

Psychometric Tests

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

REPORT



NAME

shakir

AGE

15

GENDER

Profile not completed

ADDRESS

Profile not completed

CONTACT NO

Profile not completed

EMAIL ID

shahnaz.mulani07@gmail.com

SCHOOL

ST ALPHONSA PUNE

COUNSELLOR

Dr. Antony Augusthy

CONTACT NO

+ 91 9833086018

TESTED ON

9/12/2023

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.

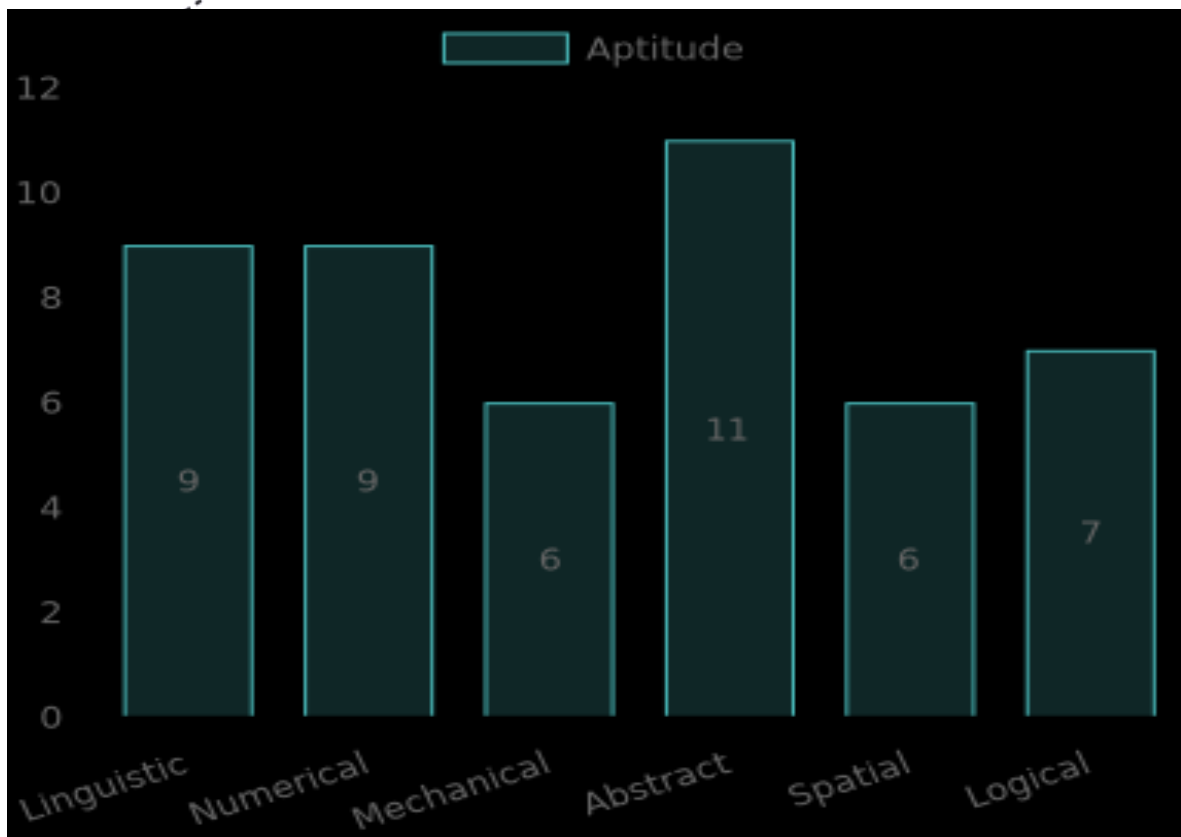


INDEX

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 : 9 (Category: Competing)

Feedback:

Your verbal reasoning skills are solid and above average. Your ability to understand and analyze information is commendable, and you have a good foundation to build upon.

Career Suggestions:

Consider careers in fields that involve written communication, research, or analysis. Roles in marketing, content creation, research assistance, or technical writing could be a great fit, as they require effective communication and critical thinking.

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: 6 (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: 11 (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 : 6 (Category: Progressing)

Feedback:

Your efforts to improve your spatial reasoning skills are noticeable. Keep practising and honing your abilities to enhance your spatial awareness and visualization capabilities further.

Career Suggestions:

Explore opportunities in areas that involve basic spatial understanding, such as construction, interior design, or roles in fields like landscaping and event planning. Your improved skills will be valuable in these roles.

6. Logical Reasoning



Score : 7 (Category: Progressing)

Feedback:

You've made progress in your logical reasoning skills, showing improvement since the last category. Keep practising and engaging with logical problems, as consistency is key to further enhancement.

Career Suggestions:

Consider roles that involve routine decision-making and problem-solving, such as data entry, customer service, or junior positions in fields like sales or operations. Continue developing your logical reasoning abilities to move forward.

2. MULTIPLE INTELLIGENCE





MULTIPLE INTELLIGENCE

1. Linguistic Intelligence

Score: 20 (Category: Developing Skills)

Feedback:

Your linguistic intelligence falls within the developing skills range. You have made progress in honing your language abilities, but there is still work to be done. Continue to build your vocabulary, work on sentence structure, and practice expressing your thoughts clearly. Engaging in activities such as writing essays, joining book clubs, and engaging in debates can contribute to further developing your linguistic intelligence and advancing your communication skills.

Career Suggestions:

- **Content Writer:** Consider working as a content writer, where you can continue to refine your writing skills while producing informative articles and blog posts.
- **Social Media Manager:** Manage social media accounts for businesses to practice concise and effective communication.
- **Freelance Writer:** Begin freelancing as a writer to gain exposure to various writing styles and topics.



2 Logical/Mathematical Intelligence

Score: 29 (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: 35 (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: 35 (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.



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: 29 (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: 37 (Category: Exceptional Mastery)

Feedback:

Exceptional! Your Body/Kinesthetic intelligence dominance places you in the highest category of mastery. Your ability to use your body effectively is extraordinary and can open up numerous opportunities. You might consider pursuing careers in professional sports, dance choreography, physical therapy, or any creative field that requires intricate physical movement. Your expertise in kinesthetic intelligence can lead to innovative approaches to problem-solving, performance, and physical expression.

Career Suggestions:

- Olympic Athlete: With your exceptional mastery, aim for Olympic-level competition in sports where your skills shine.
- Cirque du Soleil Performer: Audition for Cirque du Soleil or similar high-level performance troupes that demand extraordinary physical prowess.
- Physical Therapy Specialist: Become a specialist in a specific area of physical therapy, working with elite athletes or patients with complex needs.
- Stunt Performer: Explore a career as a stunt performer in the film and television industry, executing daring physical feats.

8 Intrapersonal Intelligence



Self Smart

Score: 38 (Category: Exceptional Mastery)

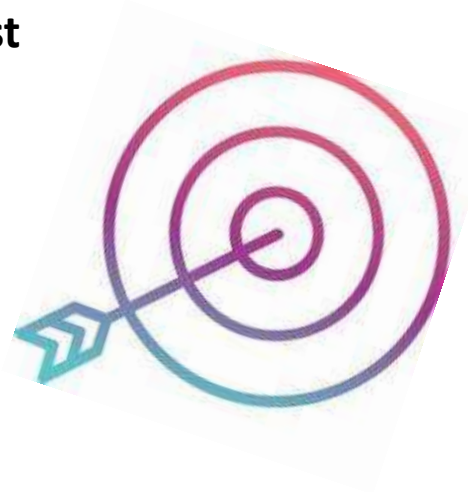
Feedback:

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:

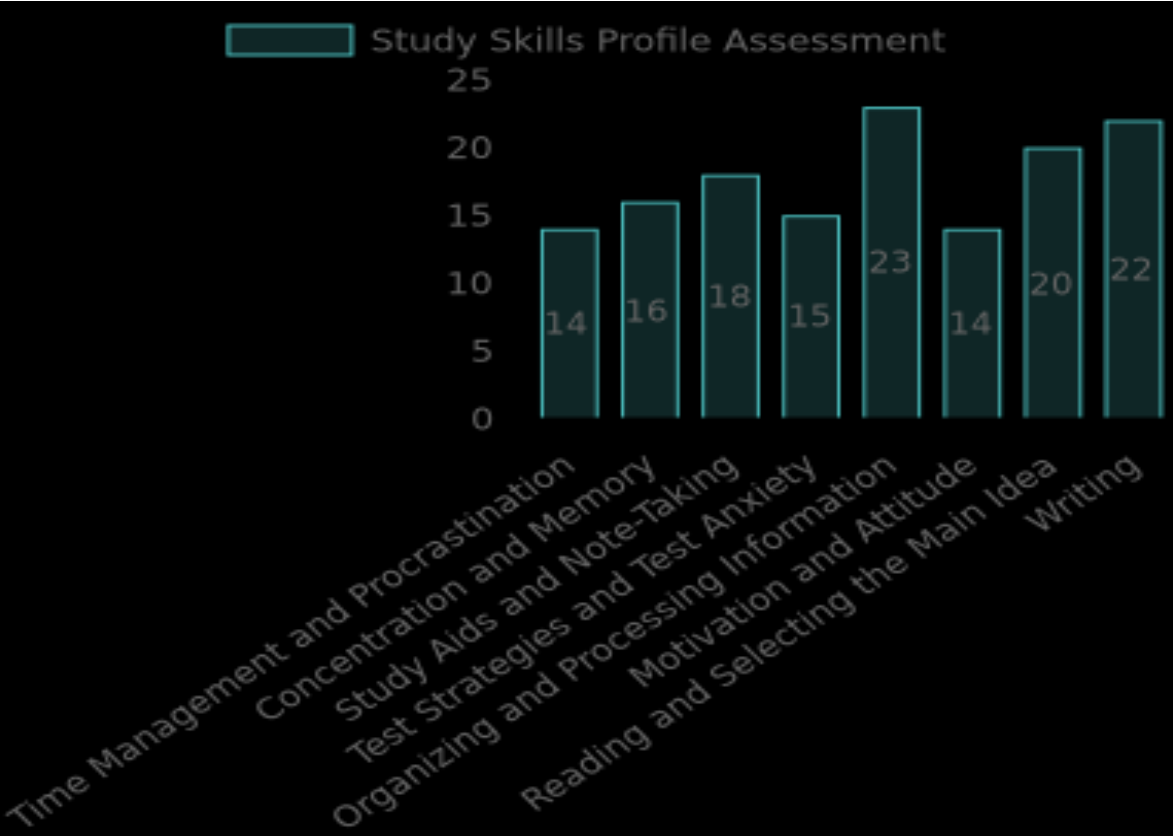
- **Psychotherapist:** Offer in-depth therapy and support to individuals dealing with complex emotional issues.
- **Creative Director:** Use your exceptional self-mastery to lead and inspire creative teams in fields like advertising, design, or filmmaking.
- **Spiritual Guide:** Guide individuals in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

Career Priority List



1. Social Media Manager
2. Industrial Designer
3. Politician/Political Campaign Manager
4. Business Analyst
5. Interior Designer
6. Music Arranger
7. Graphic Designer
8. Visual Effects (VFX) Artist
9. Package Designer
10. Art Therapist

3. STUDY SKILL PROFILE ASSESSMENT



STUDY SKILL PROFILE



1. Time Management and Procrastination

Score : 14 (Category: Developing Skills)

Feedback:

You are making progress in your journey to conquer procrastination and manage your time effectively. Keep refining your skills and adopting valuable strategies to elevate your productivity and focus further.

2. Concentration and Memory



Score : 16 (Category: Developing Skills)

Feedback:

You are demonstrating effort in cultivating better concentration and memory skills. By exploring targeted methods and consistent practice, you can further elevate your abilities and elevate your capacity to retain and recall information.



2. Study Aids and Note-Taking

Score : 18 (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 : 15 (Category: Developing Skills)

Feedback:

You're making strides in improving your test strategies and coping with test anxiety. Further exploration and practice will help solidify your skills, enabling you to approach exams with increased assurance.

5. Organizing and Processing Information

Score : 23 (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 : 14 (Category: Developing Skills)

Feedback:

You are making strides in cultivating a motivated and positive attitude. Continue to fuel your aspirations and embrace challenges with a proactive mindset.

STUDY SKILL PROFILE



7. Reading and Selecting the Main Idea

Score : 20 (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

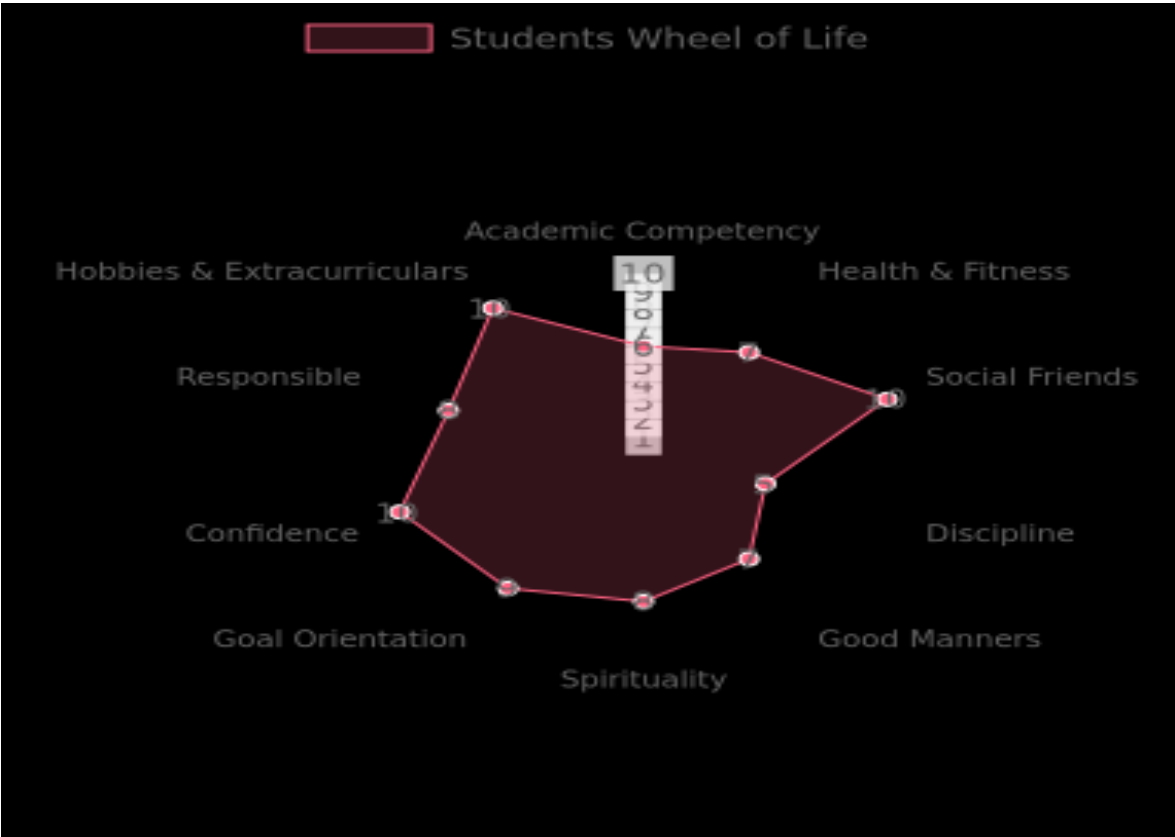
Score : 22 (Category: Strong Proficiency)

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



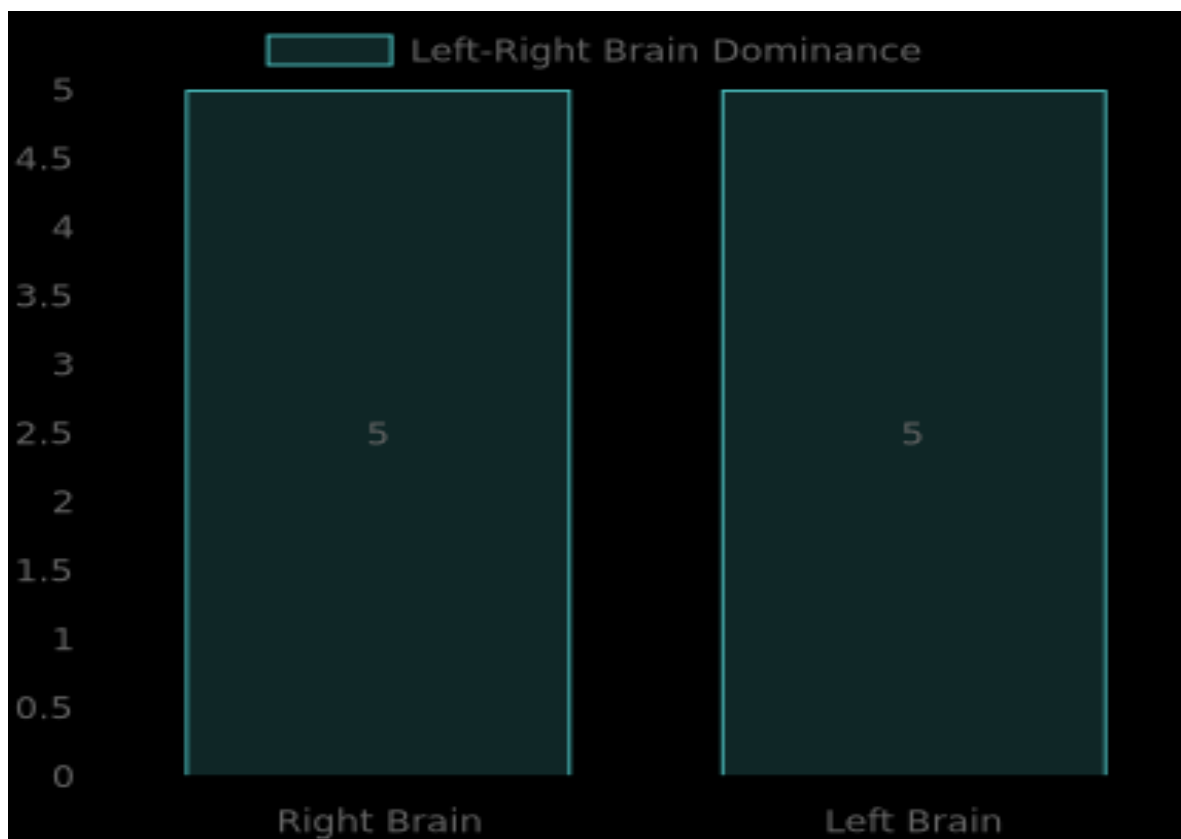
WHEEL OF LIFE: STUDENT'S WELLNESS DIMENSIONS

Feedback:

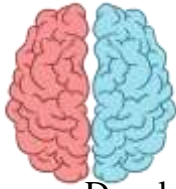
Score:

Academic Competency: Average understanding, room to improve.	6/10
Health & Fitness: Healthy habits, balanced approach.	7/10
Social Friends: Strong social network, meaningful connections.	10/10
Discipline: Moderate self-control, some organization.	5/10
Good Manners: Consistently polite and well-mannered.	7/10
Spirituality: Engaged in spiritual practices, finding meaning.	8/10
Goal Orientation: Significant growth, clear and ambitious goals.	9/10
Confidence: High self-esteem, strong self-belief.	10/10
Responsible: Fulfilling responsibilities effectively.	8/10
Hobbies & Extracurriculars: Fully engaged, pursuing passions.	10/10

5. RIGHT-LEFT BRAIN DOMINANCE



RIGHT-LEFT BRAIN DOMINANCE



Left Brain Dominance:

Score : 5 (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 : 5 (Category: Developing Dominance)

Feedback:

Creativity: Some ability for imaginative and original thinking.

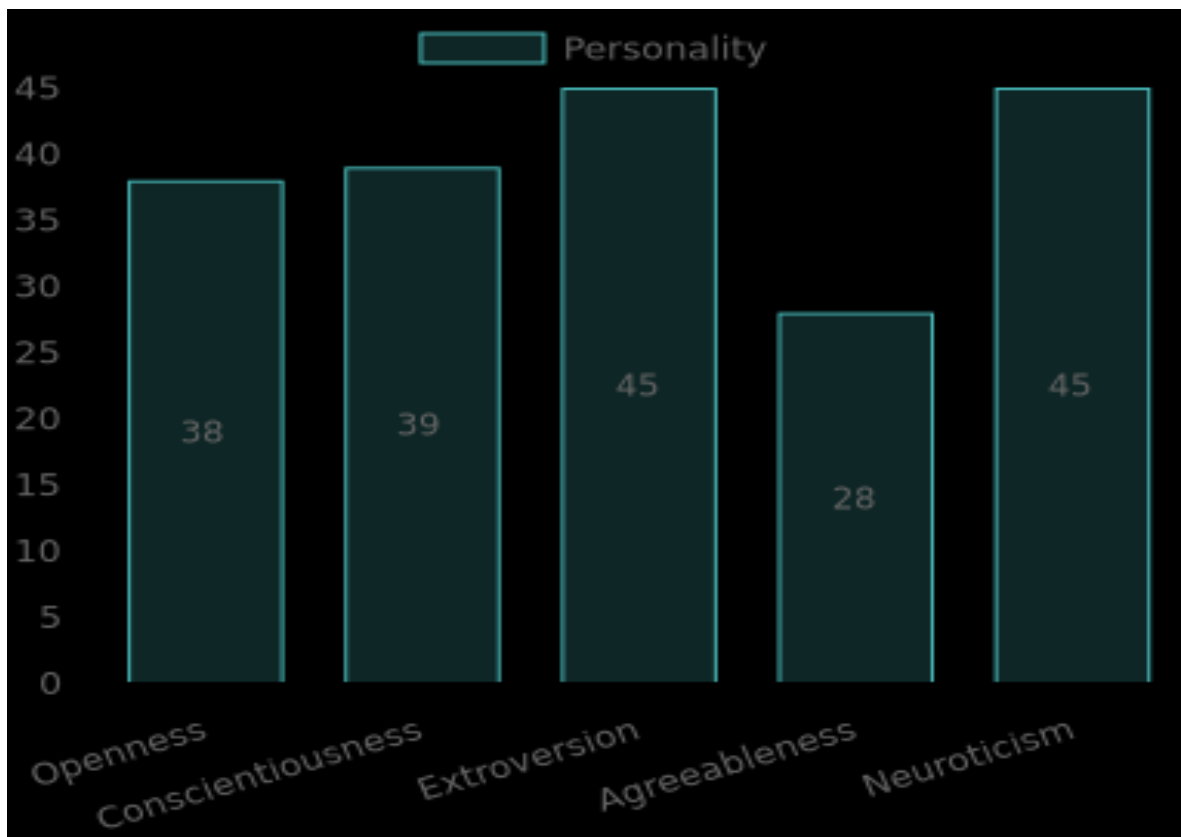
Visual Perception: Adequate sensitivity to shapes and colors.

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 : 45 (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 : 28 (Category: Competing)

Feedback:

Your personality showcases a harmonious blend of assertiveness and empathy. You tend to seek compromise and find satisfaction in both individual accomplishments and collaborative efforts.

Possible Personality Type: Possible Personality Type: Empathetic, Flexible, Collaborative

Career Options:

Look for roles that involve teamwork, customer service, and relationship-building. Social work, human resources, teaching, or client-facing positions align well with your strengths.

PERSONALITY TRAITS DOMINANCE

3 Conscientiousness:



Score : 39 (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 : 38 (Category: Excelling)

Feedback:

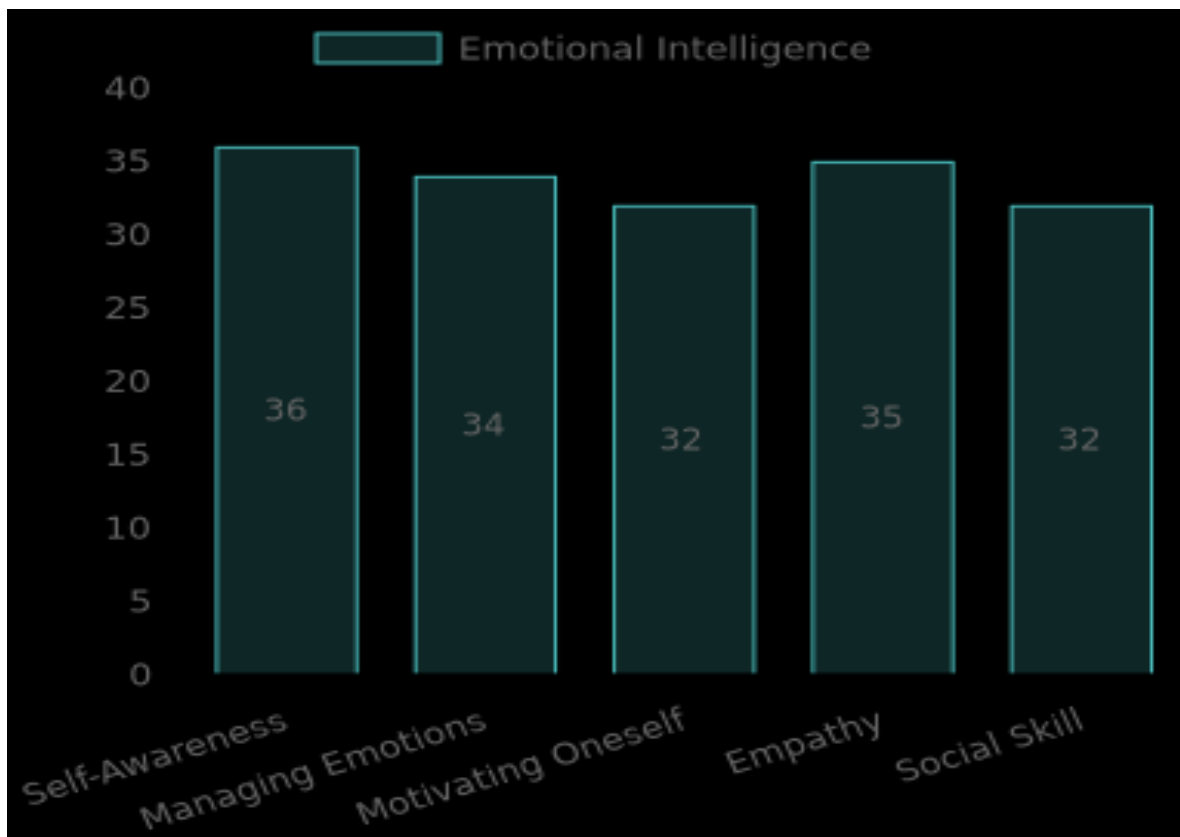
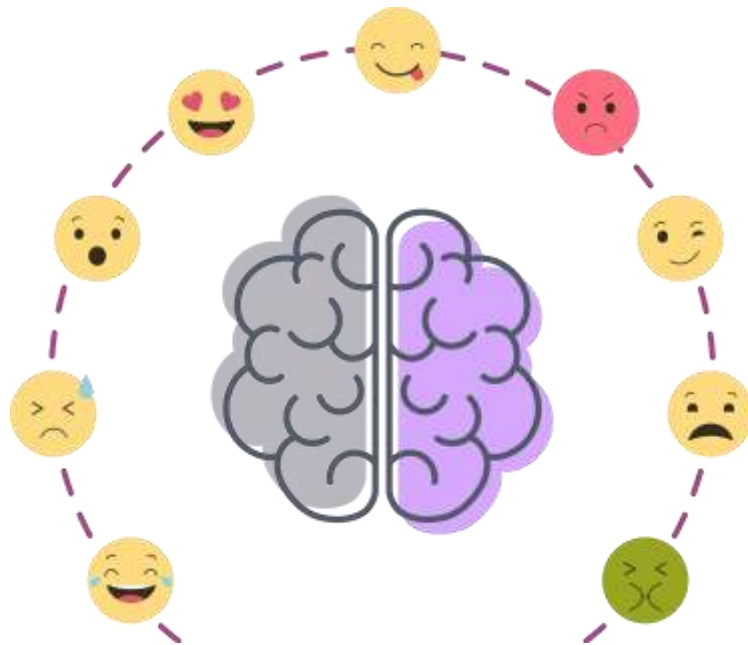
Your open-mindedness and curiosity are evident, as you actively seek out new experiences and ideas. You thrive in dynamic environments and enjoy exploring uncharted territory.

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



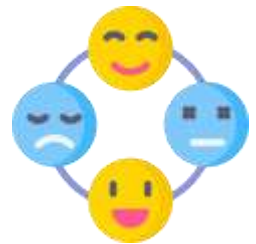
1. Self-Awareness

Score : 36 (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 : 34 (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 : 35 (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 : 20 (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 : 22 (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

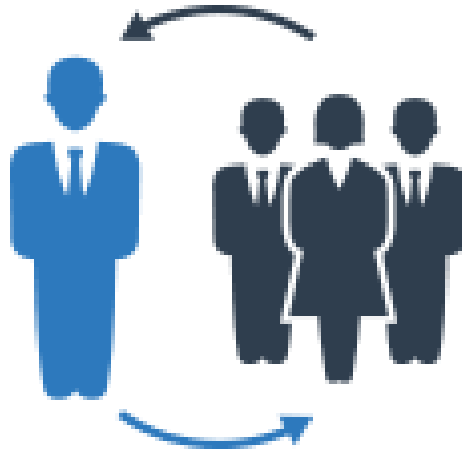


Score : 24 (Category: High)

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



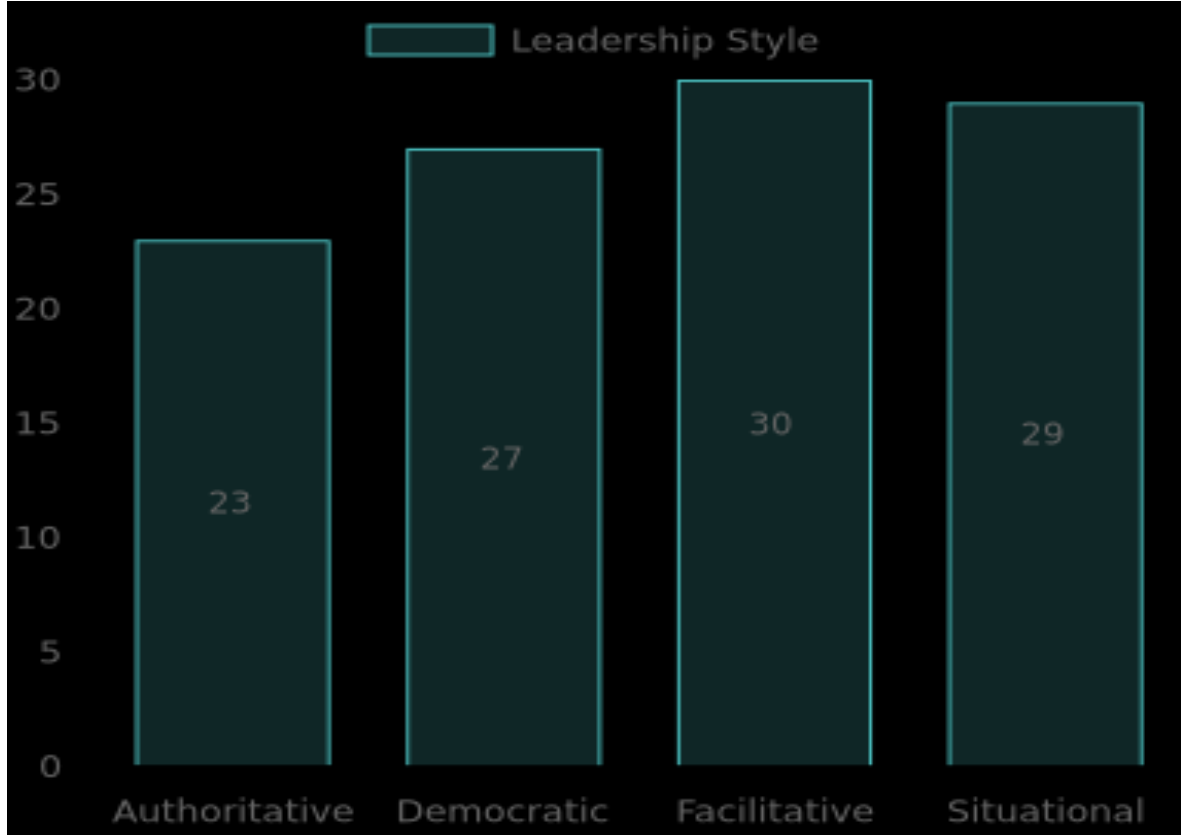
Leadership Skills

Score : 58 (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 : 23 (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 : 27 (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 : 30 (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 : 29 (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 :31 (Category: Moderate-Low Dependency)

Feedback:

Your cyber dependency score is in the moderate-low range. While you are comfortable using digital technologies, you also have a reasonable level of self-sufficiency in non-digital tasks. This balanced approach allows you to adapt well to minor disruptions and maintain productivity even in situations where technology is not readily available.

12. COMPETITIVE STATE ANXIETY INVENTORY



COMPETITIVE STATE ANXIETY

Cognitive Anxiety



Score : 17 (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 : 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 : 18 (Category: Mild)

Feedback:

Low Self-Confidence: You're already taking steps towards building your self-confidence. Embrace your strengths and achievements, and work on challenging negative self-talk. Each step you take towards believing in yourself is a step towards a more confident and empowered you.

Disclaimer

The information provided in this analysis belongs to its owner only. In case of a minor, the rights of information are with his legal guardian. The content of this analysis is only for reference, based on the scientific research in the field of psychology and statistical study conducted based on the psychometric tests and counselling session. The decision to follow any instruction, advise, suggestion or recommendation completely depends upon you and you will be solely responsible for the consequences of the same. We as an organization or any of its representatives are not responsible for any consequences under any circumstance. Before taking any crucial decision, please refer to a professional counsellor. The results are only indicative and the company or any authorized representative of the company shall in no case be liable for failure in any particular course of study or activity recommended in the report or any important decisions taken based on this report. Thus, it should not be used as a standalone instrument for any important decision-making. The accuracy of test results may be influenced by the honesty and self-awareness of the students taking the test.