

# ***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.

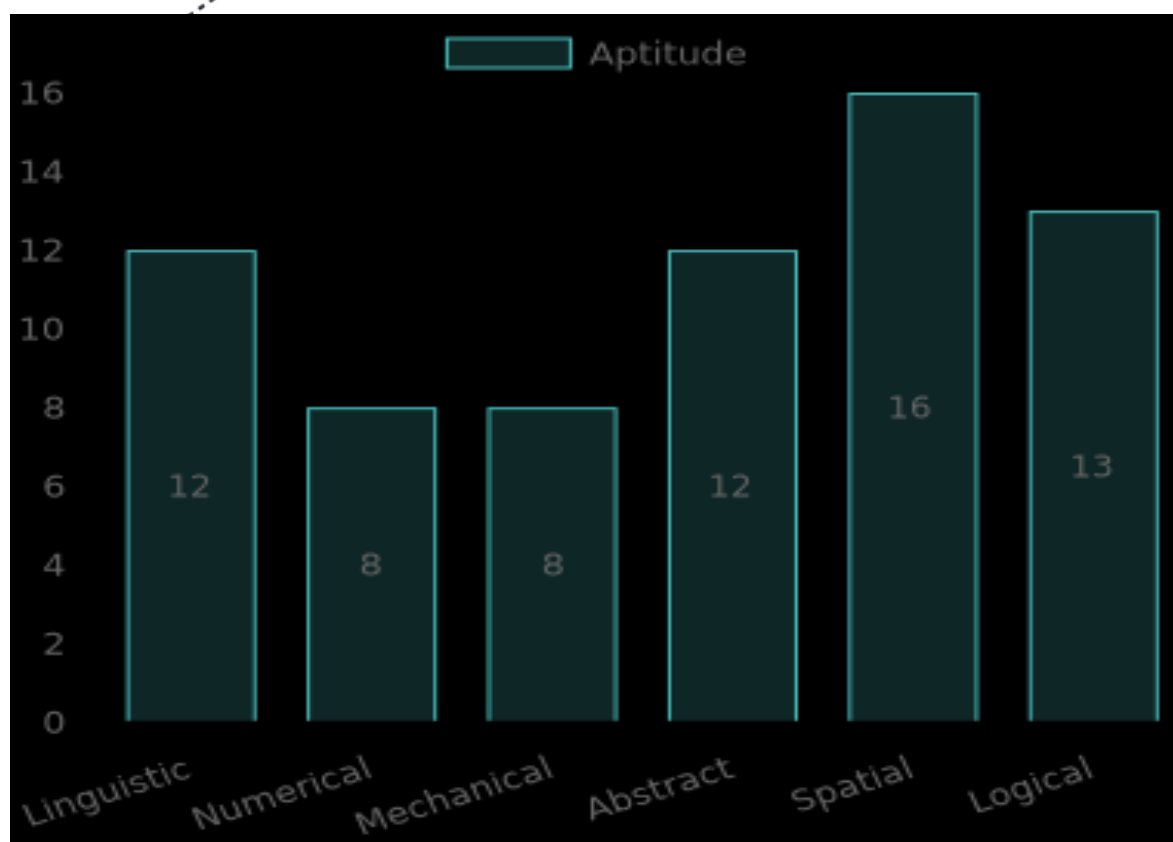
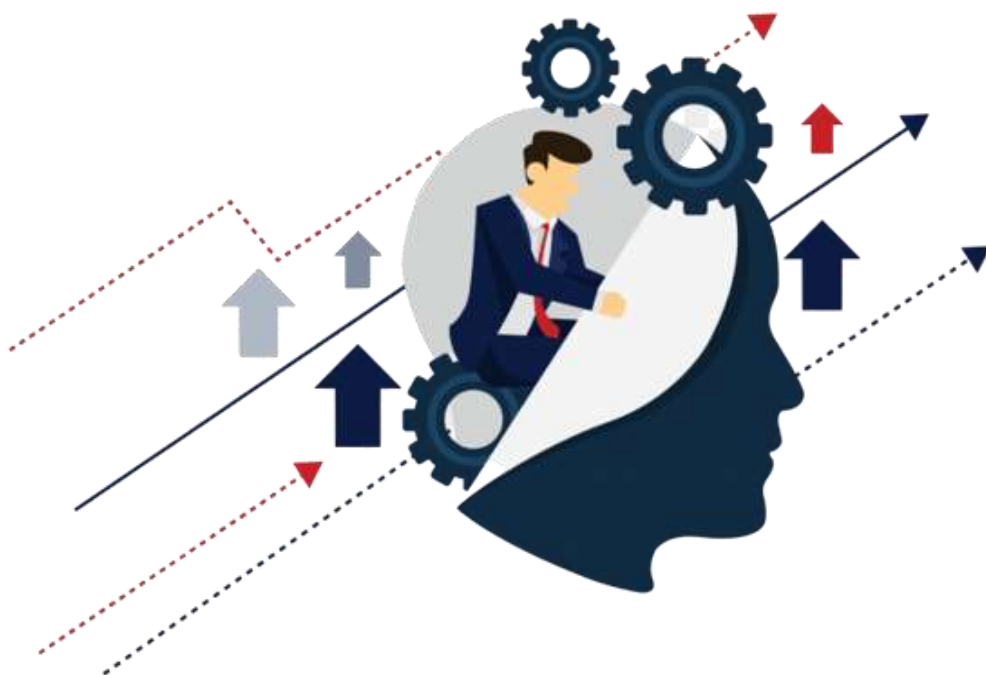


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# 1. APTITUDE





# APTITUDE

## 1. Linguistic Reasoning:



**Score :** 12 ( 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 :** 8 ( 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:** 8 ( 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:** 12 ( 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 :** 16 ( 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:** 29 ( Category: Strong Proficiency )

**Feedback:**

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

**Career Suggestions:**

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



## 2 Logical/Mathematical Intelligence

**Score:** 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:** 32 ( 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:** 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:** 35 ( 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:** 26 ( 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:** 34 ( 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:** 34 ( Category: Exceptional Mastery )

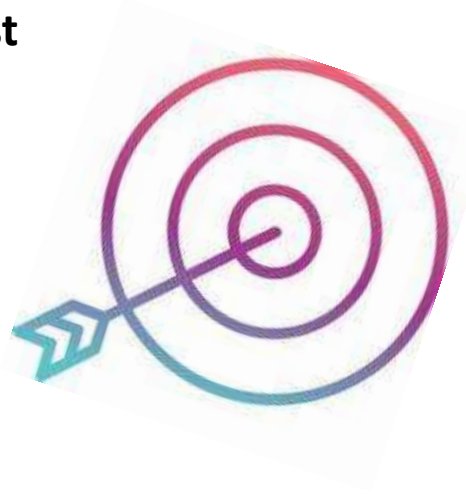
**Feedback:**

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:**

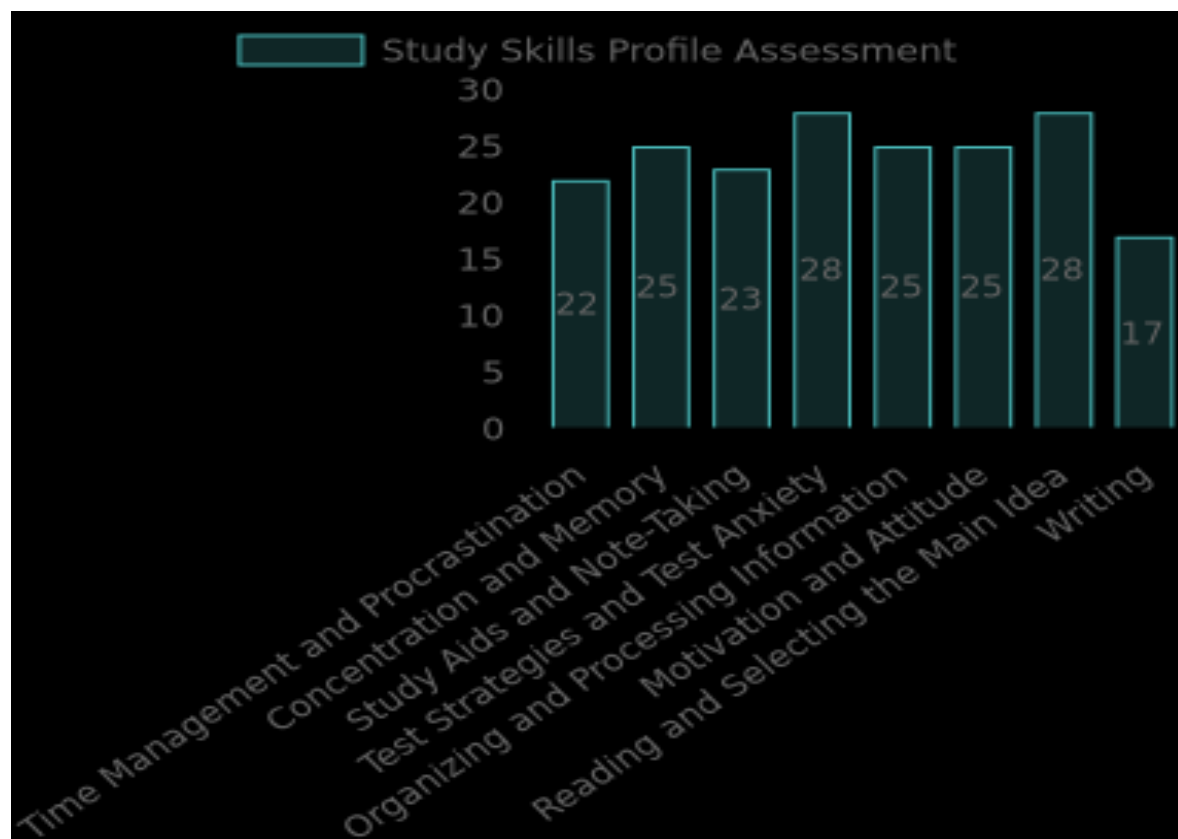
- **Psychotherapist:** Offer in-depth therapy and support to individuals dealing with complex emotional issues.
- **Creative Director:** Use your exceptional self-mastery to lead and inspire creative teams in fields like advertising, design, or filmmaking.
- **Spiritual Guide:** Guide individuals in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

## Career Priority List



1. Business Analyst
2. Mechanical Engineer
3. Content Creator
4. Writer
5. Motivational Speaker
6. Actor/Actress
7. Athlete
8. Animator
9. Online Course Creator
10. Comics Artist

### 3. STUDY SKILL PROFILE ASSESSMENT





# STUDY SKILL PROFILE



## 1. Time Management and Procrastination

**Score :** 22 ( 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 :** 25 ( 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 :** 23 ( 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 :** 28 ( Category: Exceptional Mastery )

**Feedback:**

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

## 5. Organizing and Processing Information

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

**Feedback:**

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



## 6. Motivation and Attitude

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

**Feedback:**

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

# STUDY SKILL PROFILE



## 7. Reading and Selecting the Main Idea

**Score :** 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

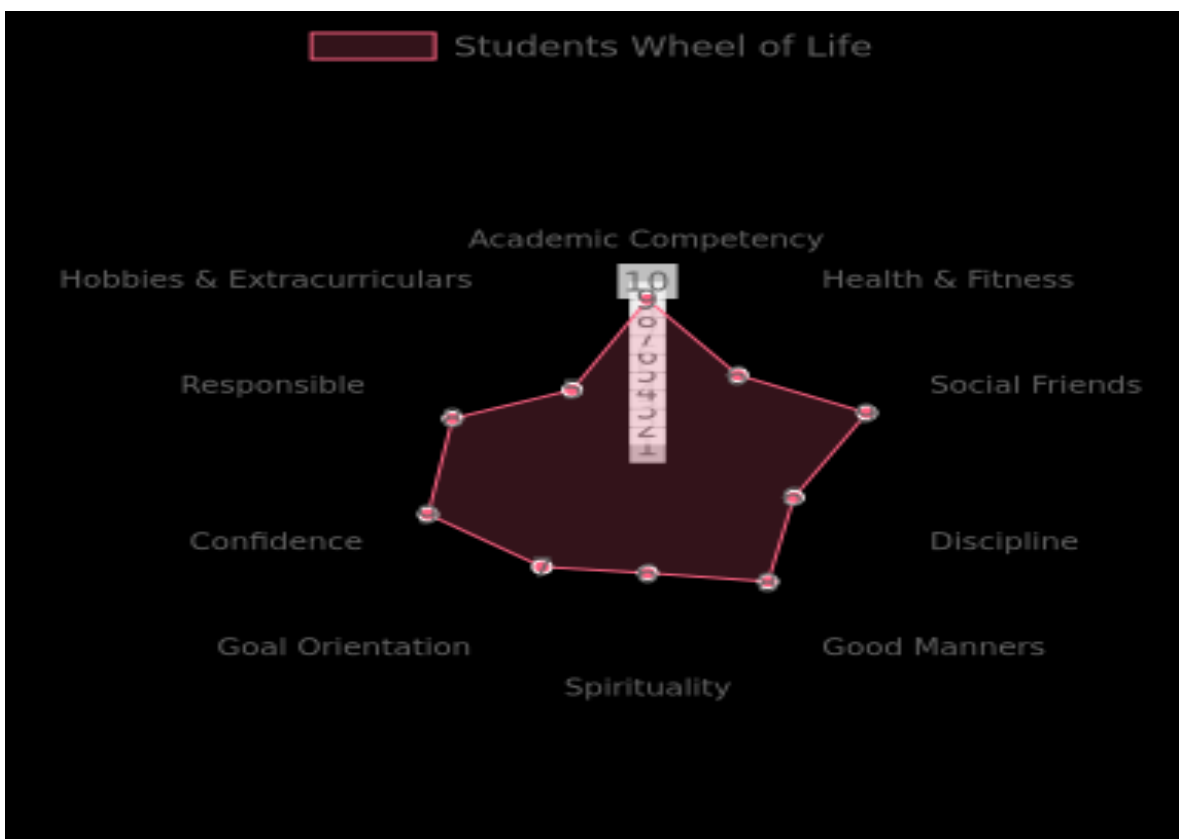
**Score :** 17 ( Category: Strong Proficiency )

**Feedback:**



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

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



## WHEEL OF LIFE: STUDENT'S WELLNESS DIMENSIONS

### Feedback:

### Score:

Academic Competency: Exceptional understanding, excelling. 9/10

Health & Fitness: Inconsistent health habits, need better routine. 6/10

Social Friends: Strong social network, meaningful connections. 9/10

Discipline: Moderate self-control, some organization. 6/10

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

Spirituality: Some engagement, room for deeper connection. 6/10

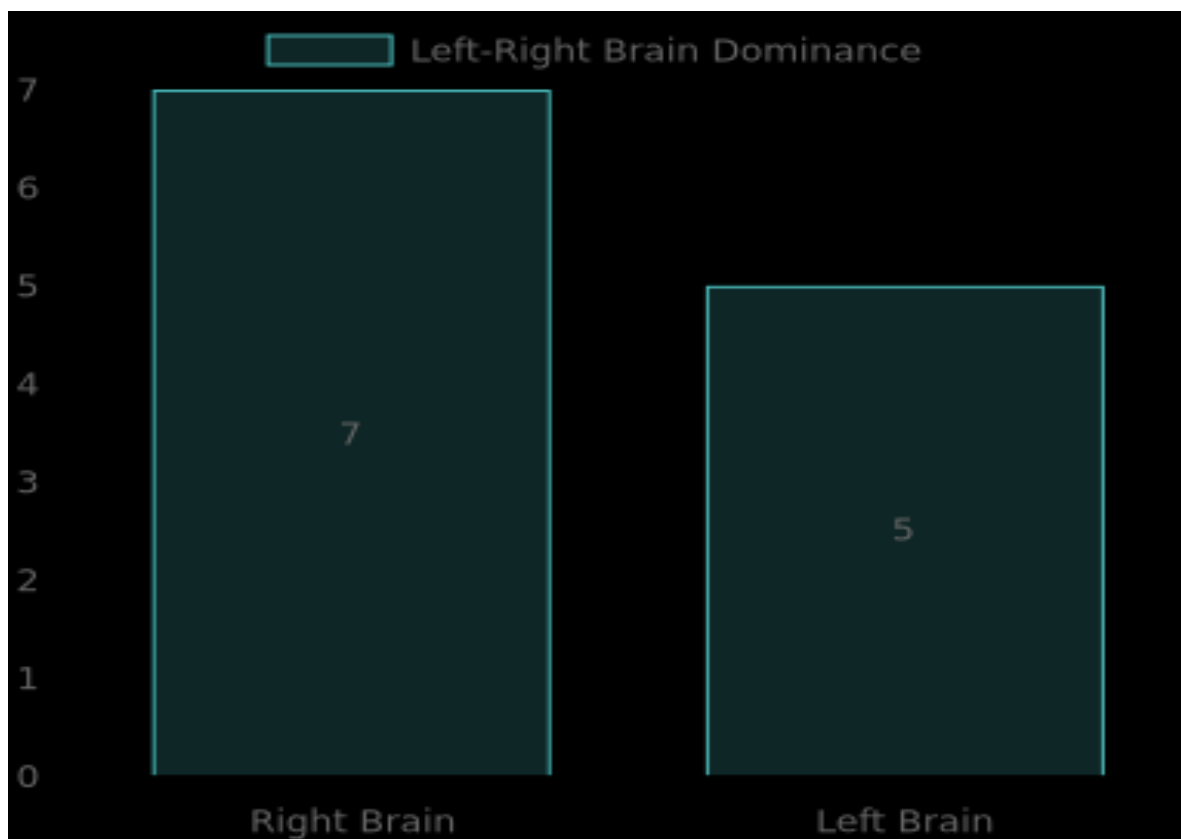
Goal Orientation: Clear goals, making progress. 7/10

Confidence: High self-esteem, strong self-belief. 9/10

Responsible: Fulfilling responsibilities effectively. 8/10

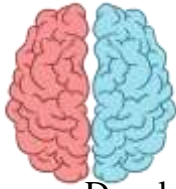
Hobbies & Extracurriculars: Engaging occasionally, explore more. 5/10

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

### **Feedback:**

Creativity: Strong capacity for imaginative and original thinking.

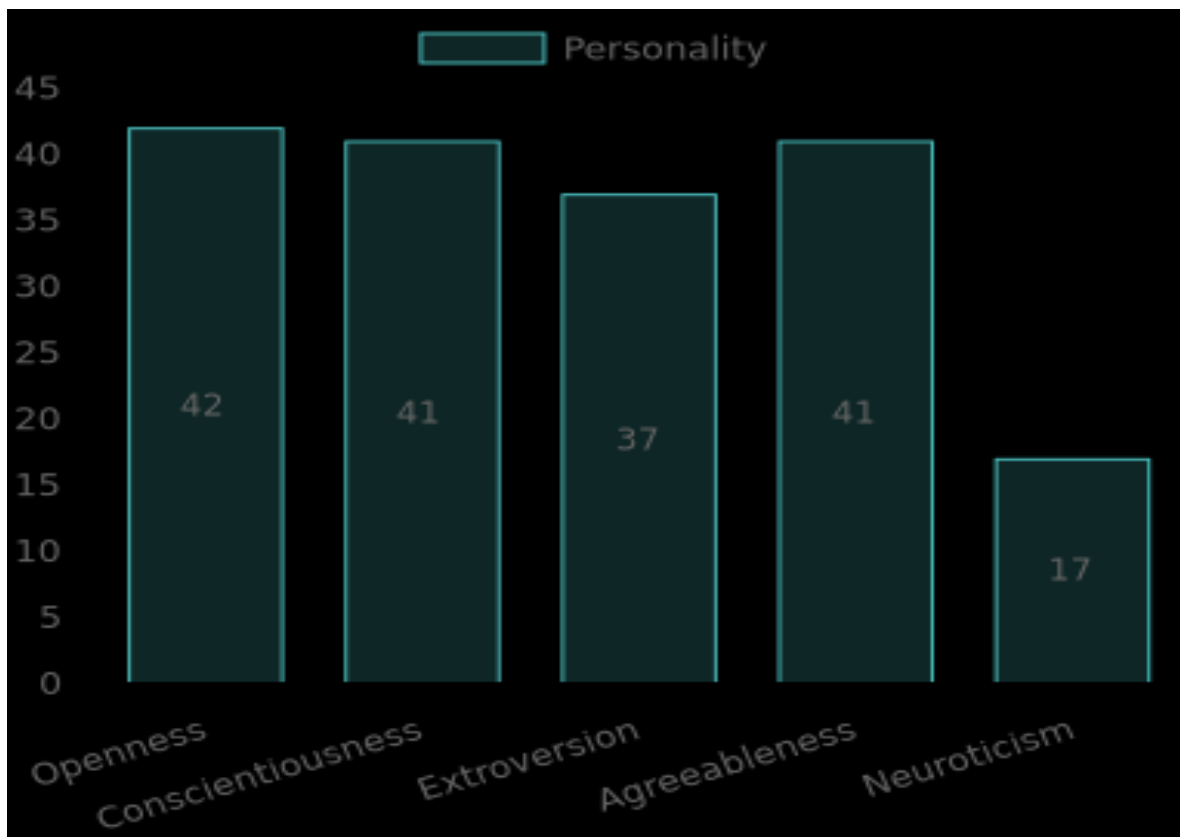
Visual Perception: Proficient in noticing shapes and colors.

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 :** 37 ( 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 :** 41 ( 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 :** 41 ( 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 :** 17 ( 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 :** 42 ( Category: Outstanding )

**Feedback:**

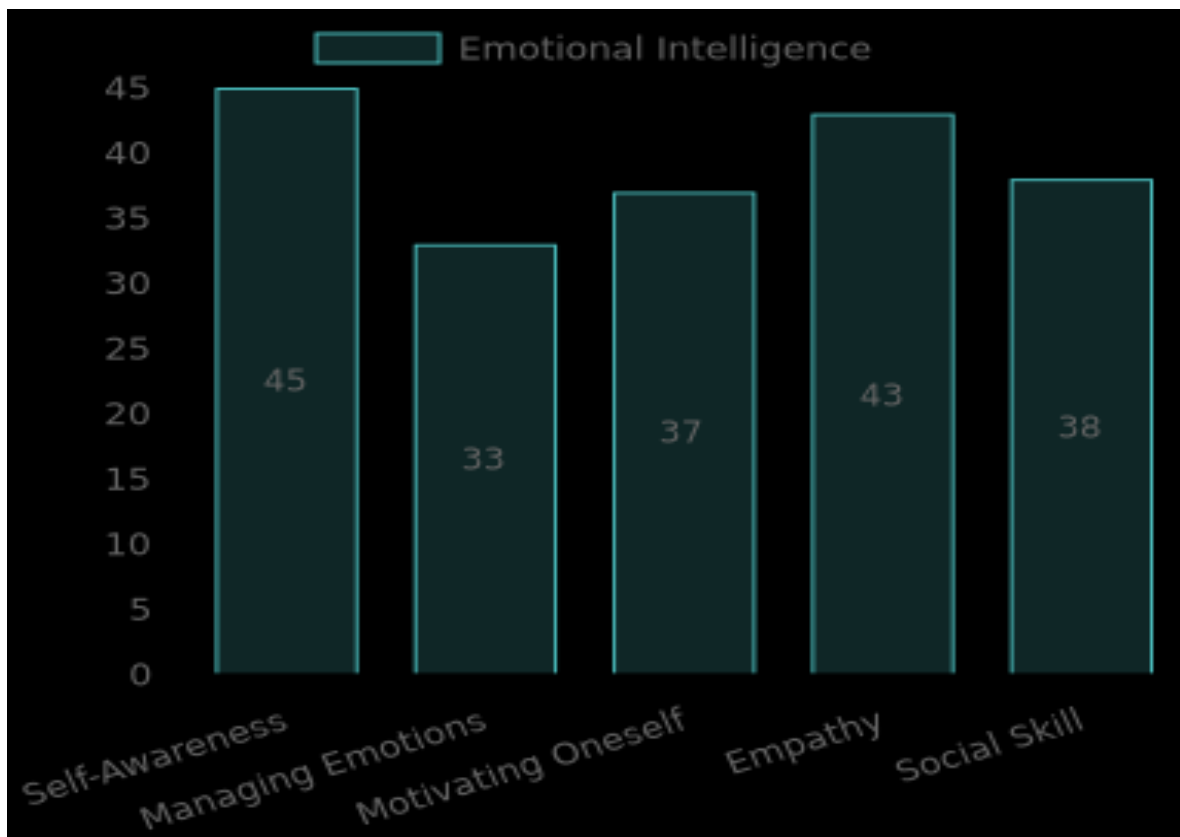
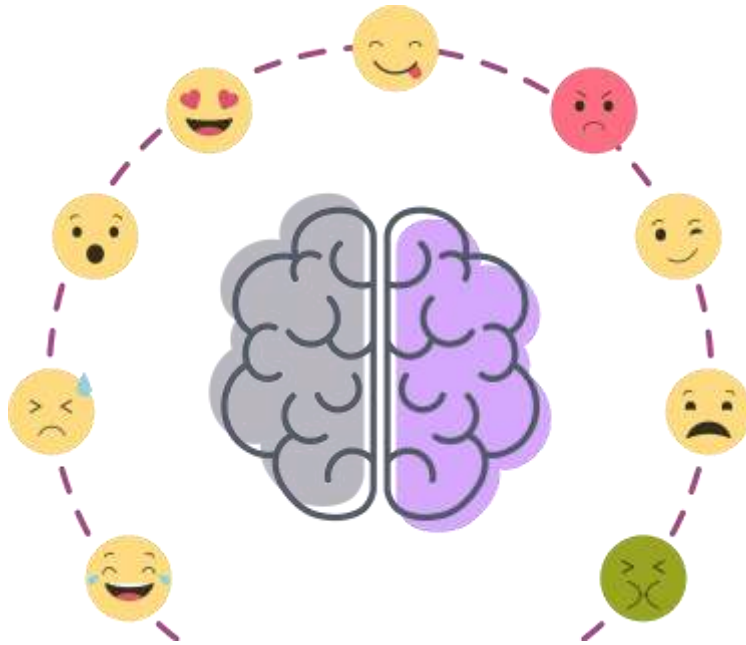
Your high openness underscores a profound appreciation for creativity, intellectual pursuits, and unconventional thinking. You find inspiration in a wide array of experiences and are drawn to pushing boundaries.

**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



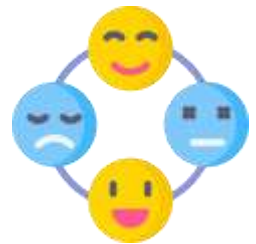
## 1. Self-Awareness

**Score :** 45 ( 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 :** 33 ( 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 :** 37 ( Category: Competing )

**Feedback:**

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

# EMOTIONAL INTELLIGENCE

## 4. Empathy



**Score :** 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 :** 38 ( Category: Competing )

**Feedback:**

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

# 8. LEARNING STYLE



# LEARNING STYLE

## 1. Visual



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

### **Feedback:**

Visual learning is a powerful tool for you, and you thrive when presented with visual materials. Diagrams, graphs, and visual representations significantly contribute to your understanding and memory retention. Leveraging visual aids in your learning process can lead to exceptional results.



## 2. Auditory

**Score :** 14 ( 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

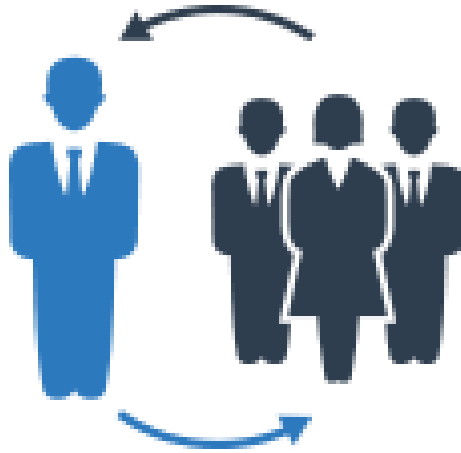


**Score :** 19 ( Category: Moderate )

### **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



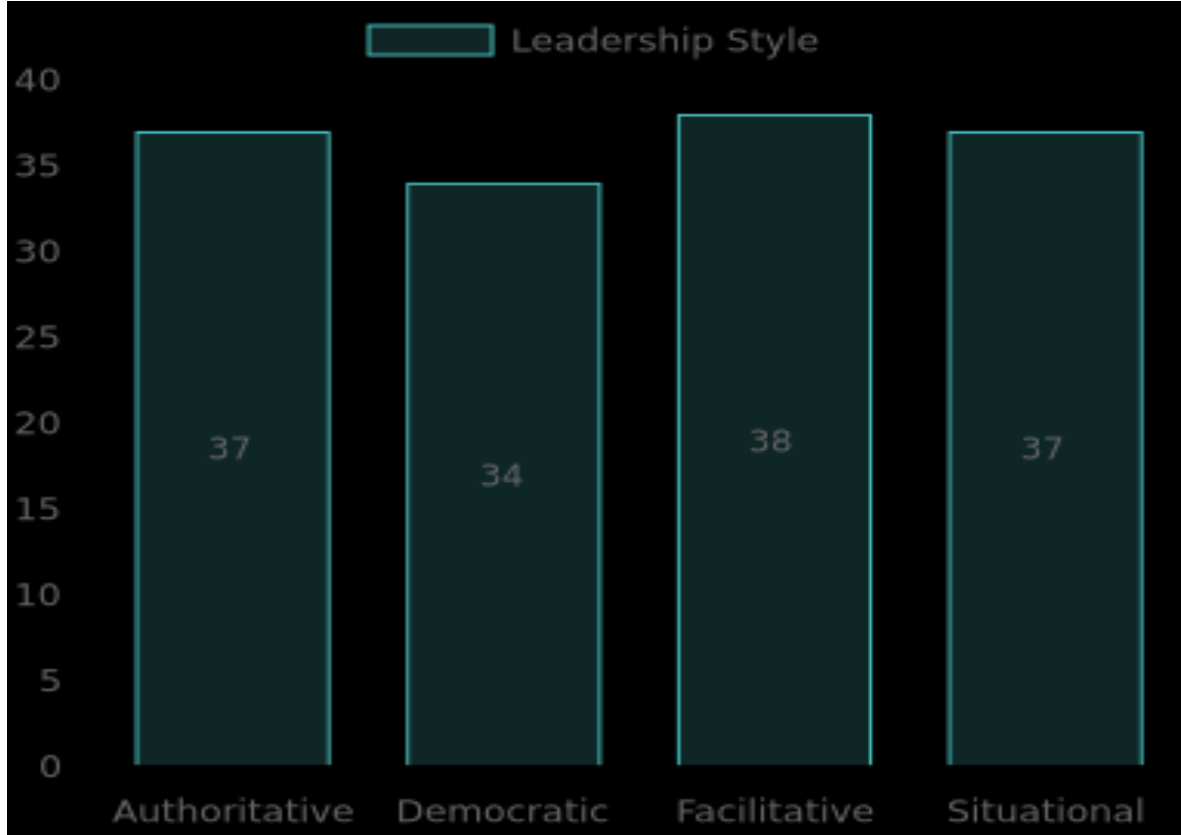
### Leadership Skills

**Score :** 85 ( Category: Outstanding )

### Feedback:

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

# 10. LEADERSHIP STYLE



# LEADERSHIP STYLE

## Authoritative



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

**Feedback:**

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



## Democratic

**Score :** 34 ( 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 :** 38 ( 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 :** 37 ( 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

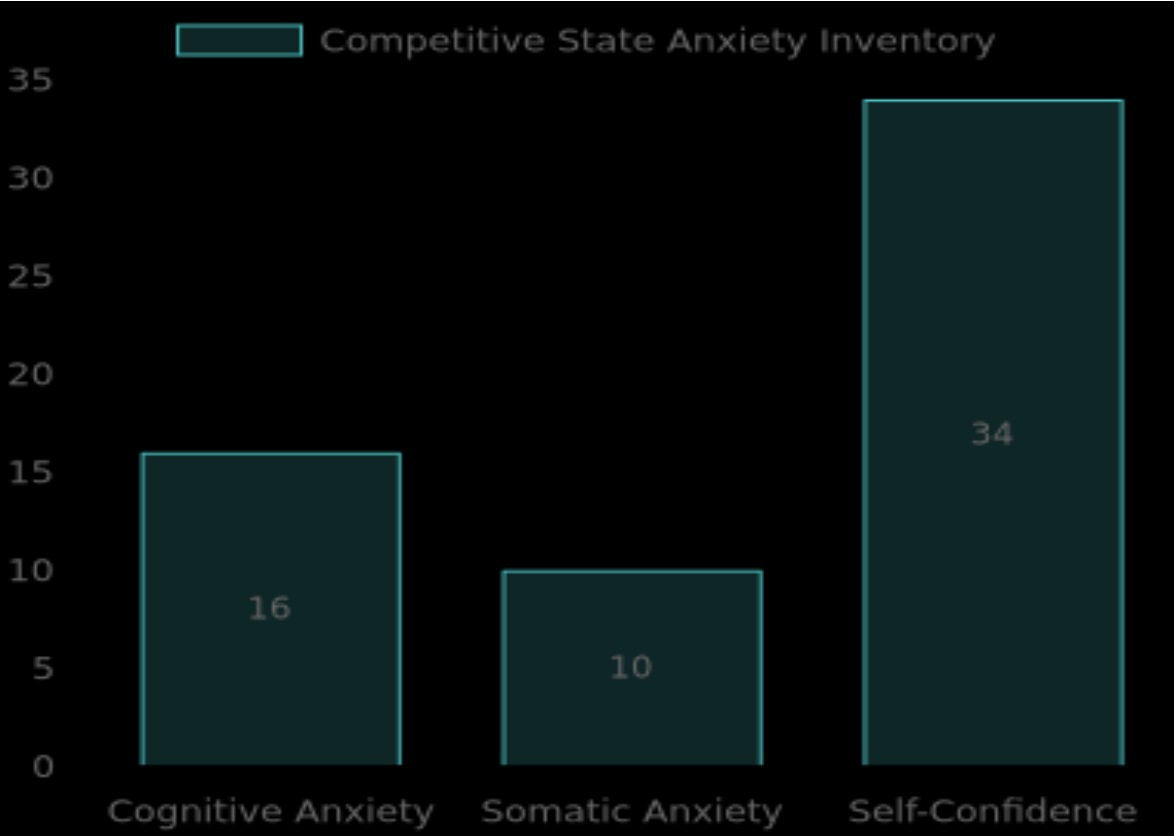


**Score :**52 ( Category: Moderate Dependency )

**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 :** 10 ( 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 :** 34 ( 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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