

# ***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.

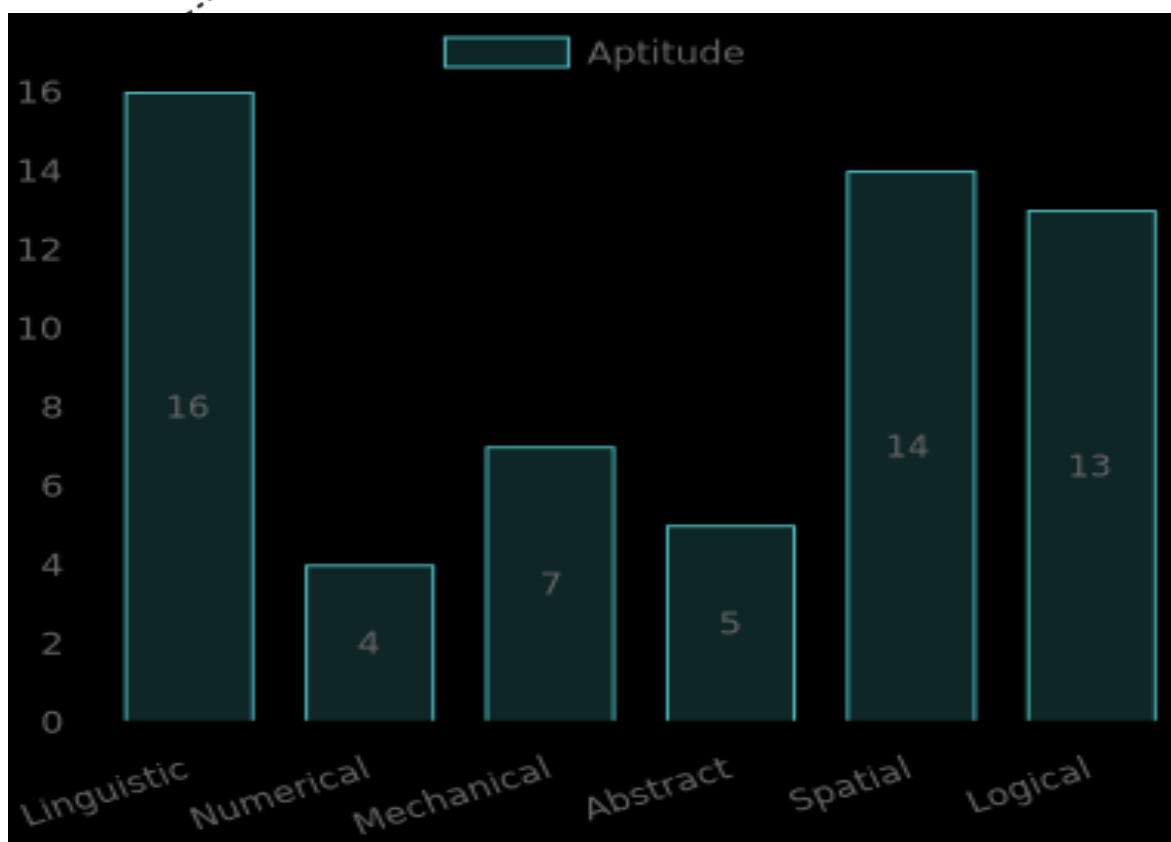
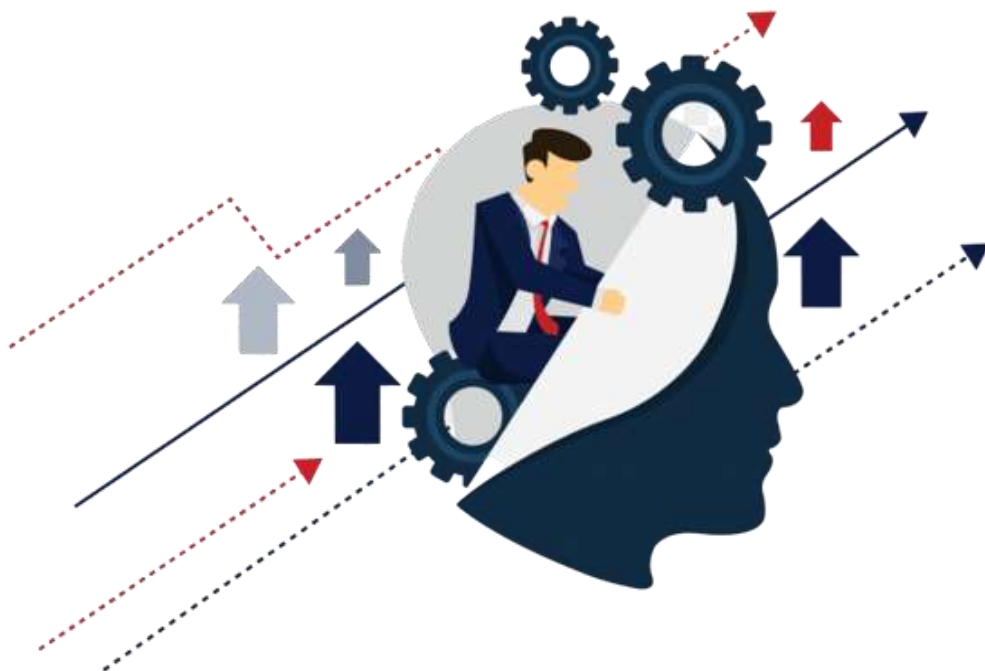


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# 1. APTITUDE





# APTITUDE

## 1. Linguistic Reasoning:



**Score :** 16 ( 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 :** 4 ( Category: Developing )

**Feedback:**

Your dedication to improving your numerical reasoning skills is evident. While your current score reflects a starting point, remember that progress takes time and effort. Continue practicing and learning to see significant improvements.

**Career Suggestions:**

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

## 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:** 5 ( 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 :** 14 ( Category: Excelling )

**Feedback:**

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

**Career Suggestions:**

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

### 6. Logical Reasoning



**Score :** 13 ( 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:** 33 ( 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:** 28 ( 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:** 29 ( 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:** 28 ( 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:** 27 ( 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:** 15 ( 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:** 25 ( 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:** 31 ( Category: Exceptional Mastery )

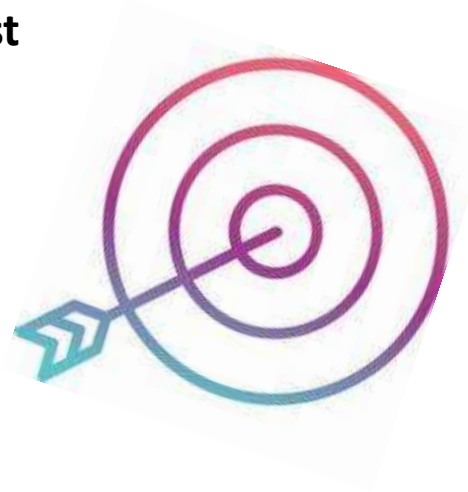
**Feedback:**

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:**

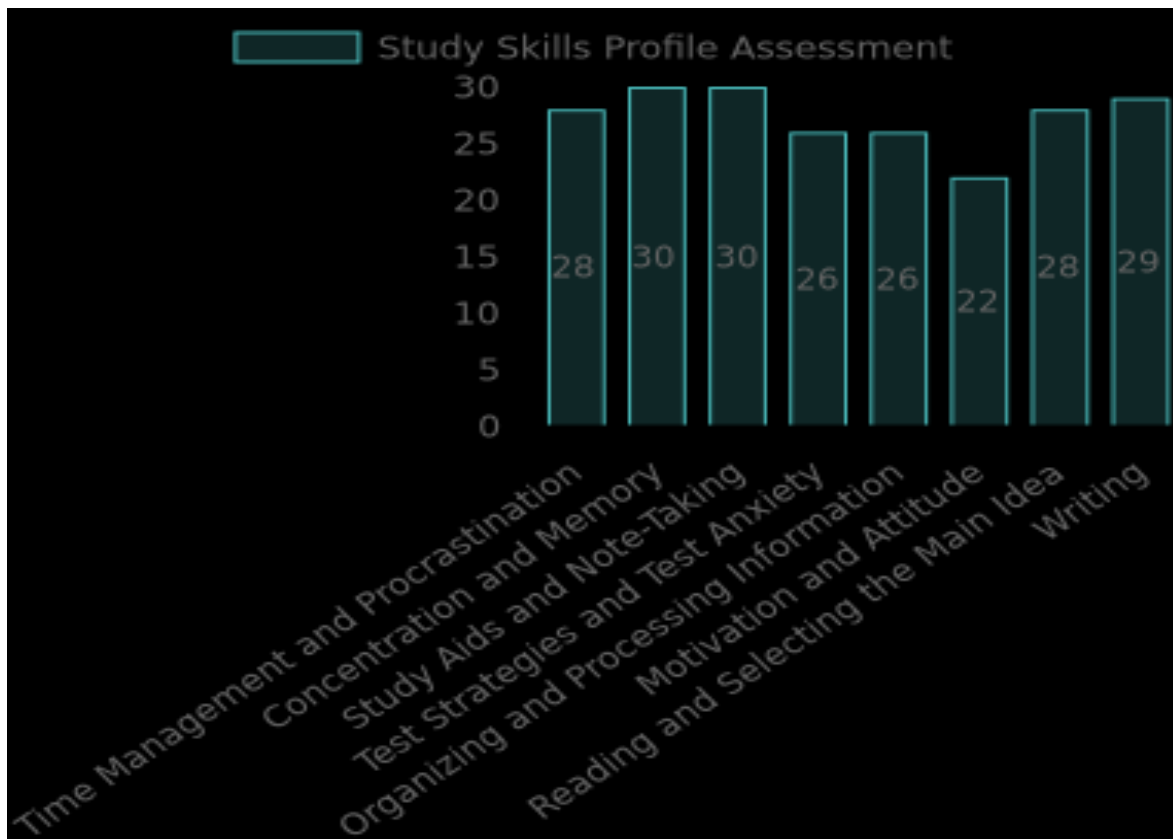
- **Psychotherapist:** Offer in-depth therapy and support to individuals dealing with complex emotional issues.
- **Creative Director:** Use your exceptional self-mastery to lead and inspire creative teams in fields like advertising, design, or filmmaking.
- **Spiritual Guide:** Guide individuals in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

## Career Priority List



1. Psychologist
2. Content Creator
3. Writer
4. Career Counselor
5. Poet
6. Life Planner
7. Resilience Coach
8. Teacher/Educator
9. Human Resources Specialist/Manager
10. Career Development Specialist

### 3. STUDY SKILL PROFILE ASSESSMENT





# STUDY SKILL PROFILE



## 1. Time Management and Procrastination

**Score :** 28 ( Category: Exceptional Mastery )

**Feedback:**

Your mastery of time management and triumph over procrastination are remarkable. Your disciplined approach and effective strategies are yielding impressive results. Keep up the exceptional work as you enjoy heightened productivity and focus in your endeavours.

## 2. Concentration and Memory



**Score :** 30 ( 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 :** 30 ( Category: Exceptional Mastery )

**Feedback:**

Congratulations on your impressive score, which reflects your adeptness in utilizing study aids and note-taking effectively. Your dedicated efforts are paying off, enabling you to excel in comprehending and retaining information. Keep refining your techniques to reach new heights of academic success.

# STUDY SKILL PROFILE



## 4. Test Strategies and Test Anxiety

**Score :** 26 ( Category: Exceptional Mastery )

**Feedback:**

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

## 5. Organizing and Processing Information

**Score :** 26 ( Category: Exceptional Mastery )

**Feedback:**

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



## 6. Motivation and Attitude

**Score :** 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 :** 28 ( 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

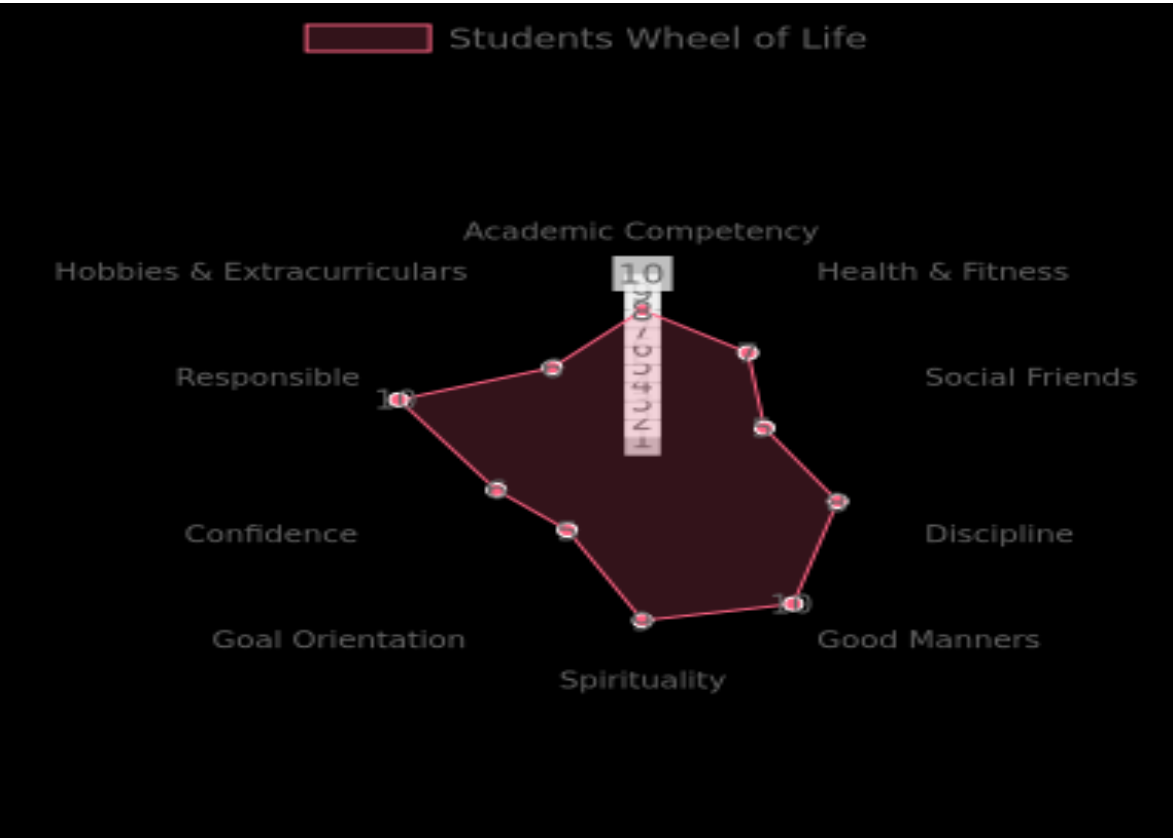
**Score :** 29 ( Category: Exceptional Mastery )

**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



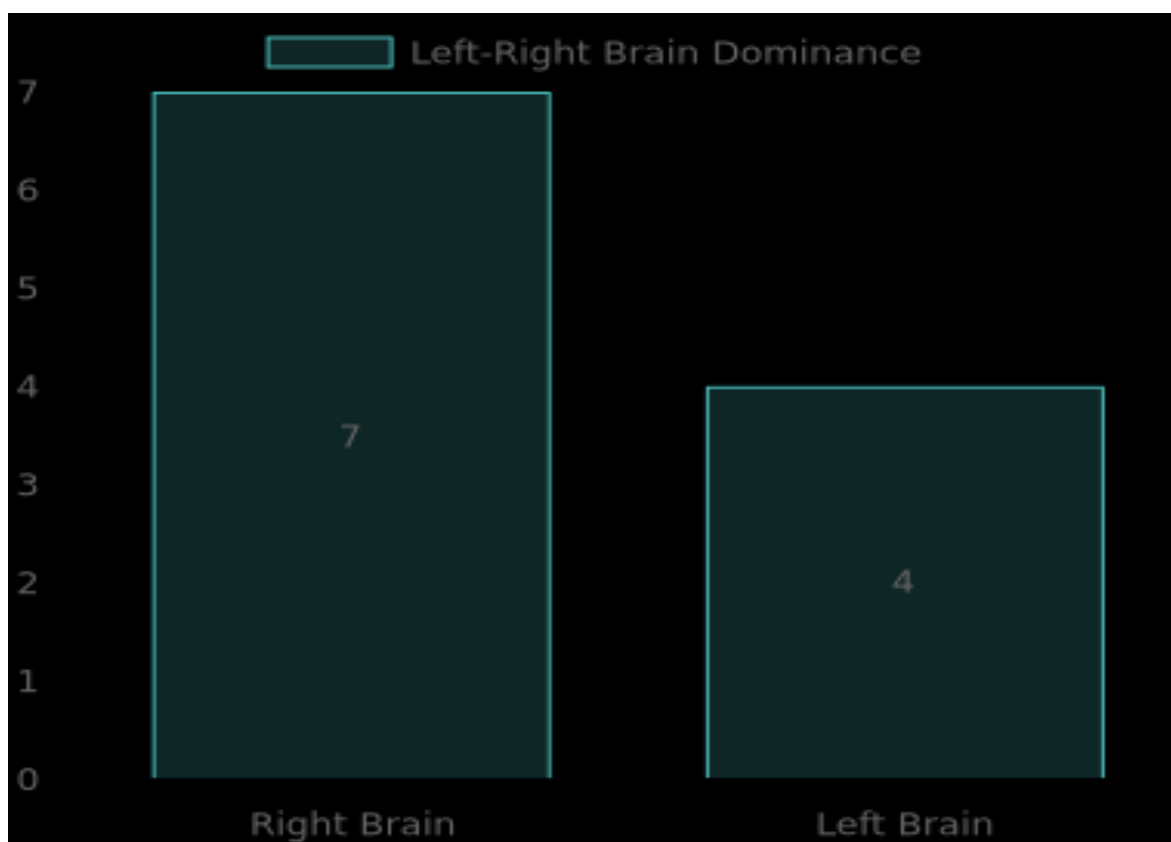
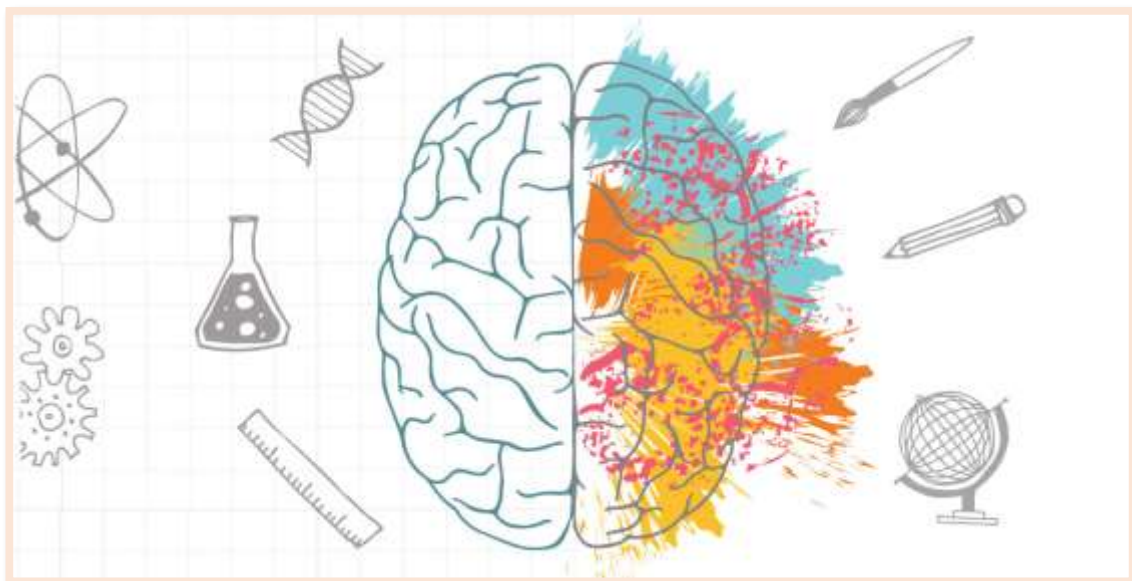
# WHEEL OF LIFE: STUDENT'S WELLNESS DIMENSIONS

## Feedback:

## Score:

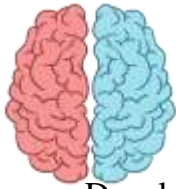
Academic Competency: Proficient understanding, active learning.	8/10
Health & Fitness: Healthy habits, balanced approach.	7/10
Social Friends: Some connections, expand social circle.	5/10
Discipline: Good self-control, and effective organization.	8/10
Good Manners: Exemplary etiquette and politeness.	10/10
Spirituality: Deeply connected, meaningful engagement.	9/10
Goal Orientation: Some goals set, need clearer focus.	5/10
Confidence: Some self-assurance, occasional doubts.	6/10
Responsible: Highly accountable, proactive responsibility.	10/10
Hobbies & Extracurriculars: Engaging occasionally, explore more.	6/10

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

### **Feedback:**

Creativity: Strong capacity for imaginative and original thinking.

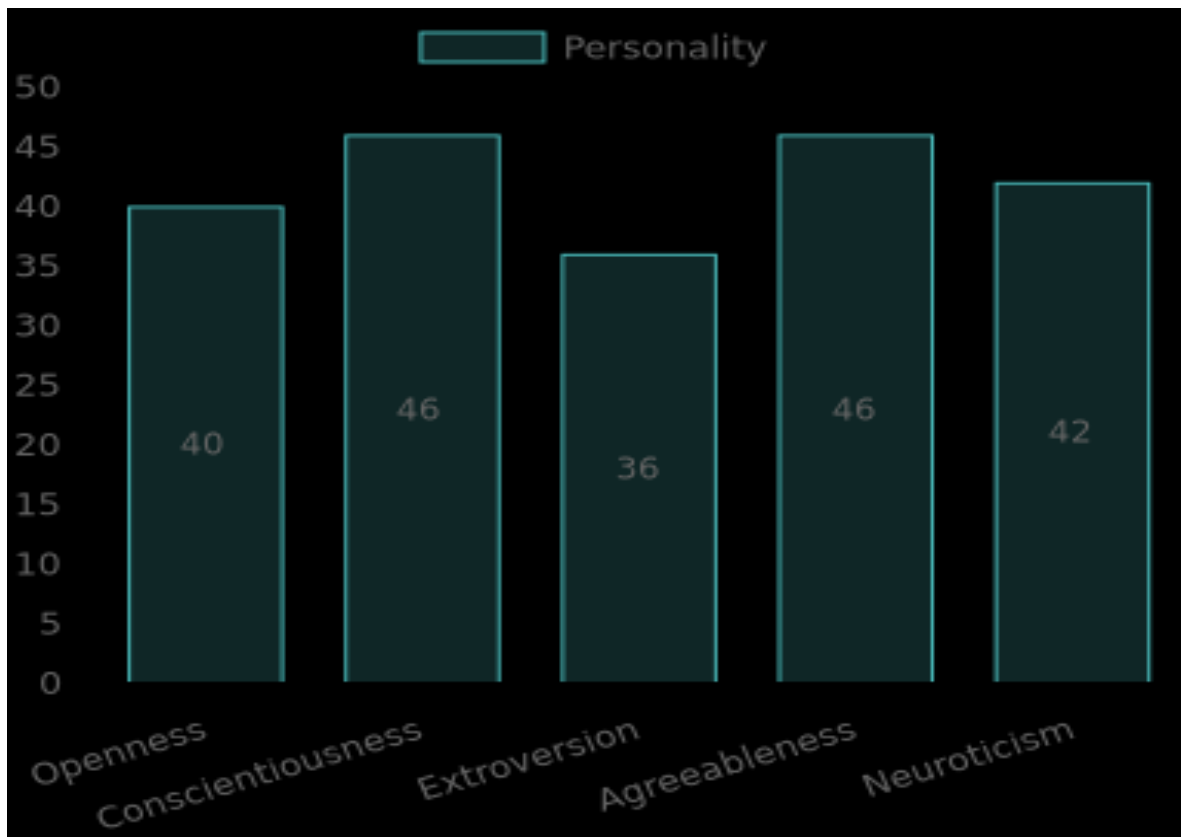
Visual Perception: Proficient in noticing shapes and colors.

Intuition: Comfortable relying on instincts and gut feelings.

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

Artistic Abilities: Proficient artistic expression.

## 6. PERSONALITY TRAITS DOMINANCE



# PERSONALITY TRAITS DOMINANCE

## 1 Extroversion:



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

**Feedback:**

Your conscientiousness is a dominant trait, and you excel in planning, organization, and goal achievement. You take your responsibilities seriously and are known for your reliability.

**Possible Personality Type:** Possible Personality Type: Methodical, Disciplined, Achievement-Oriented

**Career Options:**

Seek roles that demand meticulous attention to detail, project management skills, and consistent follow-through. Consider careers in finance, operations management, research, or regulatory compliance.

## 4 Neuroticism:



**Score :** 42 ( 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 :** 40 ( Category: Excelling )

**Feedback:**

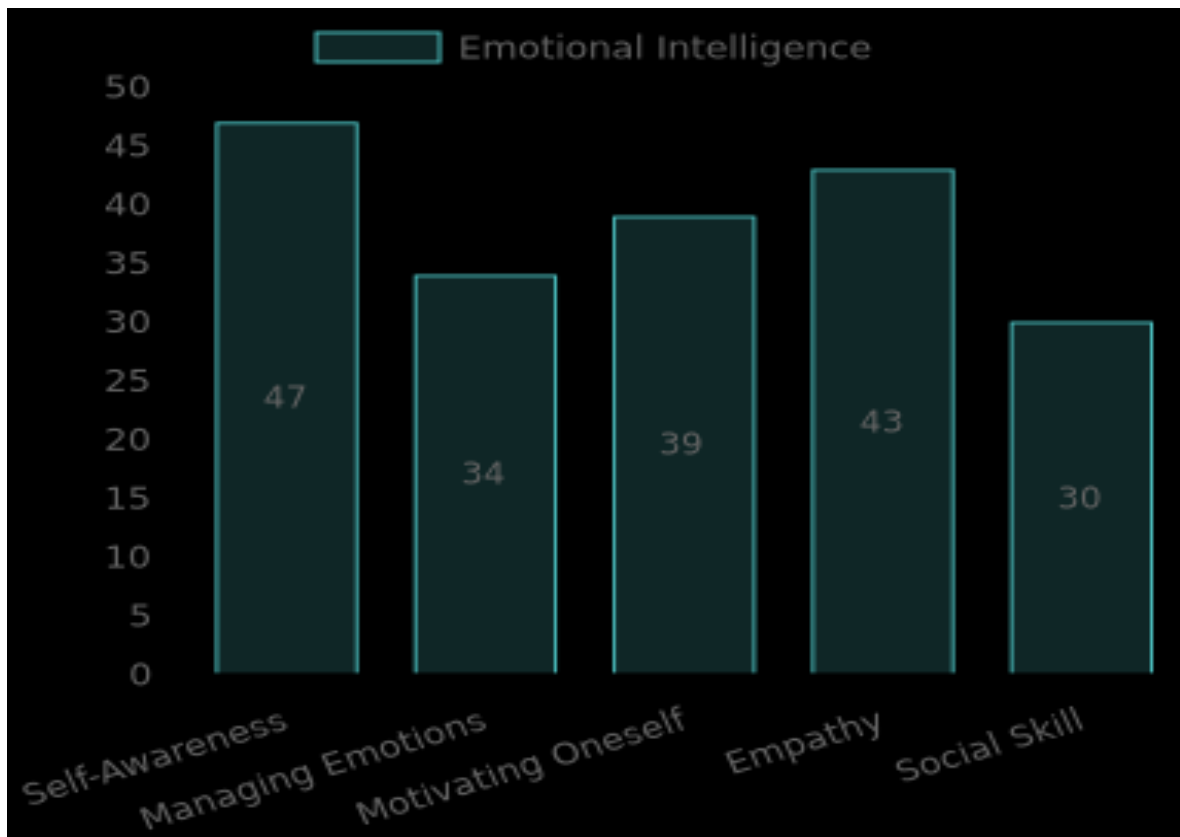
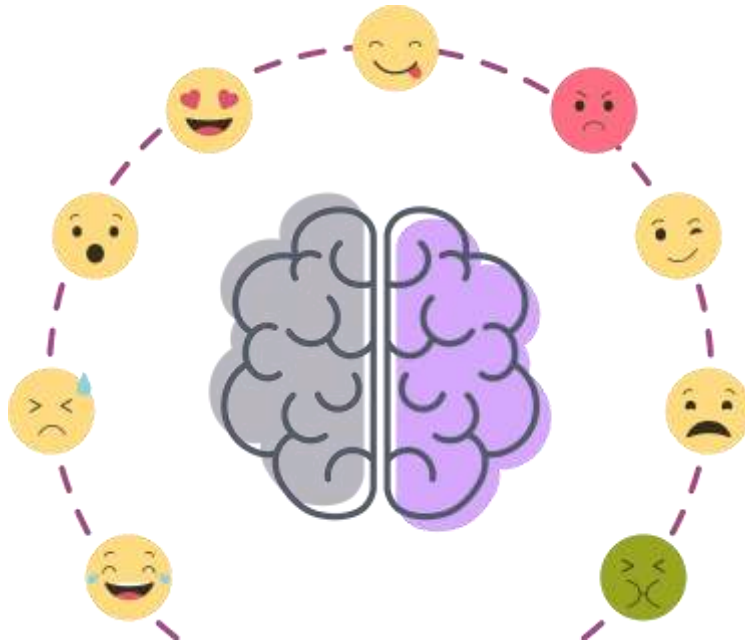
Your open-mindedness and curiosity are evident, as you actively seek out new experiences and ideas. You thrive in dynamic environments and enjoy exploring uncharted territory.

**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



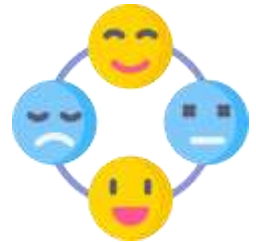
## 1. Self-Awareness

**Score :** 47 ( Category: Outstanding )

**Feedback:**

Congratulations! Your self-awareness is exceptional. You have a deep understanding of your thoughts, emotions, and behaviours. This level of self-awareness empowers you to make mindful choices and foster healthy relationships. Your ability to reflect on your experiences and motivations is truly commendable. Keep nurturing this skill as it contributes to your personal growth and overall well-being.

## 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 :** 39 ( 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 :** 43 ( Category: Excelling )

**Feedback:**

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

## 5. Social Skill



**Score :** 30 ( 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 :** 12 ( Category: Mild )

**Feedback:**

With a mild preference for auditory learning, you have the flexibility to benefit from various learning modes. Your ability to actively participate in discussions and listen to explanations aligns well with your learning style. To optimize your learning, continue to engage in discussions and actively listen to lectures. Additionally, don't hesitate to combine auditory learning with visual aids or interactive activities when necessary to enhance your overall comprehension and retention of information.

## 3. Kinaesthetic

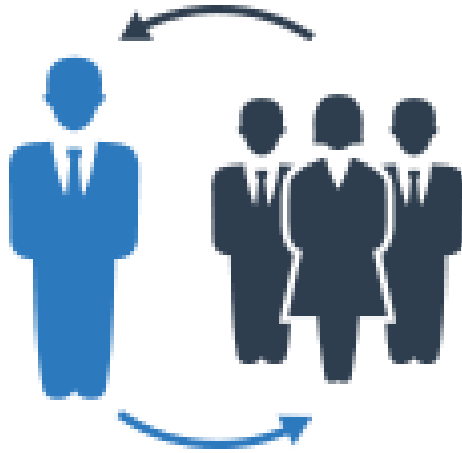


**Score :** 19 ( Category: Moderate )

**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



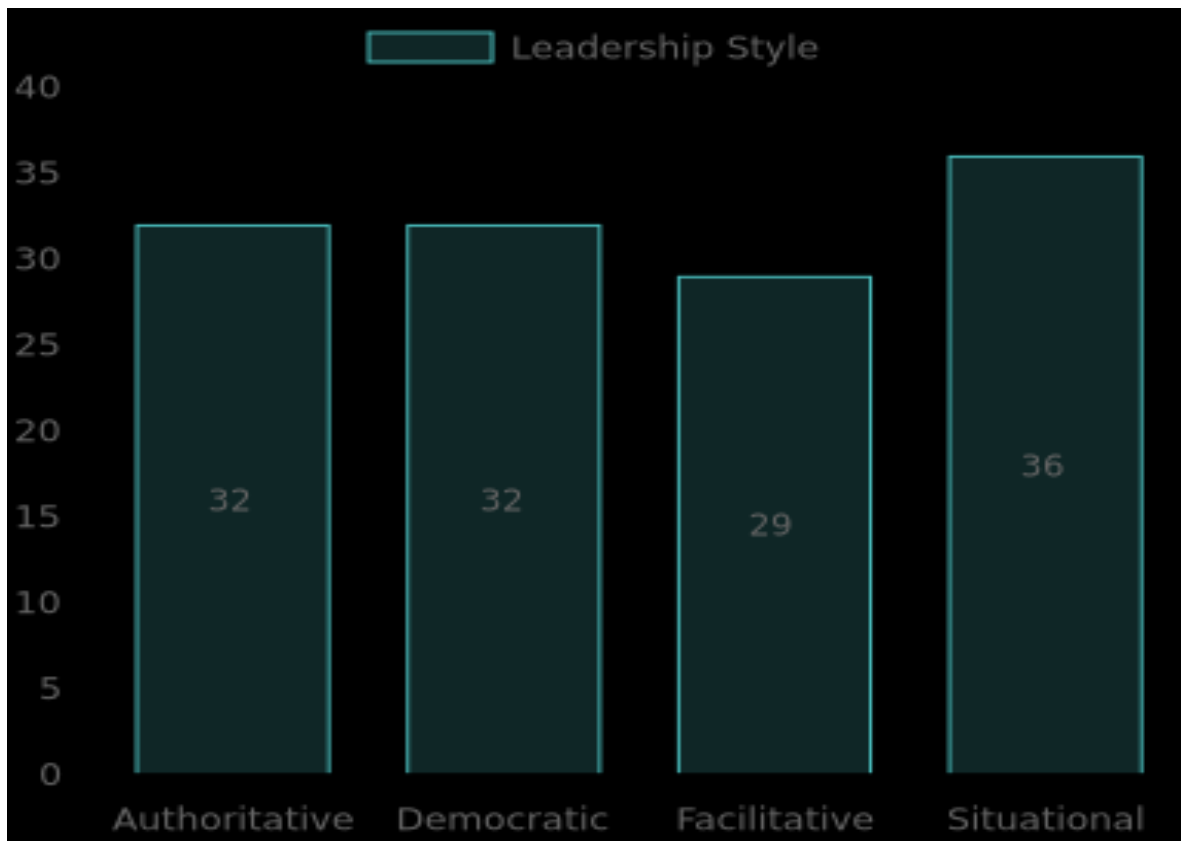
### Leadership Skills

**Score :** 80 ( 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 :** 32 ( 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 :** 29 ( 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 :** 36 ( Category: Exceptional Mastery )

**Feedback:**

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



## 11. CYBER DEPENDENCY



**Score :**26 ( 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 :** 28 ( Category: High )

### Feedback:

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

## Somatic Anxiety



**Score :** 28 ( Category: High )

### Feedback:

Your score indicates high somatic anxiety. You may experience significant physical symptoms when confronted with stress or anxiety. While this can be challenging, it's important to recognize that you are taking the first step toward understanding and addressing these symptoms. Seeking support from friends, family, or professionals can provide you with strategies to manage and alleviate these sensations. Your commitment to your well-being is commendable.

## Confidence



**Score :** 33 ( 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.

## 13. PROFESSIONAL SKILLS SET ASSESSMENT



**Score:** 72 ( Category: Above Average )

**Feedback:**

- You're performing above the average, and it's time to celebrate your accomplishments.
- Your competency and effectiveness in this skill are commendable; now aim to be a standout.
- With further refinement and continuous practice, you're poised to reach the pinnacle of excellence.

### ***Disclaimer***

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