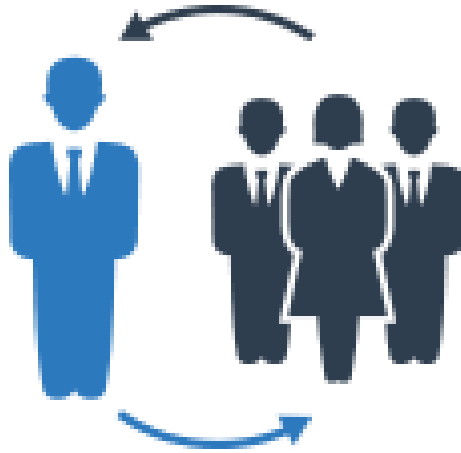


**Score :** 25 ( Category: High )

### **Feedback:**

Kinesthetic learning is a dominant style for you, and you thrive when actively engaging with materials. Hands-on activities, role-playing, and real-life scenarios significantly contribute to your understanding and memory retention. Utilizing kinesthetic strategies can result in exceptional learning outcomes.

## 9. LEADERSHIP SKILLS



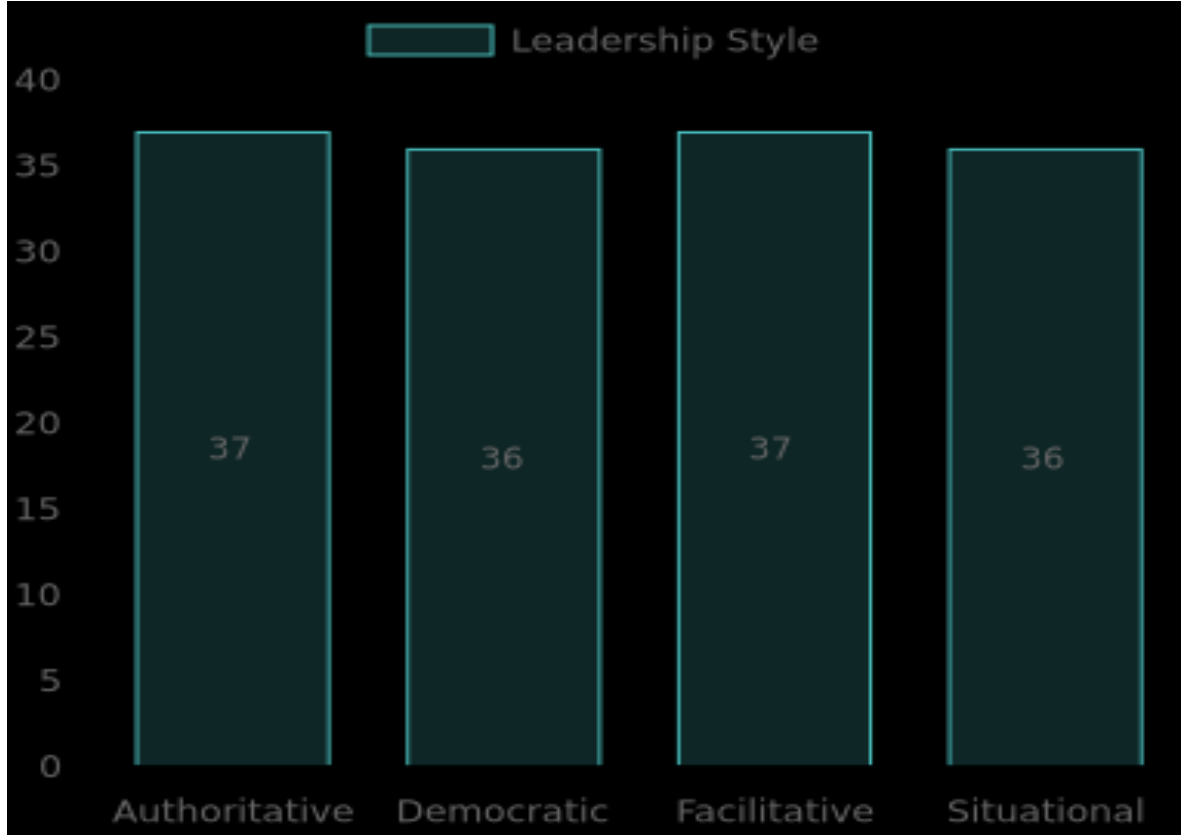
### Leadership Skills

**Score :** 89 ( Category: Outstanding )

### Feedback:

Congratulations! Your exceptional leadership skills are evident in your score. You consistently demonstrate strong communication, decision-making, and team-building abilities. Your approach inspires and motivates others to excel, creating a positive and productive work environment. Keep up the remarkable work and continue to be a role model for effective leadership.

# 10. LEADERSHIP STYLE



# LEADERSHIP STYLE

## Authoritative



**Score :** 37 ( Category: Exceptional Mastery )

**Feedback:**

Congratulations! Your high score within this range indicates a mastery of the authoritative leadership style. You excel at providing a clear vision, making confident decisions, and motivating your team to achieve exceptional results. Your balanced approach between being directive and open to feedback creates an atmosphere of trust and empowerment. Continue to serve as a role model for other leaders by consistently leading with purpose, empathy, and a strong sense of direction.



## Democratic

**Score :** 36 ( Category: Exceptional Mastery )

**Feedback:**

Congratulations on achieving the highest score range for the Democratic leadership style! Your commitment to empowering your team through democratic practices is exceptional. Your approach of actively seeking input, encouraging collaboration, and allowing team members to take ownership of their work demonstrates your strong leadership skills. This creates an atmosphere where everyone feels valued and motivated to contribute their best efforts, ultimately leading to higher productivity and job satisfaction.

# LEADERSHIP STYLE



## Facilitative

**Score :** 37 ( Category: Exceptional Mastery )

**Feedback:**

Congratulations! Your high score in this range signifies mastery of the facilitative leadership style. Your adeptness at facilitating group dynamics, fostering open dialogue, and collectively arriving at well-informed decisions is truly commendable. Your team likely experiences a high level of trust, and your leadership approach empowers them to take ownership of their work. Continue being an exemplar of facilitative leadership by consistently promoting collaboration, empathy, and mutual understanding.



## Situational

**Score :** 36 ( Category: Exceptional Mastery )

**Feedback:**

Congratulations! Your high score within this range indicates mastery of the situational leadership style. Your ability to flexibly adapt your leadership behaviours based on individual and situational factors is commendable. You likely create an environment in which each team member feels supported and empowered to succeed. Continue to lead by example, fostering a culture of continuous learning and adaptation as you guide your team toward excellence.



## 11. CYBER DEPENDENCY

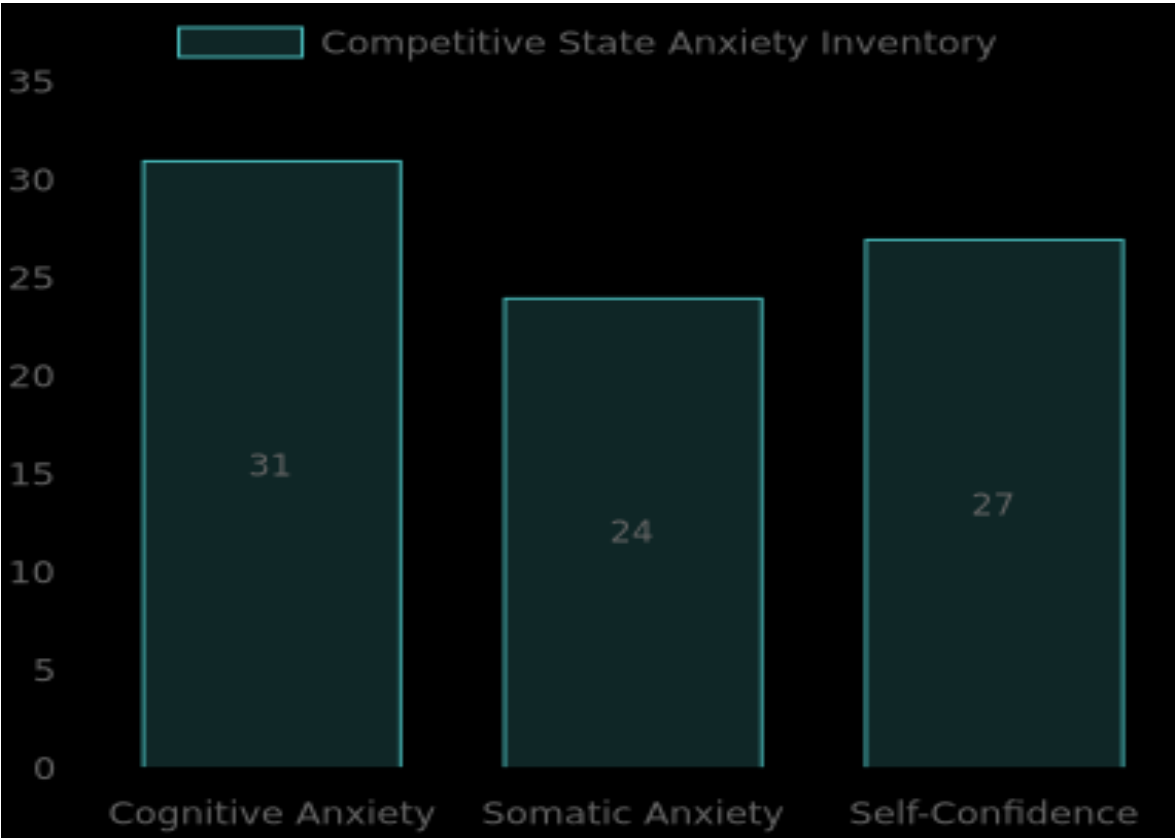


**Score :**47 ( Category: Moderate Dependency )

**Feedback:**

Your cyber dependency score falls within the moderate range. You have a reasonable reliance on digital tools, which is beneficial in many aspects of modern life. Balancing this with offline skills can further enhance your ability to manage disruptions. Consider honing your proficiency in both digital and non-digital solutions for a well-rounded approach.

## 12. COMPETITIVE STATE ANXIETY INVENTORY



# COMPETITIVE STATE ANXIETY

## Cognitive Anxiety



**Score :** 31 ( Category: High )

### Feedback:

Your cognitive anxiety score is in the high range, which suggests that you might frequently experience intense anxious thoughts and worries. It's important to recognize that seeking support is a sign of strength, and there are various resources available to help you manage your anxiety. Consider reaching out to a mental health professional, practicing relaxation techniques, and engaging in activities that bring you joy and a sense of accomplishment. With proper strategies and support, you can learn to navigate your anxious thoughts more effectively.

## Somatic Anxiety



**Score :** 24 ( Category: Moderate )

### Feedback:

Your score falls within the moderate range for somatic anxiety. This suggests that you might experience noticeable physical symptoms when facing stressors or anxiety-provoking situations. While these sensations can be uncomfortable, they are signals from your body. Your awareness of these symptoms is a crucial step toward effectively managing your anxiety. Consider exploring relaxation techniques or stress-reduction strategies to further enhance your well-being.

## Confidence



**Score :** 27 ( Category: Moderate )

### Feedback:

Moderate Self-Confidence: You're well on your way to building strong self-confidence. You have a good understanding of your abilities and areas you can grow in. Keep nurturing your strengths, setting achievable goals, and celebrating your successes. Your self-assured attitude will continue to serve you well.

### ***Disclaimer***

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