

# ***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.

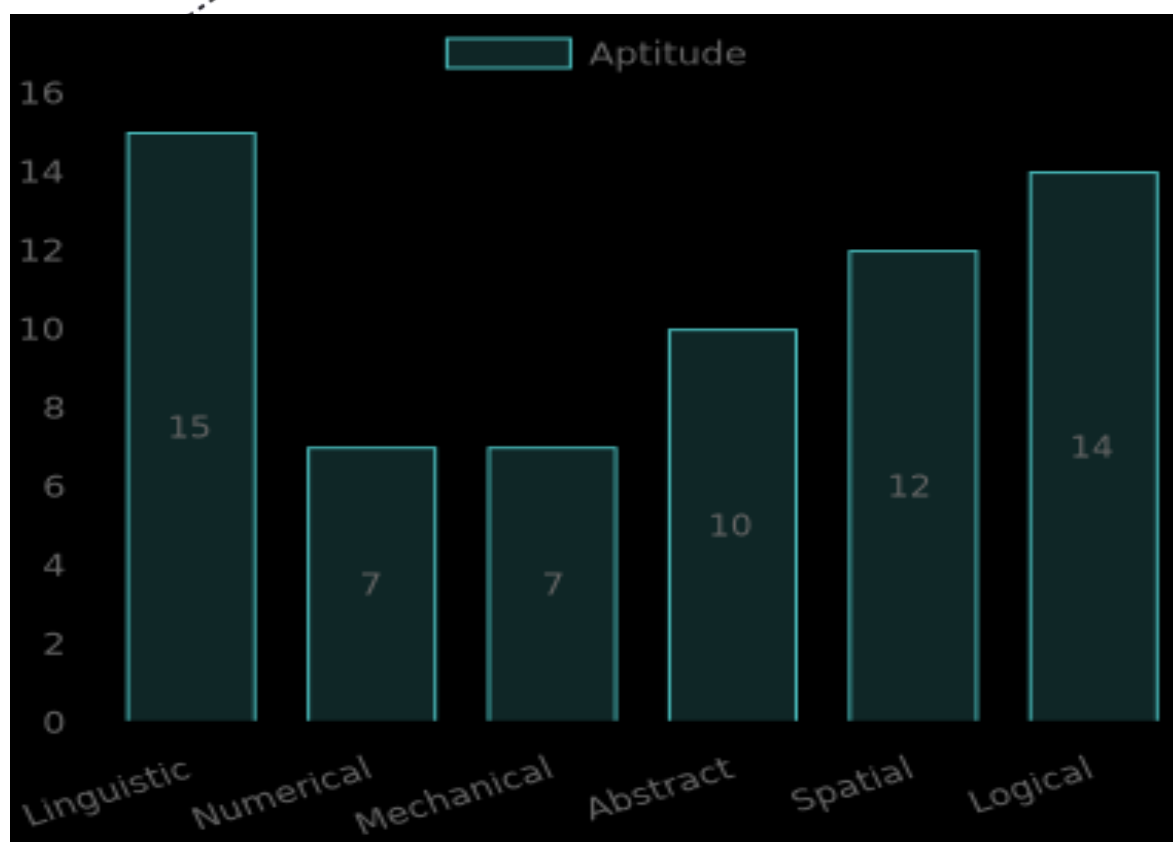
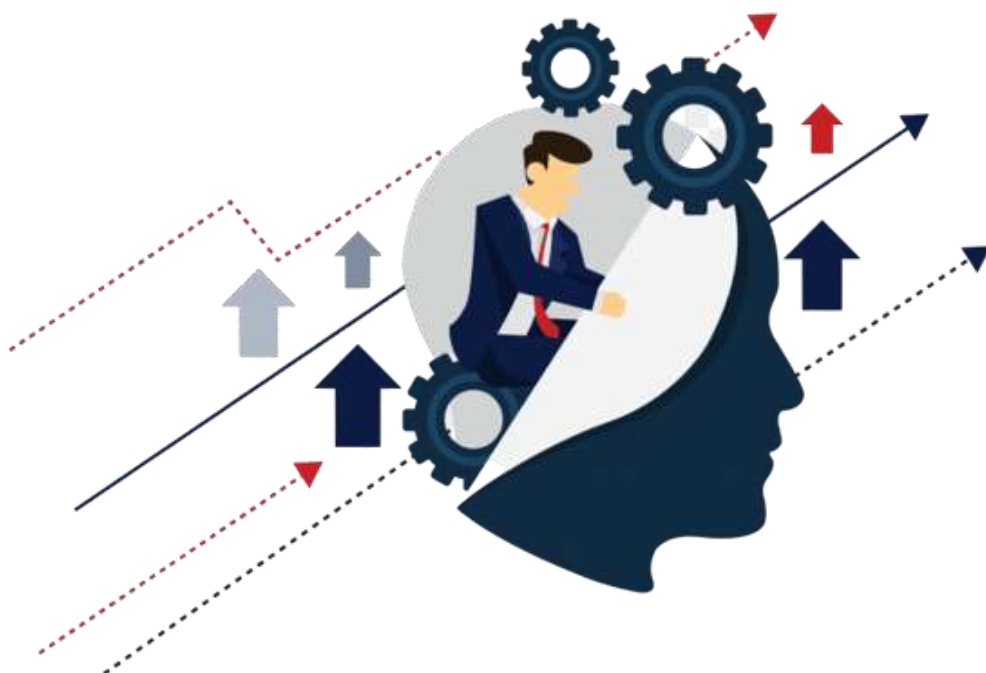


## INDEX

1. Aptitude
2. Multiple Intelligence
3. Study Skills Set Profile
4. Students Wheel of Life
5. Left-Right Brain Dominance
6. Personality
7. Emotional Intelligence
8. Learning Style
9. Leadership Skills
10. Leadership Styles
11. Cyber Dependency
12. Competitive State Anxiety



# 1. APTITUDE





# APTITUDE

## 1. Linguistic Reasoning:



**Score :** 15 ( 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 :** 7 ( Category: Progressing )

**Feedback:**

Your efforts to enhance your numerical reasoning skills are paying off, and your progress is noticeable. With continued practice and learning, you can further strengthen your abilities.

**Career Suggestions:**

Explore roles that involve managing basic numerical data and calculations, such as inventory control, administrative roles, or positions in retail. Enhancing your numeracy skills will support your success in these roles.

# APTITUDE

## 3. Mechanical Reasoning



**Score:** 7 ( Category: Progressing )

**Feedback:**

Your efforts to improve your mechanical reasoning skills are noticeable, and your progress is commendable. Continue engaging with mechanical concepts and practicing problem-solving to build a stronger foundation.

**Career Suggestions:**

Explore roles that require mechanical aptitude, such as machine operator, technician assistant, or entry-level positions in manufacturing or maintenance. These roles can help you further develop your skills.



## 4. Abstract Reasoning

**Score:** 10 ( 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 :** 12 ( Category: Competing )

**Feedback:**

Your spatial reasoning skills are solid, and your progress reflects your dedication to improvement. Your ability to work with spatial concepts is commendable, and you have a good foundation to build upon.

**Career Suggestions:**

Consider roles that involve more advanced spatial thinking, such as mechanical drafting, technical illustration, or junior positions in engineering. Pursue opportunities in design-related fields where your spatial skills will be highly useful.

### 6. Logical Reasoning



**Score :** 14 ( 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:** 36 ( Category: Exceptional Mastery )

**Feedback:**

Exceptional! Your linguistic intelligence score places you in the highest category of mastery. Your command of language is outstanding, and you have the potential to excel in various language-intensive fields. Consider exploring professions such as writing, journalism, linguistics, teaching, or even diplomatic roles that require strong communication and language skills. Your ability to convey complex ideas, evoke emotions through words, and connect with others through language is truly remarkable.

**Career Suggestions:**

- **Linguist:** Explore a career in linguistics, where your exceptional language mastery can be applied to study, analyze, and document languages.
- **Professor/Teacher:** Consider becoming a professor or teacher in language-related subjects, sharing your knowledge and expertise with others.
- **Diplomat/Translator:** Pursue diplomatic roles or become a professional translator, using your exceptional language skills to bridge communication gaps between cultures and languages.
- **Novelist/Poet:** Write novels, poetry, or literary works at the highest level of creativity and sophistication, showcasing your mastery of language.
- **Speechwriter:** Work as a speechwriter for politicians, executives, or public figures, crafting compelling speeches that resonate with audiences.



## 2 Logical/Mathematical Intelligence

**Score:** 21 ( 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:** 27 ( 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:** 29 ( 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.





### 5 Musical Intelligence

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

**Feedback:**

Exceptional! Your musical intelligence score places you in the highest category of mastery. Your connection with music is profound, and you possess the ability to create, interpret, and appreciate music at an exceptional level. Consider pursuing a career in music composition, orchestration, conducting, performing, or music education. Your advanced musical intelligence enables you to communicate and express emotions through music in a way that resonates deeply with others.

**Career Suggestions:**

- **Composer/Arranger:** Create original compositions or arrange music for orchestras, ensembles, or films.
- **Music Conductor:** Lead orchestras or choirs, interpreting and directing complex musical compositions.
- **Professional Musician (Solo Artist or Orchestra Member):** Pursue a solo career as a renowned musician or join prestigious orchestras.

### 6 Naturalistic Intelligence



Nature Smart

**Score:** 13 ( Category: Developing Skills )

**Feedback:**

Your naturalistic intelligence is in the developing connection range. You are making progress in recognizing and understanding the natural world around you. To further enhance your naturalistic intelligence, immerse yourself in nature by exploring different habitats, studying local flora and fauna, and deepening your knowledge of ecological systems. Your growing connection with nature could lead you to careers in fields like environmental science, forestry, or wildlife conservation.

**Career Suggestions:**

- **Environmental Educator:** Teach others about the importance of nature and conservation through educational programs and workshops.
- **Wildlife Technician:** Assist in research projects focused on studying and preserving wildlife in their natural habitats.
- **Park Naturalist:** Work in parks and nature reserves, leading guided tours and educating visitors about local ecosystems and wildlife.



## 7 Body/Kinaesthetic Intelligence

**Score:** 24 ( 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:** 34 ( Category: Exceptional Mastery )

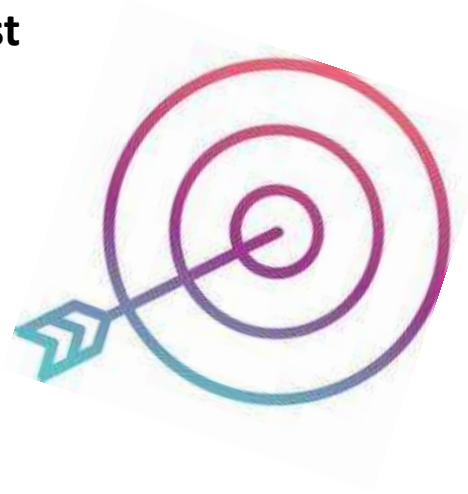
**Feedback:**

Exceptional! Your intrapersonal intelligence score places you in the highest category of self-mastery. Your deep understanding of your emotions, motivations, and thought patterns is remarkable. Your skill set is well-suited for careers in psychology, therapy, life coaching, leadership, and even artistic endeavours where your ability to tap into your inner world can lead to profound creative insights. Your insights into human nature can empower you to guide and inspire others effectively.

**Career Suggestions:**

- **Psychotherapist:** Offer in-depth therapy and support to individuals dealing with complex emotional issues.
- **Creative Director:** Use your exceptional self-mastery to lead and inspire creative teams in fields like advertising, design, or filmmaking.
- **Spiritual Guide:** Guide individuals in their spiritual and personal development journeys, drawing on your profound self-awareness.

## Career Priority List



1. Astronomer
2. Art Restoration Specialist
3. Counselor/Psychologist
4. Character Designer
5. Storyboard Artist
6. Singer/Vocalist
7. Portrait Artist
8. Archeologist
9. Architect
10. Novelist

### 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 :** 24 ( Category: Strong Proficiency )

**Feedback:**

Your concentration and memory skills are in a commendable range, indicating a solid foundation. Building upon this foundation with advanced techniques and continued practice will empower you to reach even higher levels of cognitive efficiency.



## 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 :** 23 ( 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 :** 22 ( 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 :** 22 ( 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 :** 26 ( Category: Exceptional Mastery )

**Feedback:**

Your adeptness at reading and identifying the main idea is truly impressive. Your consistent efforts have yielded remarkable results. As you further immerse yourself in diverse texts, your ability to swiftly discern and comprehend main ideas will only continue to flourish, allowing for advanced comprehension and critical analysis.

### 8. Writing

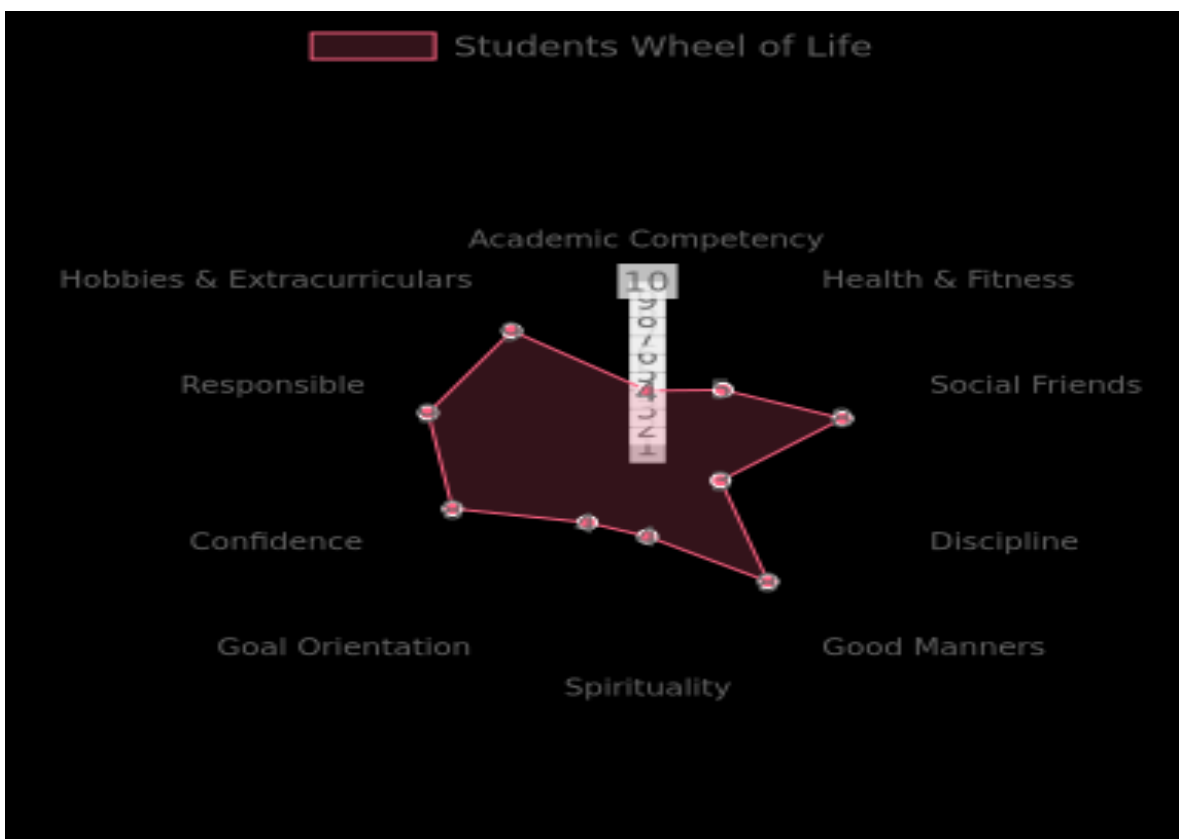
**Score :** 25 ( Category: Exceptional Mastery )

**Feedback:**



Congratulations on your exceptional writing prowess! Your command of language, effective communication, and captivating storytelling set you apart. Maintain your dedication to excellence, experimenting with different genres and techniques to further elevate your writing to new heights.

## 4. WHEEL OF LIFE STUDENT'S WELLNESS DIMENSIONS



# WHEEL OF LIFE: STUDENT'S WELLNESS DIMENSIONS

## Feedback:

## Score:

Academic Competency: Average understanding, room to improve. 4/10

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

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

Discipline: Lack of self-control and organization. 3/10

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

Spirituality: Some engagement, room for deeper connection. 4/10

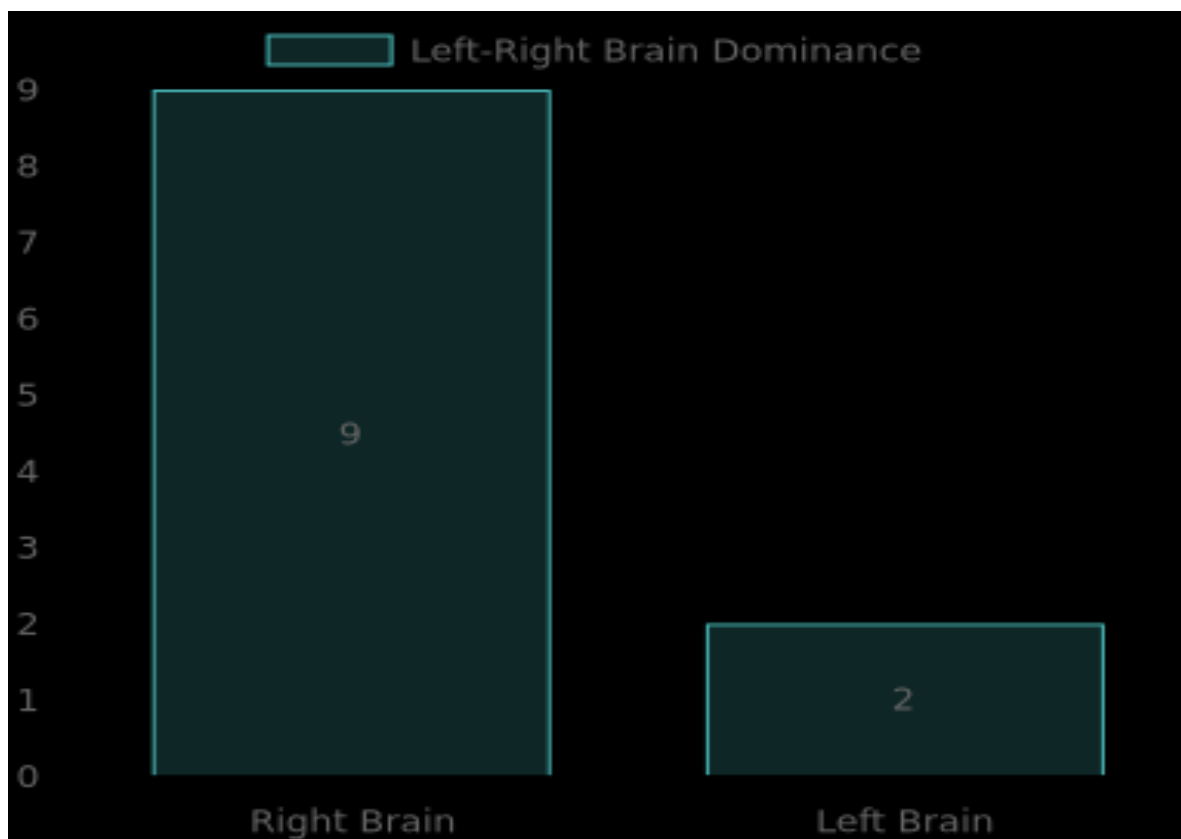
Goal Orientation: Some goals set, need clearer focus. 4/10

Confidence: Strong self-assurance, minimal self-doubt. 8/10

Responsible: Highly accountable, proactive responsibility. 9/10

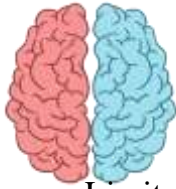
Hobbies & Extracurriculars: Fully engaged, pursuing passions. 9/10

## 5. RIGHT-LEFT BRAIN DOMINANCE





# RIGHT-LEFT BRAIN DOMINANCE



## Left Brain Dominance:

**Score :** 2 ( Category: Limited Dominance )

### **Feedback:**

Analytical Thinking: Minimal logical problem-solving ability.

Language Skills: Difficulty with verbal communication and grammar.

Math and Logic: Struggles with numbers and reasoning.

Structured Planning: Challenges in organizing tasks and goals.

Sequential Processing: Difficulty following linear sequences.

## Right Brain Dominance:



**Score :** 9 ( Category: Strong Dominance )

### **Feedback:**

Creativity: Exceptional ability for imaginative and original thinking.

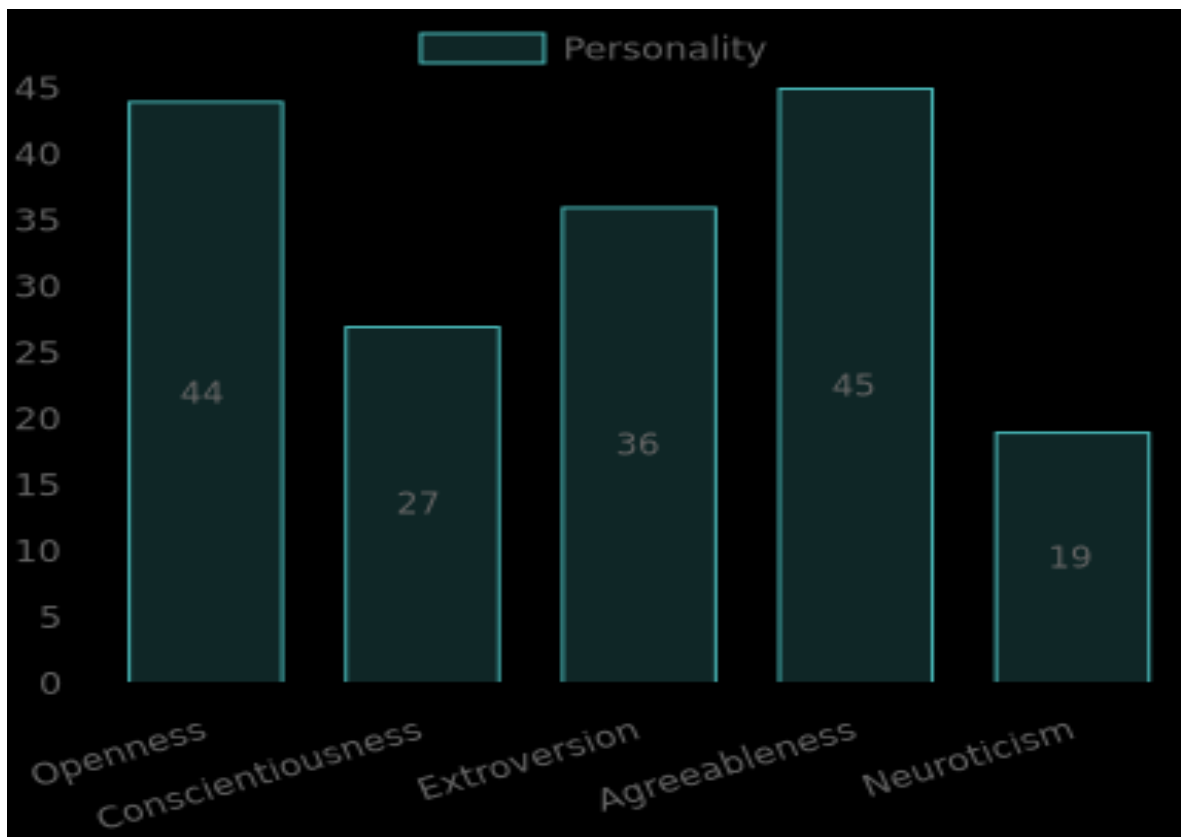
Visual Perception: Highly skilled in noticing shapes and colors.

Intuition: Highly intuitive, relies on instincts effectively.

Holistic Thinking: Masters the bigger picture and makes intricate connections.

Artistic Abilities: Exceptional skills in artistic expression.

## 6. PERSONALITY TRAITS DOMINANCE



# PERSONALITY TRAITS DOMINANCE

## 1 Extroversion:



**Score :** 36 ( Category: Excelling )

### Feedback:

Your extroverted tendencies are noticeable, and you thrive in social settings. You are energized by interactions with others and enjoy being part of groups.

**Possible Personality Type:** Possible Personality Type: Outgoing, Sociable, Energetic

### Career Options:

Pursue roles that involve frequent interaction with people, leadership, and dynamic environments. Public relations, customer service, teaching, or counseling may align well with your personality.



## 2 Agreeableness:

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

### Feedback:

Your high agreeableness is a standout trait, highlighting your commitment to harmony and cooperation. You excel at fostering positive environments and nurturing connections with others.

**Possible Personality Type:** Possible Personality Type: Compassionate, Empathic, Harmonious

### Career Options:

Seek roles where interpersonal skills are paramount. Humanitarian work, social services, counseling, or leadership positions that require team building and conflict resolution could be well-suited to your personality.

## PERSONALITY TRAITS DOMINANCE

### 3 Conscientiousness:



**Score :** 27 ( Category: Competing )

**Feedback:**

You maintain a balanced approach to organization and responsibility, effectively managing your tasks and goals. You can shift between focused, goal-oriented work and more flexible activities.

**Possible Personality Type:** Possible Personality Type: Balanced, Diligent, Methodical

**Career Options:**

Consider roles that involve a mix of planning, execution, and adaptability. Project management, administrative roles, data analysis, or research positions could be suitable.

### 4 Neuroticism:



**Score :** 19 ( Category: Progressing )

**Feedback:**

You exhibit a balanced approach to emotions, demonstrating an ability to handle stress while acknowledging emotional responses. You are capable of adapting to different situations with a steady outlook. Financial analysis could align well with your abilities.

**Possible Personality Type:** Possible Personality Type: Balanced, Adaptable, Realistic

**Career Options:**

Consider roles that involve problem-solving, conflict resolution, and adaptability. Consulting, marketing, information technology, or financial analysis could align well with your abilities.

# PERSONALITY TRAITS DOMINANCE

## 5. Openness :



**Score :** 44 ( Category: Outstanding )

### **Feedback:**

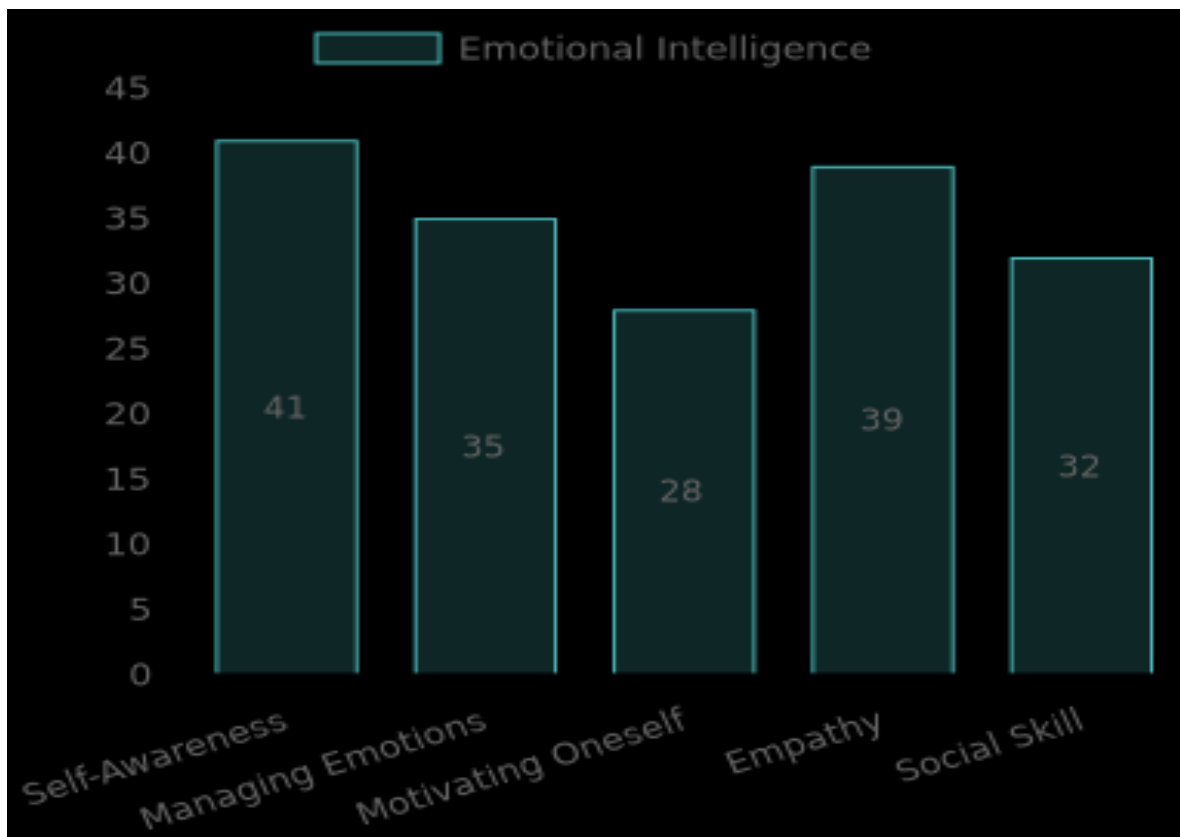
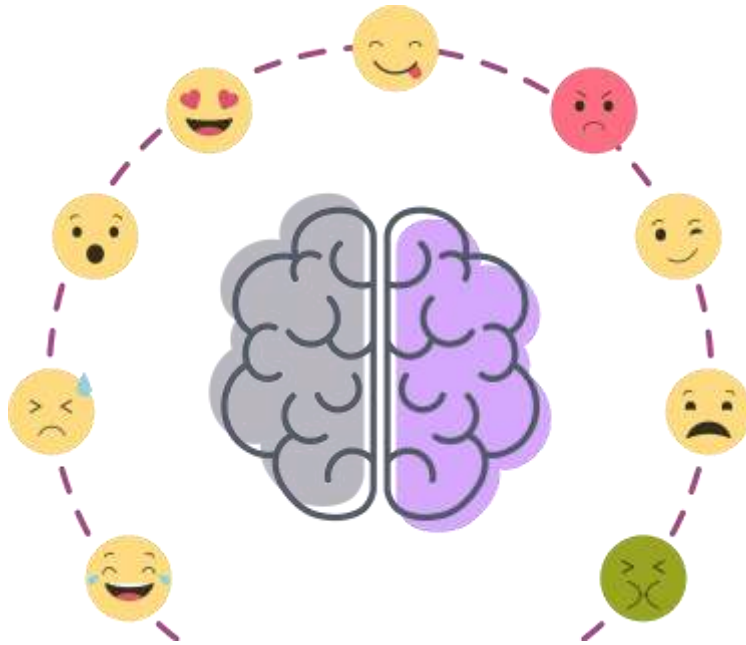
Your high openness underscores a profound appreciation for creativity, intellectual pursuits, and unconventional thinking. You find inspiration in a wide array of experiences and are drawn to pushing boundaries.

**Possible Personality Type:** Possible Personality Type: Creative, Visionary, Intellectual Explorer

### **Career Options:**

Seek roles that encourage innovation, abstract thinking, and interdisciplinary collaboration. Writing, artistic endeavors, academia, or roles in cutting-edge fields could provide avenues for your passions.

## 7. EMOTIONAL INTELLIGENCE





# EMOTIONAL INTELLIGENCE



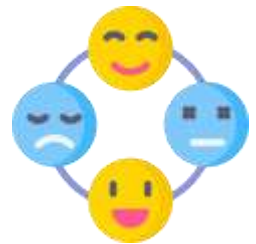
## 1. Self-Awareness

**Score :** 41 ( Category: Excelling )

**Feedback:**

Well done! Your self-awareness is strong, and you have a solid grasp of your emotions and reactions. You are mindful of your strengths and areas for improvement, which allows you to adapt and learn effectively. Your commitment to self-reflection is evident, and it positively impacts your interactions with others. Continue honing your self-awareness—it's a valuable asset that will serve you well in various aspects of life.

## 2. Managing Emotions



**Score :** 35 ( 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 :** 28 ( Category: Progressing )

**Feedback:**

You are in the process of developing your self-motivation skills. You demonstrate an understanding of the importance of motivation, but there's room for improvement in consistently applying it to your goals. Recognize the significance of maintaining a positive mindset and finding sources of inspiration, even when facing challenges. With effort and dedication, you can strengthen your self-motivation and see positive changes in your accomplishments.

# EMOTIONAL INTELLIGENCE

## 4. Empathy



**Score :** 39 ( 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 :** 32 ( 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 :** 17 ( 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 :** 17 ( 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

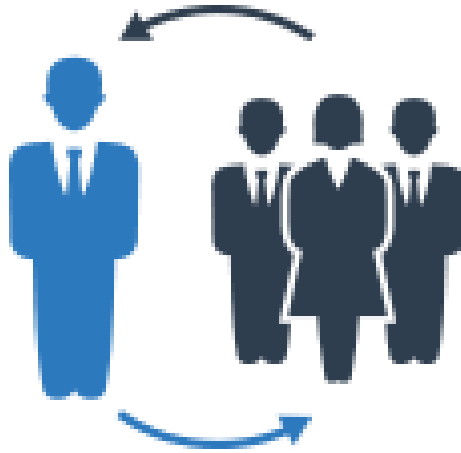


**Score :** 24 ( Category: High )

**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



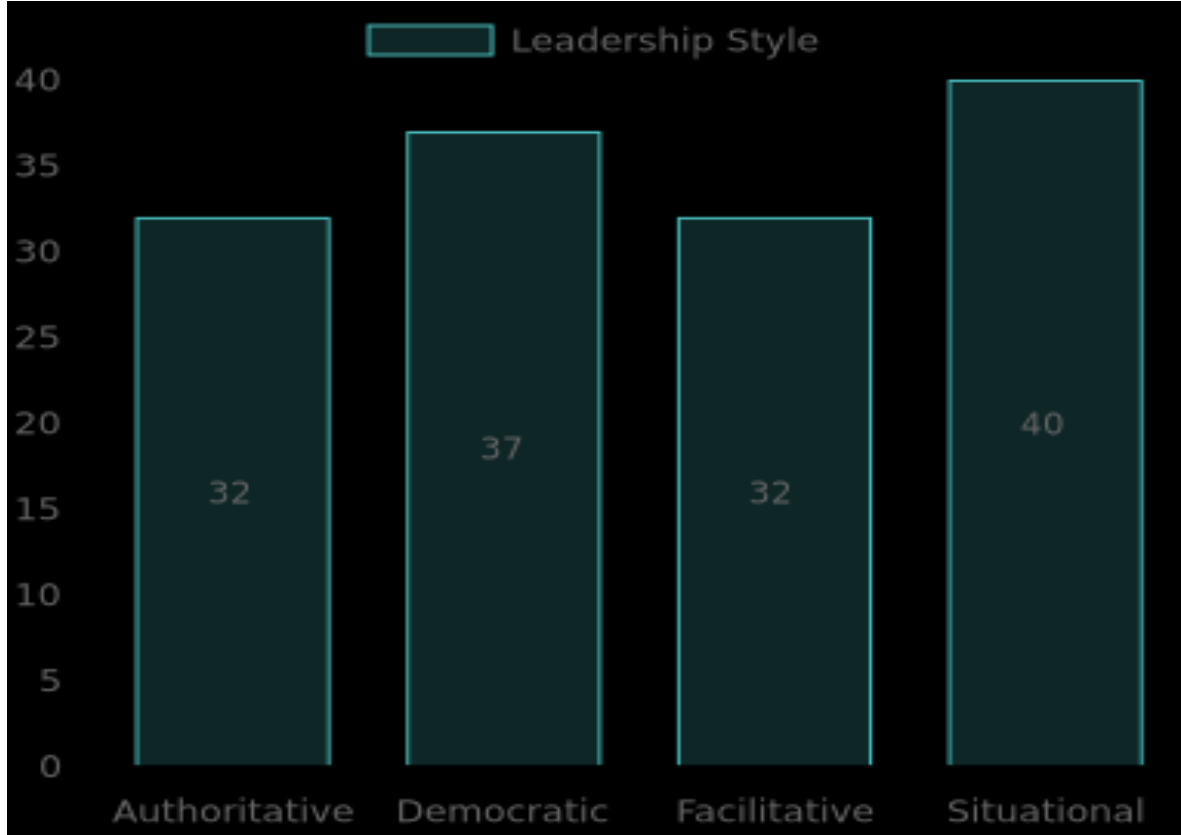
### Leadership Skills

**Score :** 84 ( Category: Excelling )

### Feedback:

Well done! Your leadership skills are solid and reliable. You exhibit a good balance between guiding your team and fostering collaboration. There's room for growth, but your communication and management abilities are effective in achieving team goals. Keep refining your leadership techniques to elevate your impact and ensure continued growth.

# 10. LEADERSHIP STYLE



# LEADERSHIP STYLE

## Authoritative



**Score :** 32 ( 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 :** 37 ( 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 :** 32 ( 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 :** 40 ( 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

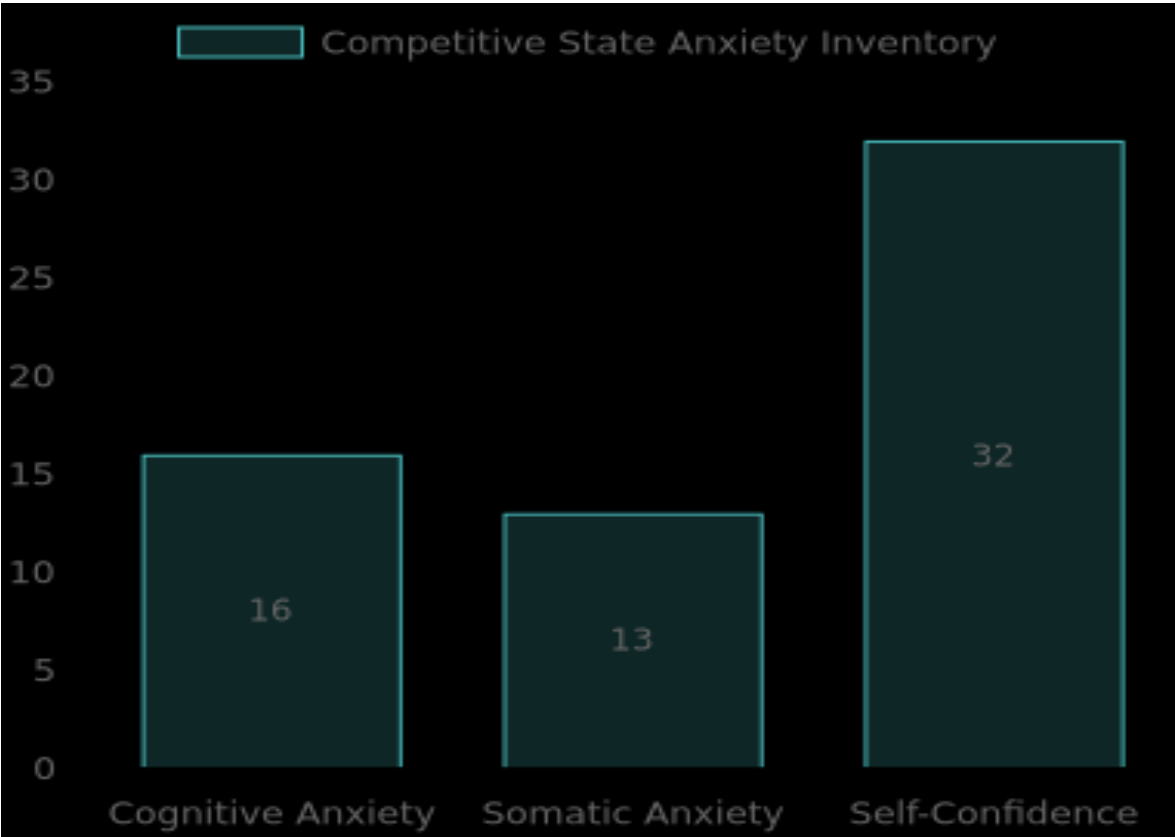


**Score :**48 ( Category: Moderate Dependency )

**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 :** 16 ( Category: Mild )

### Feedback:

You're in the mild cognitive anxiety range, which suggests that you sometimes experience mild worries and concerns that might temporarily affect your thought processes. This is a common experience, and it's important to acknowledge that occasional anxious thoughts are a normal part of life. By recognizing these thoughts and practicing relaxation techniques, you can continue to build your resilience and maintain a balanced perspective.

## Somatic Anxiety



**Score :** 13 ( Category: Mild )

### Feedback:

Your score indicates mild somatic anxiety. While you might experience some physical symptoms in response to stress or anxiety, your ability to cope and manage these sensations is admirable. Remember that these bodily sensations are natural reactions, and your capacity to navigate them suggests that you possess valuable skills for maintaining a balanced approach to stress.

## Confidence



**Score :** 32 ( Category: High )

### Feedback:

High Self-Confidence: Congratulations on your high self-confidence! Your self-assured attitude and belief in yourself are powerful assets. Continue to tackle challenges with your optimistic outlook and embrace new opportunities. Remember, your confidence not only influences your actions but also inspires those around you.

### ***Disclaimer***

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