

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.

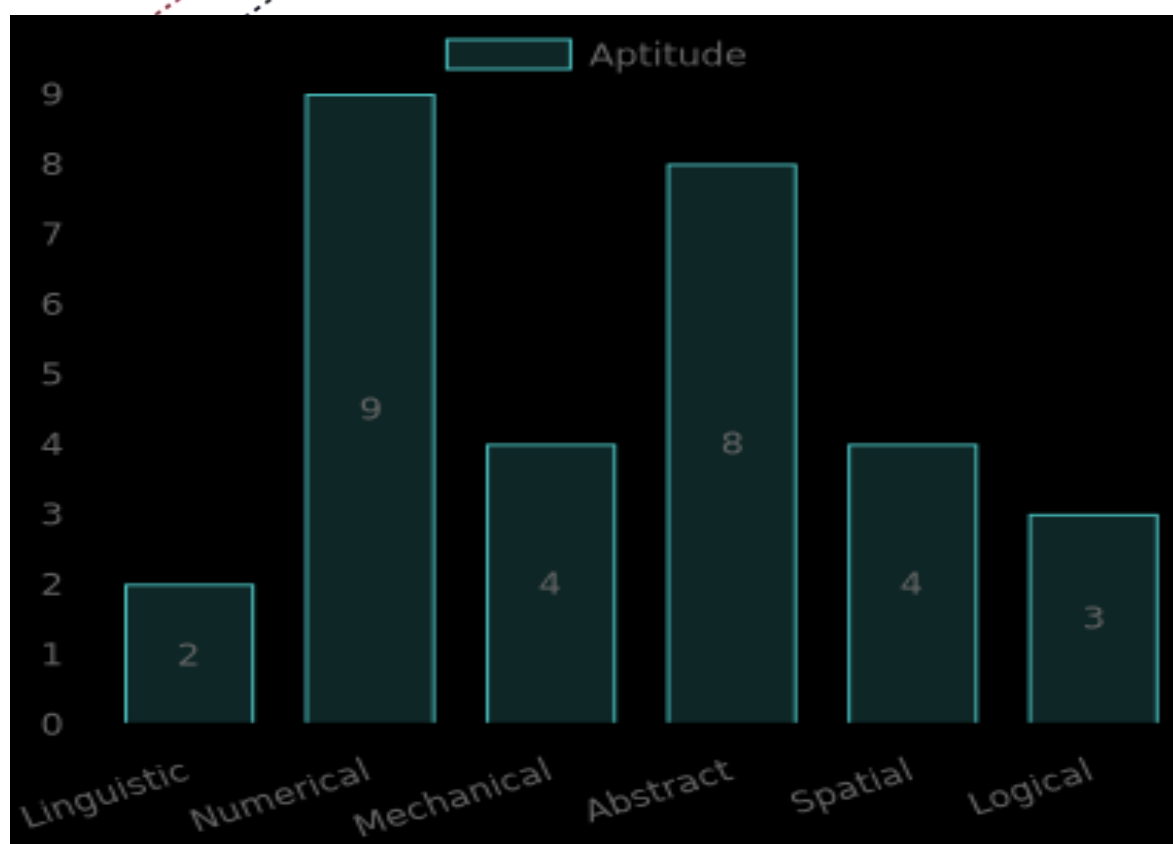
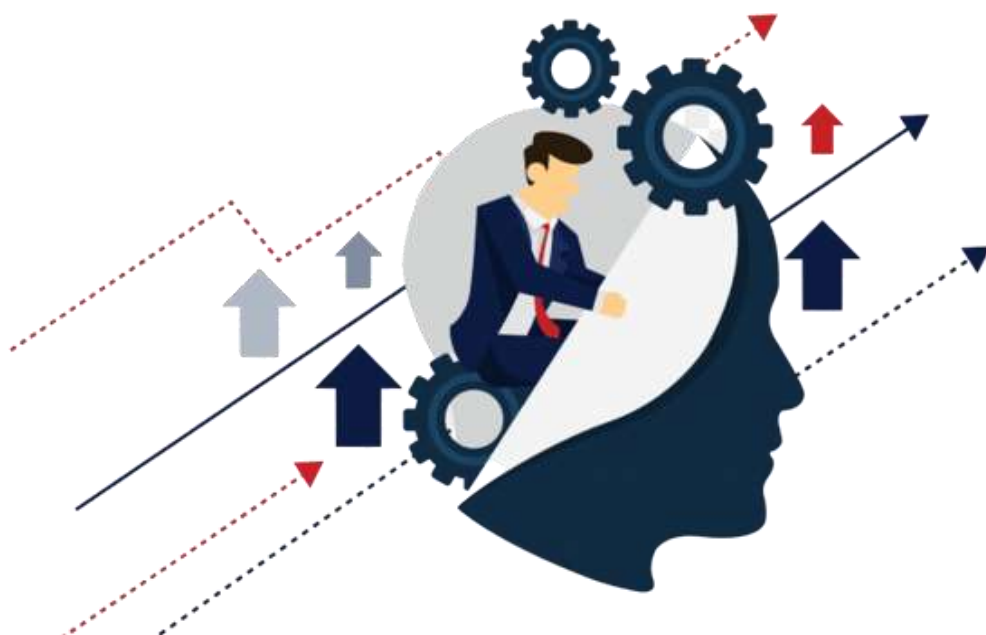


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1. APTITUDE



APTITUDE

1. Linguistic Reasoning:



Score : 2 (Category: Developing)

Feedback:

Your commitment to improving your verbal reasoning skills is admirable. While your current score falls in the lower range, remember that progress takes time and effort. Keep practicing and learning, and you'll undoubtedly see growth in your abilities.

Career Suggestions:

Consider roles that involve basic communication skills, such as data entry, administrative support, or entry-level customer service. These roles can provide a foundation for further skill development and growth.

2. Numerical Reasoning



Score : 9 (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: 4 (Category: Developing)

Feedback:

Your interest in mechanical reasoning is evident, and while your current score reflects a starting point, remember that learning takes time. Keep exploring mechanical concepts and practicing to enhance your understanding.

Career Suggestions:

Consider roles that involve basic mechanical tasks, such as assembly line work, equipment operation, or assistant positions in maintenance. These roles can provide hands-on experience and opportunities for skill development.



4. Abstract Reasoning

Score: 8 (Category: Progressing)

Feedback:

Your efforts to enhance your abstract reasoning skills are showing results. While there is room for improvement, your progress is notable. Keep up the good work and continue challenging yourself.

Career Suggestions:

Consider roles that require attention to detail and some analytical thinking, such as quality control, data analysis, or technical support. These roles demand the ability to identify patterns and make informed decisions based on available information.

APTITUDE



5. Spatial Reasoning

Score : 4 (Category: Developing)

Feedback:

Your interest in developing your spatial reasoning skills is evident. While your current score reflects a starting point, remember that improvement takes practice and effort. Continue working on enhancing your spatial awareness and visualization abilities.

Career Suggestions:

Consider roles that require basic spatial skills, such as assembly line work, basic drafting, or introductory positions in fields like architecture and design. These roles can provide a foundation for further skill development.

6. Logical Reasoning



Score : 3 (Category: Developing)

Feedback:

Your willingness to engage with logical reasoning is evident, even though your current score is in the lower range. Remember that logical reasoning skills can be developed over time with practice and learning. Keep exploring and honing your skills.

Career Suggestions:

Start by focusing on roles that require basic problem-solving skills, such as administrative or entry-level positions in various industries. Building a strong foundation in logical thinking will serve as a stepping stone for future growth.

2. MULTIPLE INTELLIGENCE





MULTIPLE INTELLIGENCE

1. Linguistic Intelligence

Score: 25 (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: 24 (Category: Strong Proficiency)

Feedback:

Congratulations, your logical/mathematical intelligence falls within the strong proficiency range. Your ability to analyze patterns, make connections, and solve intricate problems is impressive. Keep challenging yourself by tackling advanced mathematical concepts, exploring formal logic, and delving into fields such as computer science, engineering, or mathematics. Your strong logical/mathematical skills open doors to careers that involve data analysis, research, software development, and strategic planning.

Career Suggestions:

- **Data Scientist:** Dive into complex data analysis, predictive modeling, and machine learning to leverage your strong analytical skills.
- **Software Developer:** Create innovative software solutions by applying your logical abilities to design and code complex algorithms.
- **Financial Analyst:** Analyze financial data, forecast trends, and provide strategic insights based on your strong mathematical proficiency.
- **Operations Research Analyst:** Optimize processes, make data-driven decisions, and solve complex logistical problems in various industries.



Picture Smart

3 Visual/Spatial Intelligence

Score: 22 (Category: Strong Proficiency)

Feedback:

Congratulations, your Visual/Spatial intelligence falls within the strong proficiency range. You have a solid command of visualizing and understanding spatial information. Your ability to manipulate and analyze visual data is impressive. Consider exploring careers in fields such as graphic arts, interior design, cartography, virtual reality development, or engineering, where your strong visual and spatial skills will be highly valued. Continuing to refine your abilities and seeking opportunities for creativity could lead to a successful and fulfilling career.

Career Suggestions:

- **Architect:** Pursue a career in architecture, where you can design buildings and spaces.
- **Industrial Designer:** Use your strong visual and spatial skills to create innovative product designs.
- **Virtual Reality Developer:** Enter the world of VR development, creating immersive digital environments.
- **Cartographer:** Become a professional mapmaker, specializing in spatial representation.
- **Civil Engineer:** Apply your spatial intelligence to design and analyze infrastructure projects.

4 Interpersonal Intelligence



Score: 24 (Category: Strong Proficiency)

Feedback:

Congratulations, your interpersonal intelligence is in the strong proficiency range. You have a knack for understanding and interacting with people, which can lead to fulfilling careers. Cultivate your ability to build rapport, mediate conflicts, and lead teams. Consider pursuing roles in leadership, coaching, counselling, or community organizing, where your strong interpersonal skills can have a positive impact on individuals and groups.

Career Suggestions:

- **Leadership Positions:** Your strong interpersonal skills make you an ideal candidate for roles such as team leader, supervisor, or department manager.
- **Coach or Mentor:** Help individuals and teams reach their full potential by offering guidance and support.
- **Counselor or Therapist:** Consider specializing in areas such as marriage and family therapy, addiction counseling, or career counseling.
- **Community Organizer:** Your ability to connect with people can be valuable in bringing communities together for a common cause.



Music Smart

5 Musical Intelligence

Score: 26 (Category: Strong Proficiency)

Feedback:

Congratulations, your musical intelligence falls within the strong proficiency range. You have a solid foundation in understanding and creating music. To continue advancing, consider formal music training, learning advanced techniques on your chosen instrument, and exploring composition. Your developed musical intelligence could lead to opportunities in music performance, teaching, music therapy, or even music production, where your ability to understand and convey emotions through music is highly valuable.

Career Suggestions:

- **Professional Musician:** Pursue a career as a solo artist or join a band as a musician or vocalist.
- **Music Teacher (Intermediate/Advanced Levels):** Teach more advanced music techniques to students in your chosen instrument or vocal training.
- **Music Producer:** Learn the ropes of music production and studio recording, working with artists to create and refine their music.

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: 23 (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: 26 (Category: Strong Proficiency)

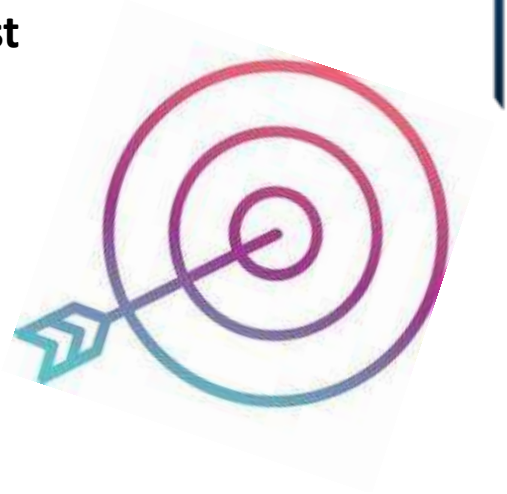
Feedback:

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:

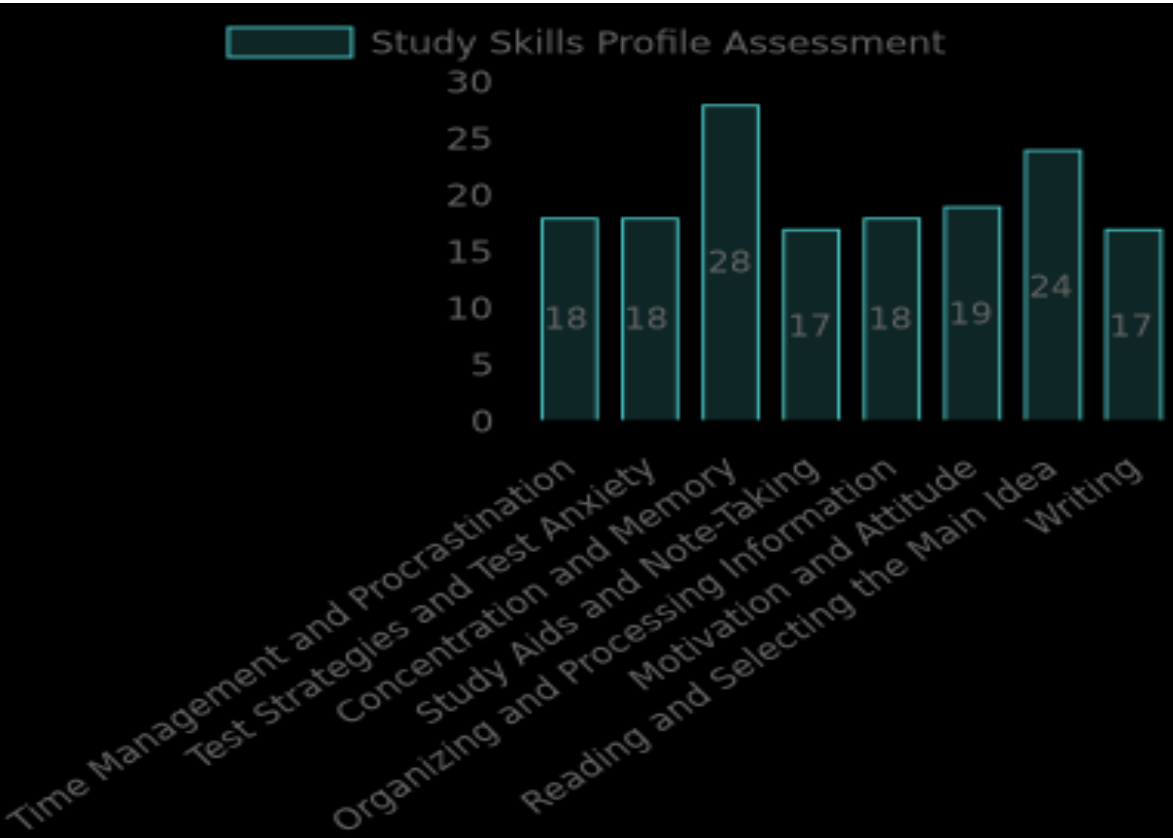
- **Psychologist:** Utilize your strong self-awareness to provide therapy and counseling to individuals seeking personal growth and healing.
- **Leadership Coach:** Help leaders enhance their effectiveness by drawing on your understanding of human behavior and motivation.
- **Motivational Speaker:**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

Career Priority List



1. Research Scientist
2. Journalist
3. Novelist
4. Speechwriter
5. Public Relations Specialist
6. Blogger
7. Music Producer
8. Content Creator
9. Copywriter
10. Mechanic

3. STUDY SKILL PROFILE ASSESSMENT



STUDY SKILL PROFILE



1. Time Management and Procrastination

Score : 18 (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 : 28 (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 : 17 (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 : 18 (Category: Strong Proficiency)

Feedback:

Your commitment to mastering test strategies and managing test anxiety is evident. Continue to refine your techniques through consistent effort and utilize resources to achieve optimal results in exams.

5. Organizing and Processing Information

Score : 18 (Category: Strong Proficiency)

Feedback:

Your organizational and information processing capabilities are solid, showcasing your commitment to effective learning. Continue to explore advanced strategies to enhance your skills even further.



6. Motivation and Attitude

Score : 19 (Category: Strong Proficiency)

Feedback:

Your motivation and attitude are commendable, reflecting your dedication to achieving your objectives. Sustain this positive outlook as you navigate through challenges and seize opportunities.

STUDY SKILL PROFILE



7. Reading and Selecting the Main Idea

Score : 24 (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

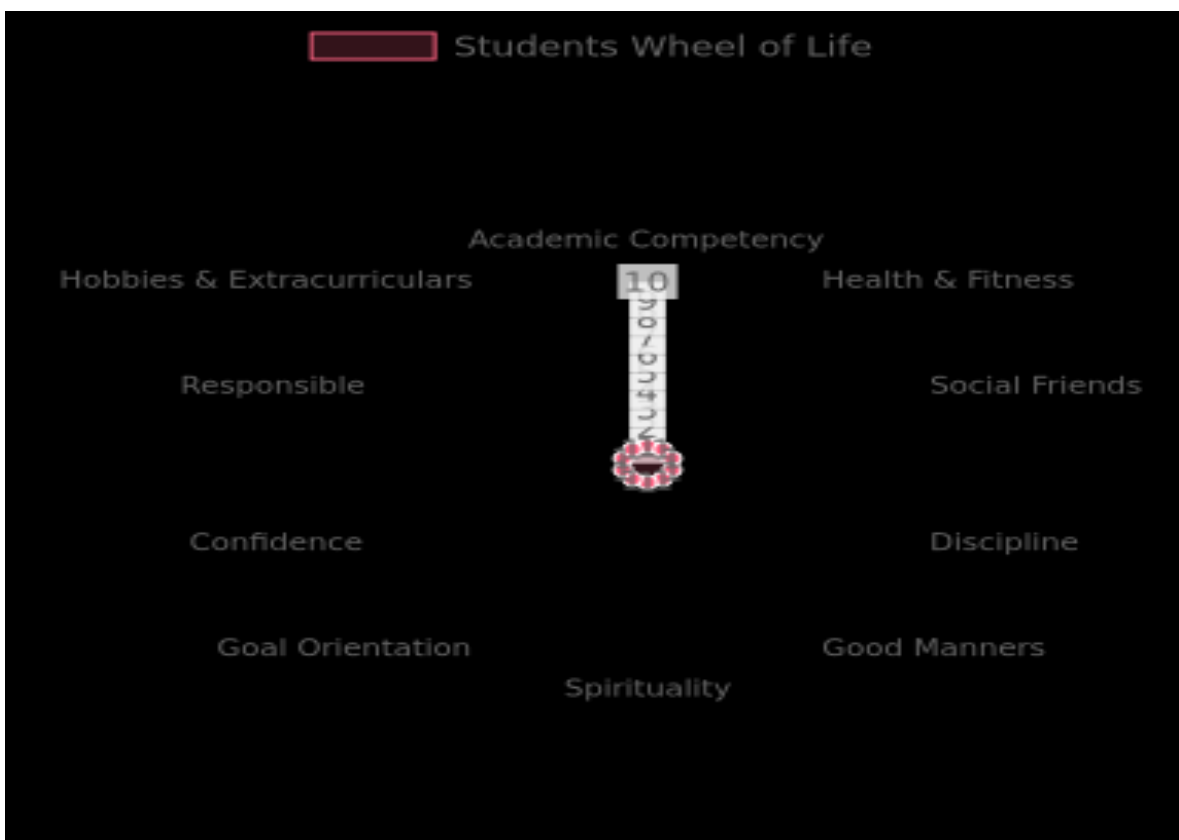


Score : 17 (Category: Strong Proficiency)

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



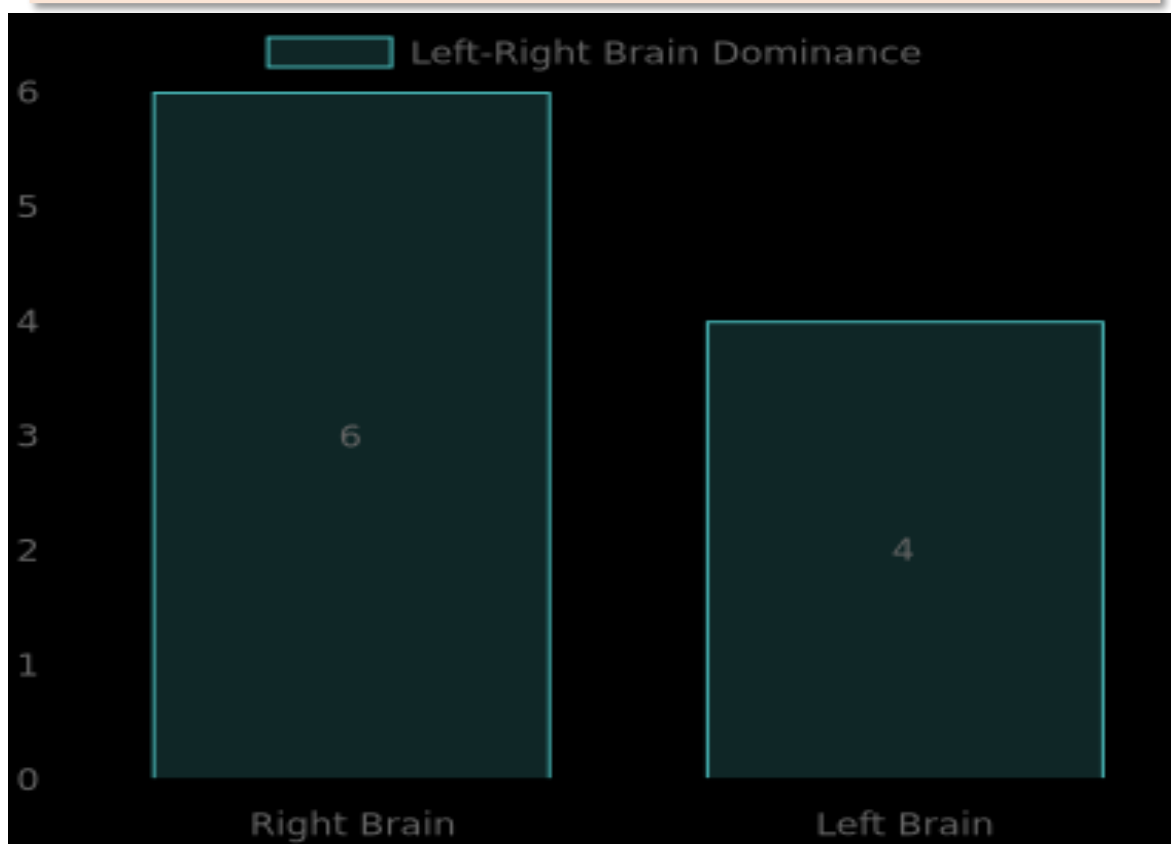
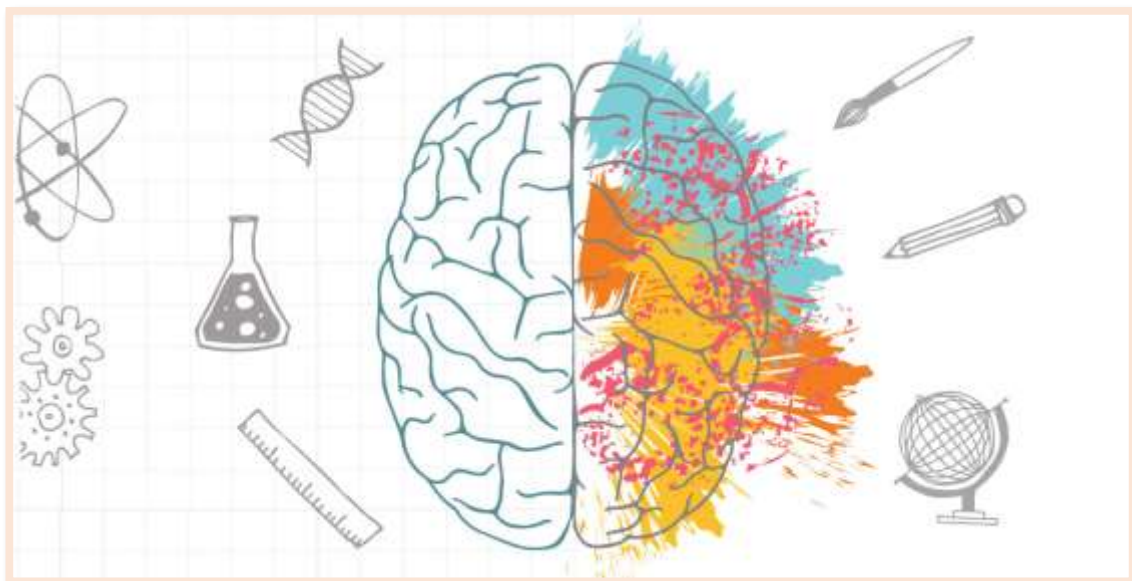
WHEEL OF LIFE: STUDENT'S WELLNESS DIMENSIONS

Feedback:

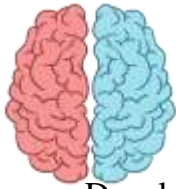
Score:

Academic Competency: Struggling with understanding concepts.	1/10 (Basic Proficiency)
Health & Fitness: Poor physical health, lack of exercise.	1/10 (Basic Proficiency)
Social Friends: Limited social interactions, few connections.	1/10 (Basic Proficiency)
Discipline: Lack of self-control and organization.	1/10 (Basic Proficiency)
Good Manners: Frequent lapses in etiquette and politeness.	1/10 (Basic Proficiency)
Spirituality: Minimal engagement, lack of personal connection.	1/10 (Basic Proficiency)
Goal Orientation: Undefined goals, lack of direction.	1/10 (Basic Proficiency)
Confidence: Low self-esteem, self-doubt.	1/10 (Basic Proficiency)
Responsible: Inconsistent commitment to responsibilities.	1/10 (Basic Proficiency)
Hobbies & Extracurriculars: Limited engagement, lack of interests.	1/10 (Basic Proficiency)

5. RIGHT-LEFT BRAIN DOMINANCE



RIGHT-LEFT BRAIN DOMINANCE



Left Brain Dominance:

Score : 4 (Category: Developing Dominance)

Feedback:

Analytical Thinking: Some logical problem-solving skills.

Language Skills: Adequate verbal communication and grammar.

Math and Logic: Basic comfort with numbers and reasoning.

Structured Planning: Can organize tasks and set goals.

Sequential Processing: Follows linear sequences with effort.

Right Brain Dominance:



Score : 6 (Category: Developing Dominance)

Feedback:

Creativity: Some ability for imaginative and original thinking.

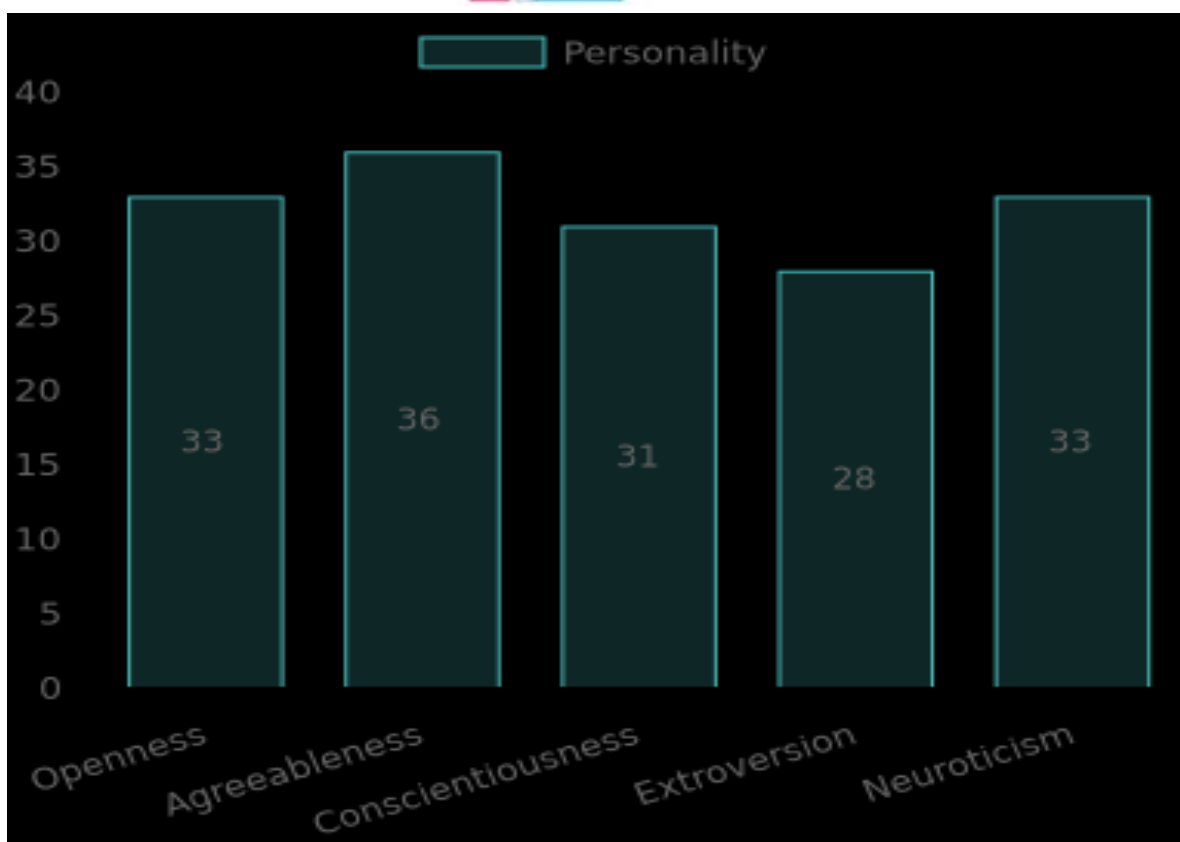
Visual Perception: Adequate sensitivity to shapes and colors.

Intuition: Beginning to rely on instincts and hunches.

Holistic Thinking: Can grasp the bigger picture and make connections.

Artistic Abilities: Basic skills in artistic expression.

6. PERSONALITY TRAITS DOMINANCE



PERSONALITY TRAITS DOMINANCE

1 Extroversion:



Score : 28 (Category: Competing)

Feedback:

You possess a healthy balance between introversion and extroversion, comfortably engaging in both solitary tasks and social interactions. You enjoy spending time with others but also value your personal space.

Possible Personality Type: Possible Personality Type: Ambivert, Socially Versatile, Team Player

Career Options:

Your versatility opens doors to various career paths. Consider roles that involve teamwork, client interaction, and balanced work environments. Sales, marketing, human resources, or event planning could be suitable options.



2 Agreeableness:

Score : 36 (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 : 31 (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 : 33 (Category: Excelling)

Feedback:

You may experience heightened emotional responses in certain situations, indicating a sensitivity to stressors. However, you are also likely to possess effective coping mechanisms and can recover from setbacks. Roles in the helping professions could be avenues to explore.

Possible Personality Type: Possible Personality Type: Sensitive, Reflective, Resilient Learner

Career Options:

Pursue roles that encourage personal growth, creative expression, and communication. Writing, artistic pursuits, counseling, or roles in the helping professions could be avenues to explore.

PERSONALITY TRAITS DOMINANCE

5. Openness :



Score : 33 (Category: Excelling)

Feedback:

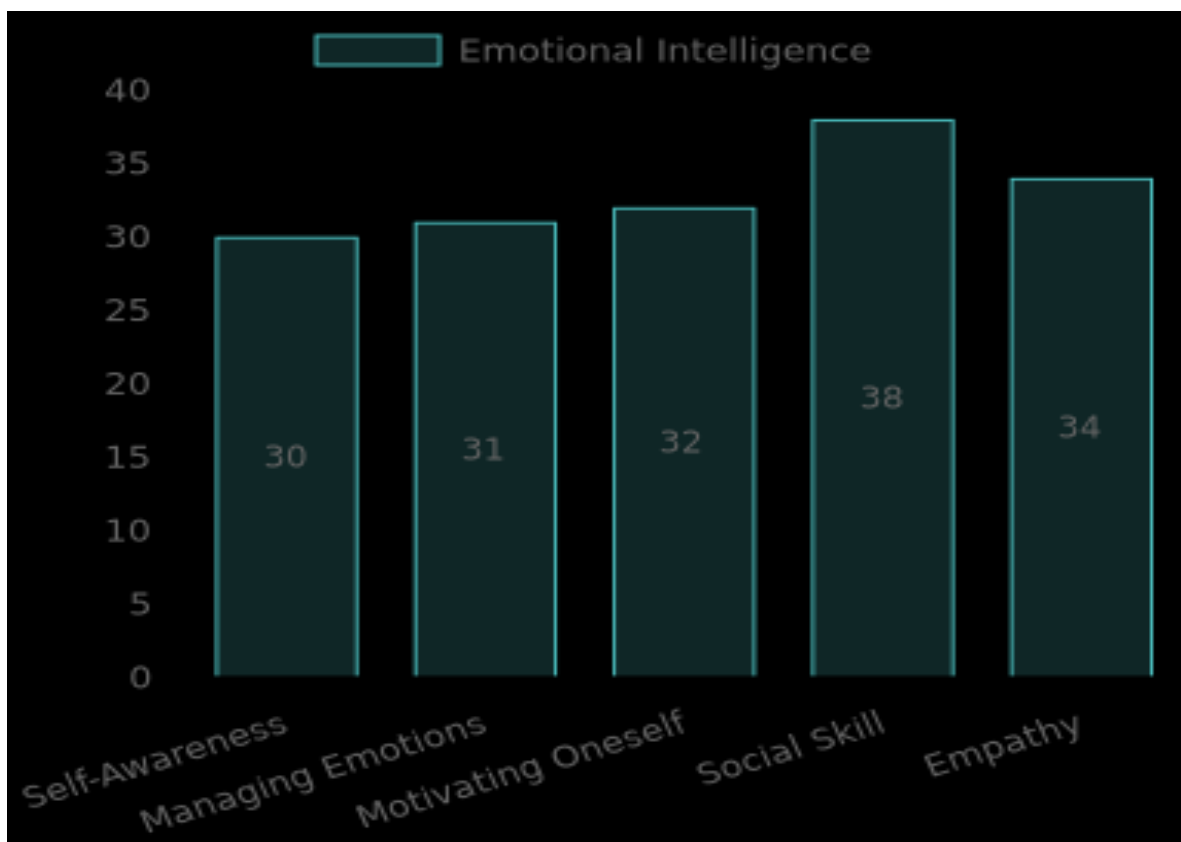
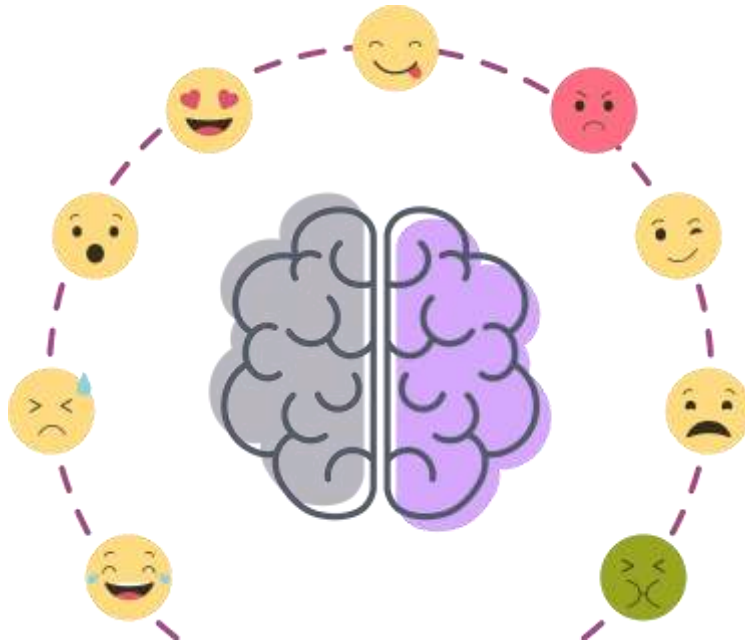
Your open-mindedness and curiosity are evident, as you actively seek out new experiences and ideas. You thrive in dynamic environments and enjoy exploring uncharted territory.

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



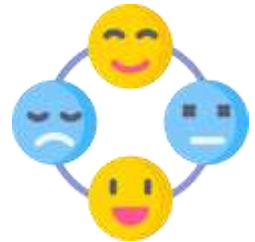
1. Self-Awareness

Score : 30 (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 : 31 (Category: Competing)

Feedback:

You're on the right track in managing your emotions, and there's room for growth. You're displaying a moderate level of emotional control, but there's potential to enhance your strategies for coping with stress and handling strong emotions. By further developing your emotional management techniques, you'll be better equipped to navigate situations with greater ease and contribute positively to your personal and professional interactions.

3. Motivating Oneself

Score : 32 (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 : 34 (Category: Competing)

Feedback:

You possess a moderate level of empathy, indicating that you are attuned to the emotions of others to some extent. As you continue to develop this skill, you can further enhance your ability to connect with people on an emotional level. By actively listening and demonstrating understanding, you'll strengthen your relationships and contribute to a more harmonious and empathetic environment.

5. Social Skill



Score : 38 (Category: Competing)

Feedback:

Your social skills are at a satisfactory level, and you demonstrate an ability to engage with others in various situations. As you continue to refine your social skills, focus on active listening and empathy to better understand others' perspectives. By consistently working on your communication and interpersonal abilities, you can create more fulfilling connections and navigate social dynamics more effectively.

8. LEARNING STYLE



LEARNING STYLE

1. Visual



Score : 22 (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 : 19 (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

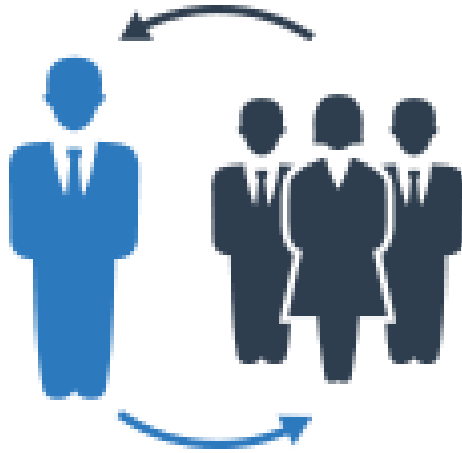


Score : 22 (Category: Moderate)

Feedback:

You have a balanced approach to learning, valuing both hands-on experiences and other methods. Practical applications, experiments, and physical engagement support your learning style. Integrating kinesthetic methods with visual and auditory aids can lead to comprehensive understanding.

9. LEADERSHIP SKILLS



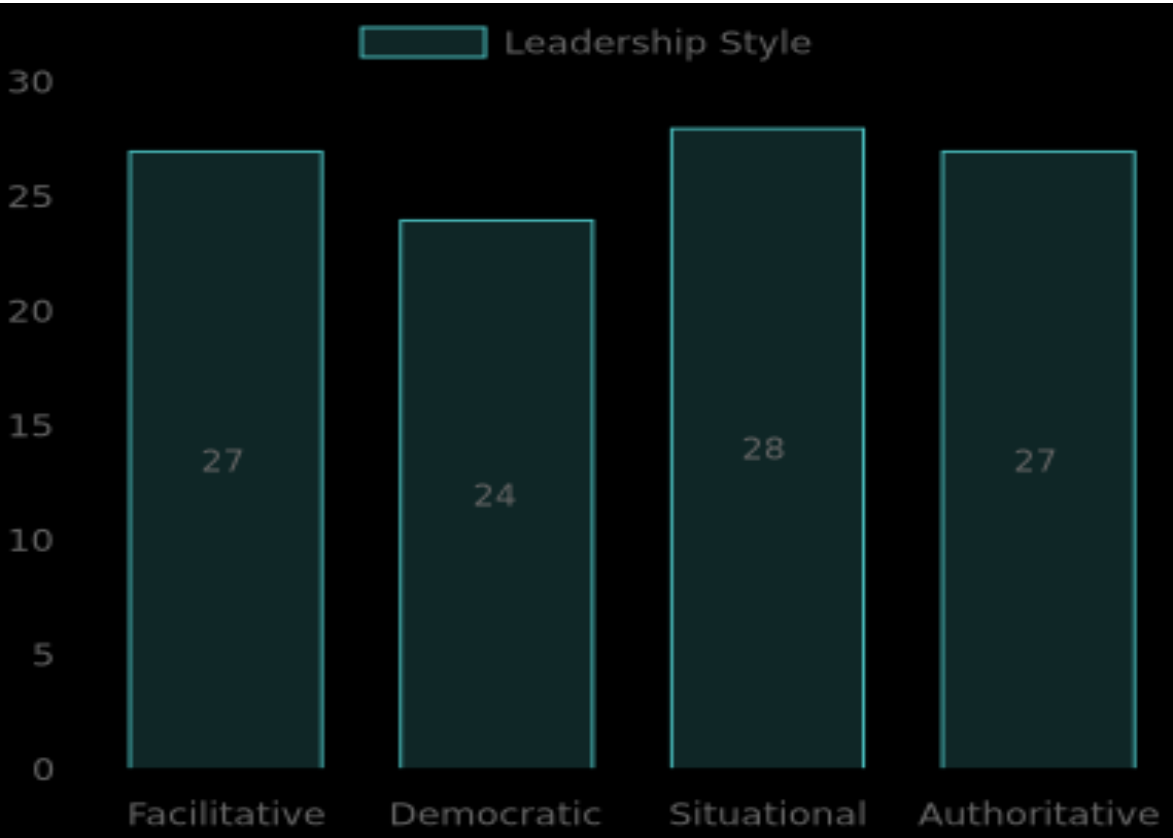
Leadership Skills

Score : 62 (Category: Competing)

Feedback:

You're on the right track, but there's room for improvement in your leadership skills. While you display some effective leadership traits, some areas need attention, such as communication consistency and decision-making. Focus on developing your skills further, seeking mentorship and feedback to help you enhance your leadership abilities.

10. LEADERSHIP STYLE



LEADERSHIP STYLE

Authoritative



Score : 27 (Category: Strong Proficiency)

Feedback:

With a score in this range, you exhibit a solid grasp of the authoritative leadership style. Your ability to set a clear direction, inspire your team, and make well-informed decisions is commendable. You likely foster an environment of respect and accountability, enabling your team members to thrive under your guidance. As you continue to refine your skills, focus on continuously fostering open dialogue while staying true to your role as a decisive leader.



Democratic

Score : 24 (Category: Strong Proficiency)

Feedback:

Your score in this range suggests a strong dedication to democratic leadership principles. Your ability to foster an environment of trust and mutual respect greatly benefits your team's dynamics. By valuing team members' expertise and involving them in decision-making, you create a sense of shared purpose. This can lead to increased creativity, better problem-solving, and a more cohesive team overall.

LEADERSHIP STYLE



Facilitative

Score : 27 (Category: Strong Proficiency)

Feedback:

Your score within this range reflects a solid grasp of the facilitative leadership style. You're effective at encouraging team participation, leveraging diverse perspectives, and making decisions collaboratively. This approach helps create a culture of ownership and engagement among your team members. Keep honing your skills by ensuring that discussions remain constructive and that everyone's contributions are acknowledged and respected.



Situational

Score : 28 (Category: Strong Proficiency)

Feedback:

Your score in this range showcases a solid understanding of the situational leadership style. You're skilled at gauging your team members' readiness levels and adjusting your leadership behaviours to match. Your adaptive approach likely contributes to a productive and harmonious work environment. Keep honing your skills by maintaining open communication with your team members and regularly assessing their development needs to ensure their continuous growth.

11. CYBER DEPENDENCY

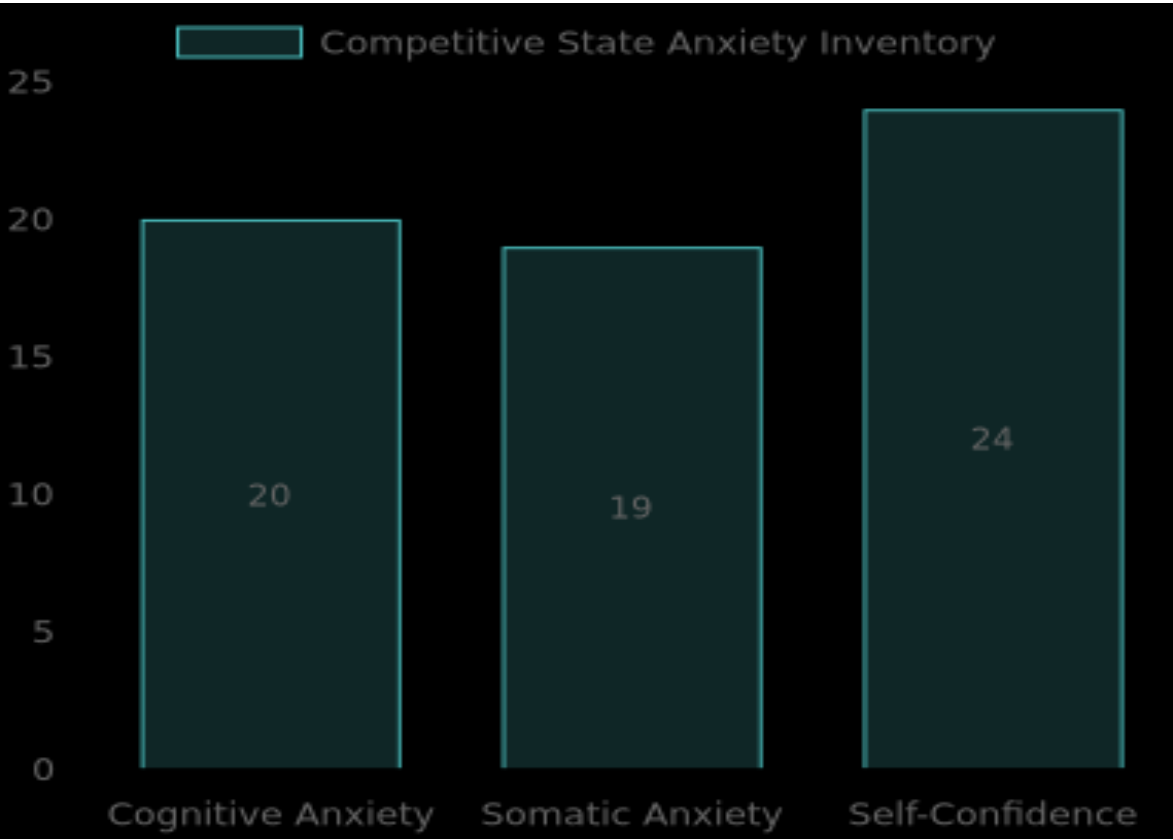


Score :56 (Category: Moderate Dependency)

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 : 20 (Category: Moderate)

Feedback:

Your cognitive anxiety score falls within the moderate range, indicating that you might experience a noticeable level of anxious thoughts and concerns. It's important to remember that anxiety is a common emotion, and many individuals face similar challenges. Consider exploring mindfulness techniques, deep breathing exercises, and cognitive-behavioral strategies to manage and redirect your anxious thoughts, allowing you to regain a greater sense of control over your thinking patterns.

Somatic Anxiety



Score : 19 (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 : 24 (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.

13. PROFESSIONAL SKILLS SET ASSESSMENT



Score: 57 (Category: Average)

Feedback:

- Congratulations, you've achieved an average level of proficiency in the assessed skill.
higher and strive for excellence.
refinement, and watch your skills evolve.
- You're already demonstrating fundamental competence – now aim
- Continue your journey of practice and

Disclaimer

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