

# ***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.

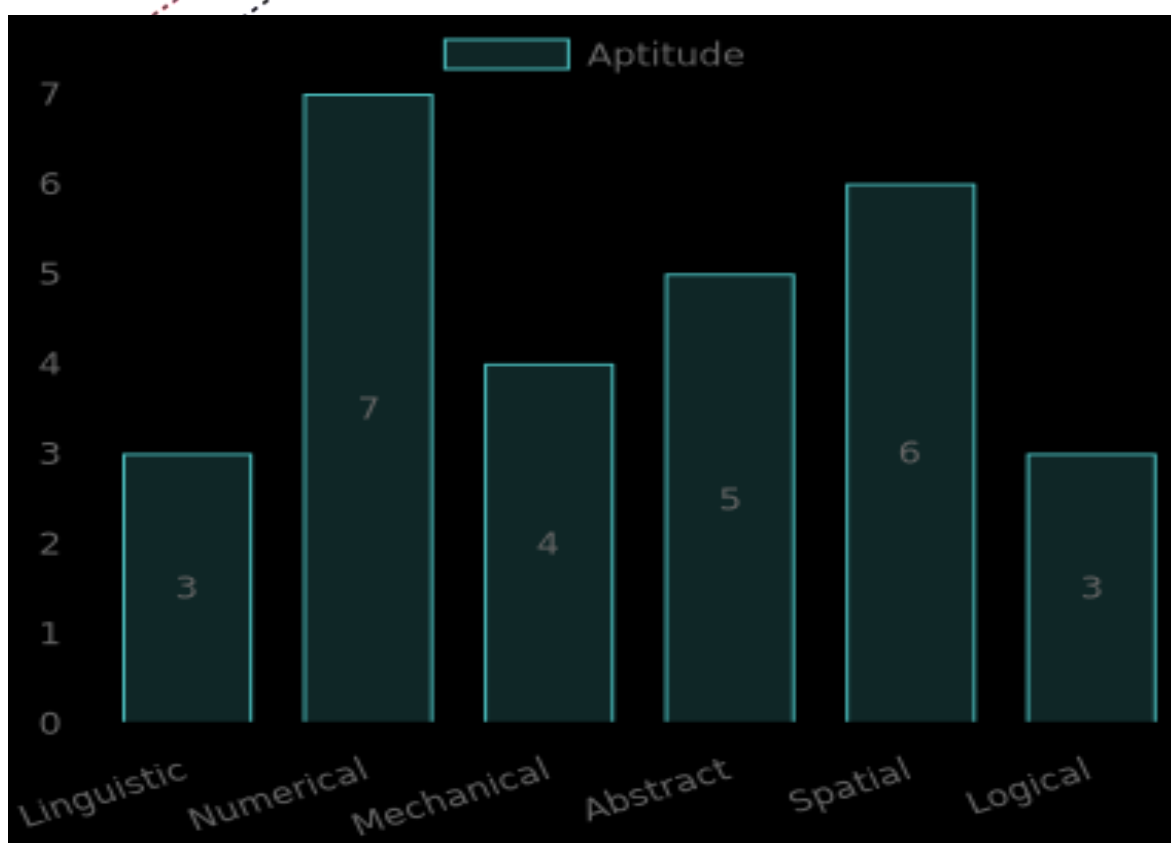
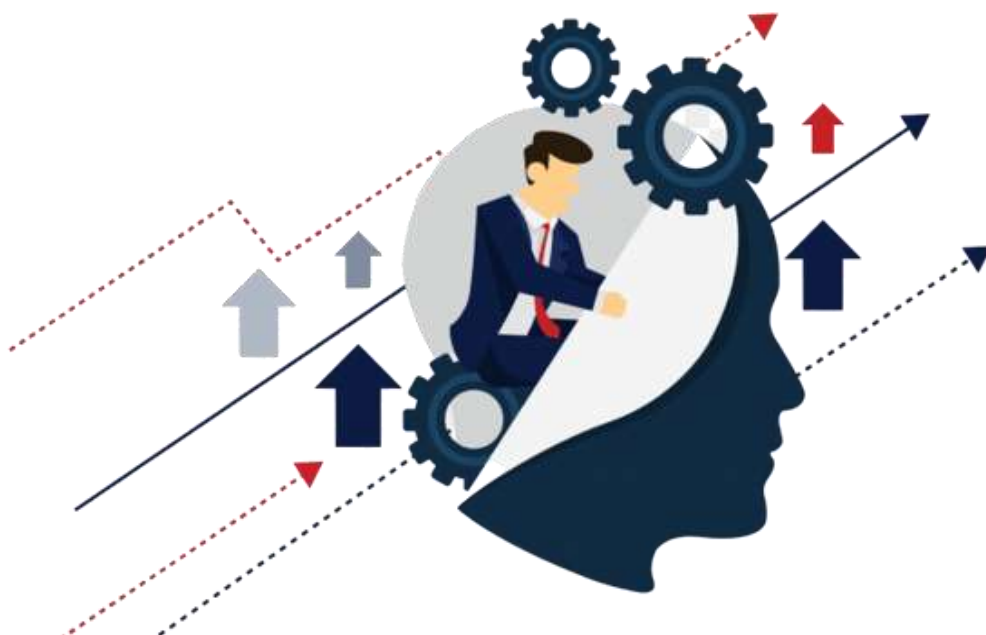


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# 1. APTITUDE





# APTITUDE

## 1. Linguistic Reasoning:



**Score :** 3(20%)

**Feedback:**

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

**Career Suggestions:**

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

## 2. Numerical Reasoning



**Score :** 7(40%)

**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:** 4(20%)

**Feedback:**

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

**Career Suggestions:**

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



## 4. Abstract Reasoning

**Score:** 5(40%)

**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**6(40%)

**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**3(20%)

**Feedback:**

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

**Career Suggestions:**

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

## 2. MULTIPLE INTELLIGENCE





## MULTIPLE INTELLIGENCE

### 1. Linguistic Intelligence

**Percentage:** 39(100%)

**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

**Percentage :** 35(100%)

**Feedback:**

Exceptional! Your logical/mathematical intelligence places you in the highest category of mastery. Your aptitude for logical reasoning and mathematical thinking is outstanding. Consider pursuing careers in fields such as mathematics, theoretical physics, computer science, cryptography, or any discipline that requires complex problem-solving and analytical skills. Your ability to dissect intricate systems and formulate innovative solutions is a rare and valuable talent.

**Career Suggestions:**

- **Mathematician:** Conduct advanced mathematical research, develop mathematical theories, and contribute to solving complex real-world problems.
- **Theoretical Physicist:** Explore the fundamental laws of the universe, formulate new theories, and conduct groundbreaking research.
- **Cryptographer:** Work on securing data and communications systems, utilizing your mastery of mathematical algorithms and encryption techniques.
- **Quantum Computing Scientist:** Push the boundaries of computing by working on quantum algorithms and applications in a rapidly evolving field.
- **Artificial Intelligence Researcher:** Lead in the development of AI systems, machine learning algorithms, and deep learning models, using your exceptional logical and mathematical intelligence.



**Picture Smart**

### 3 Visual/Spatial Intelligence

**Percentage :** 40(100%)

**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



**Percentage :** 40(100%)

**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

**Percentage :** 39(100%)

**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

**Percentage :** 39(100%)

### Feedback:

Exceptional! Your naturalistic intelligence score places you in the highest category of mastery. Your profound understanding of the natural world sets you apart. Consider pursuing careers as a botanist, ecologist, wildlife biologist, or environmental consultant, where your expertise can contribute to significant contributions in the fields of conservation and sustainability. Your ability to observe, analyze, and interpret the intricacies of the environment is truly remarkable.

### Career Suggestions:

- **Botanist:** Study plants and their ecosystems in detail, contributing to plant conservation and biodiversity efforts.
- **Wildlife Biologist:** Research and protect wildlife species, habitats, and ecosystems, often working with government agencies or conservation organizations.
- **Environmental Consultant:** Offer expertise in environmental impact assessments, helping businesses and organizations make sustainable choices.
- **Ecological Researcher:** Conduct in-depth research on complex ecological systems, making critical contributions to our understanding of the natural world.



## 7 Body/Kinaesthetic Intelligence

**Percentage :** 40(100%)

### **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**

**Percentage :** 40(100%)

**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:**

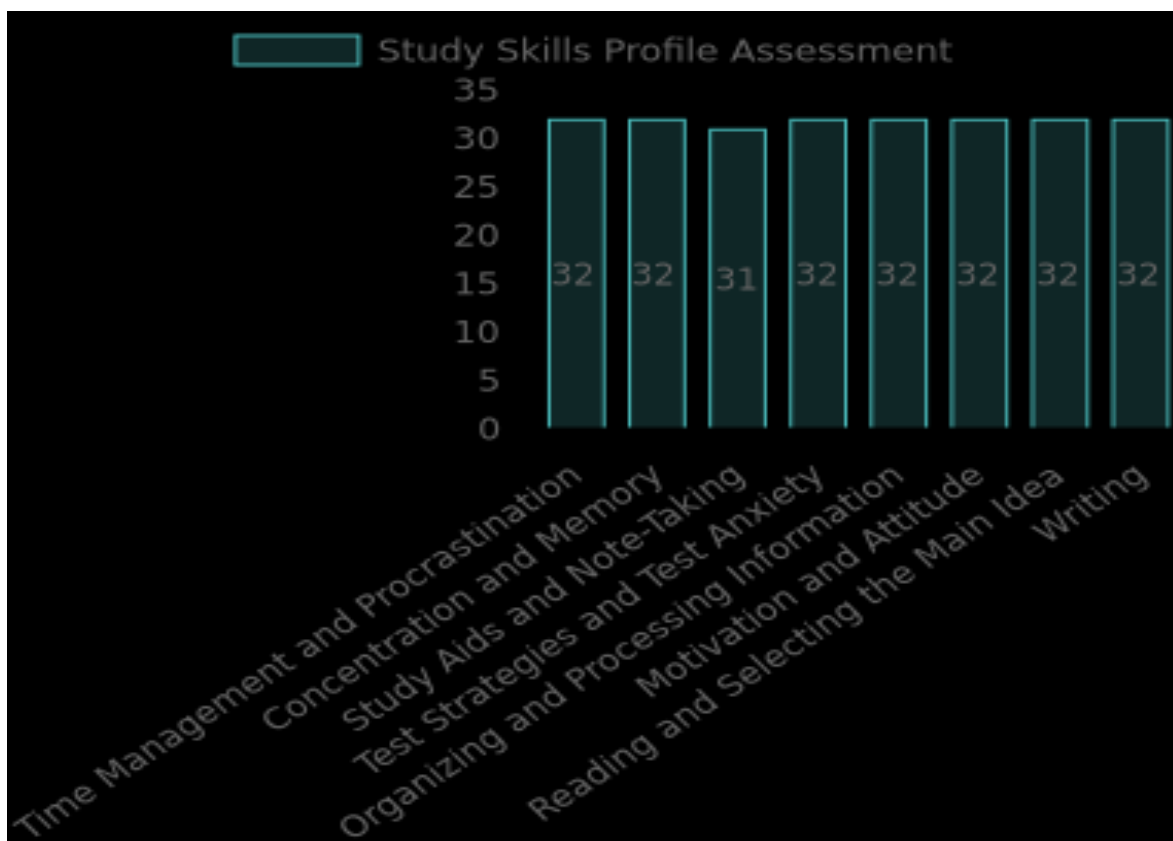
- **Psychotherapist:** Offer in-depth therapy and support to individuals dealing with complex emotional issues.
- **Creative Director:** Use your exceptional self-mastery to lead and inspire creative teams in fields like advertising, design, or filmmaking.
- **Spiritual Guide:** Guide individuals in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

# Career Priority List



- 1.
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### 3. STUDY SKILL PROFILE ASSESSMENT





# STUDY SKILL PROFILE



## 1. Time Management and Procrastination

**Score**32(100%)

### **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 :** 32(100%)

### **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 :** 31(100%)

### **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 32(100%)

### 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 : 32(100%)

### 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 : 32(100%)

### 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 :32(100%)

### 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

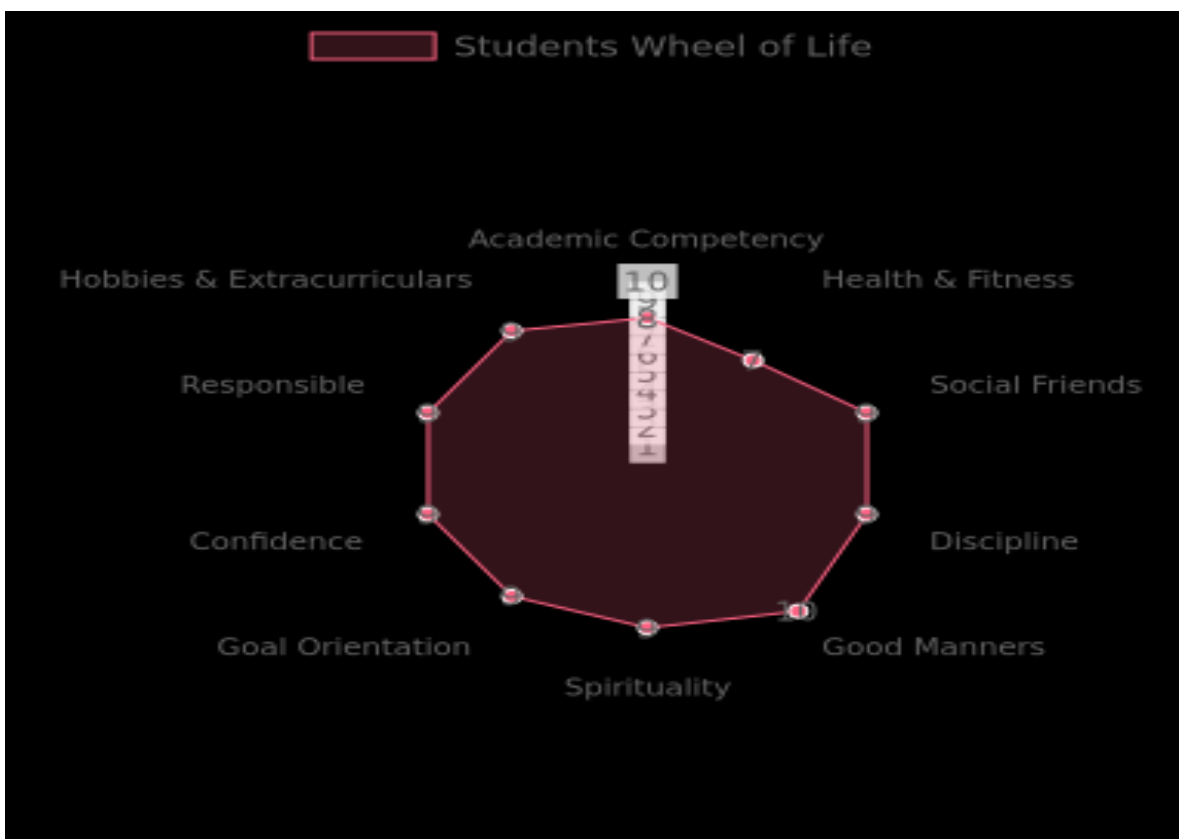


Score :32(100%)

### 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



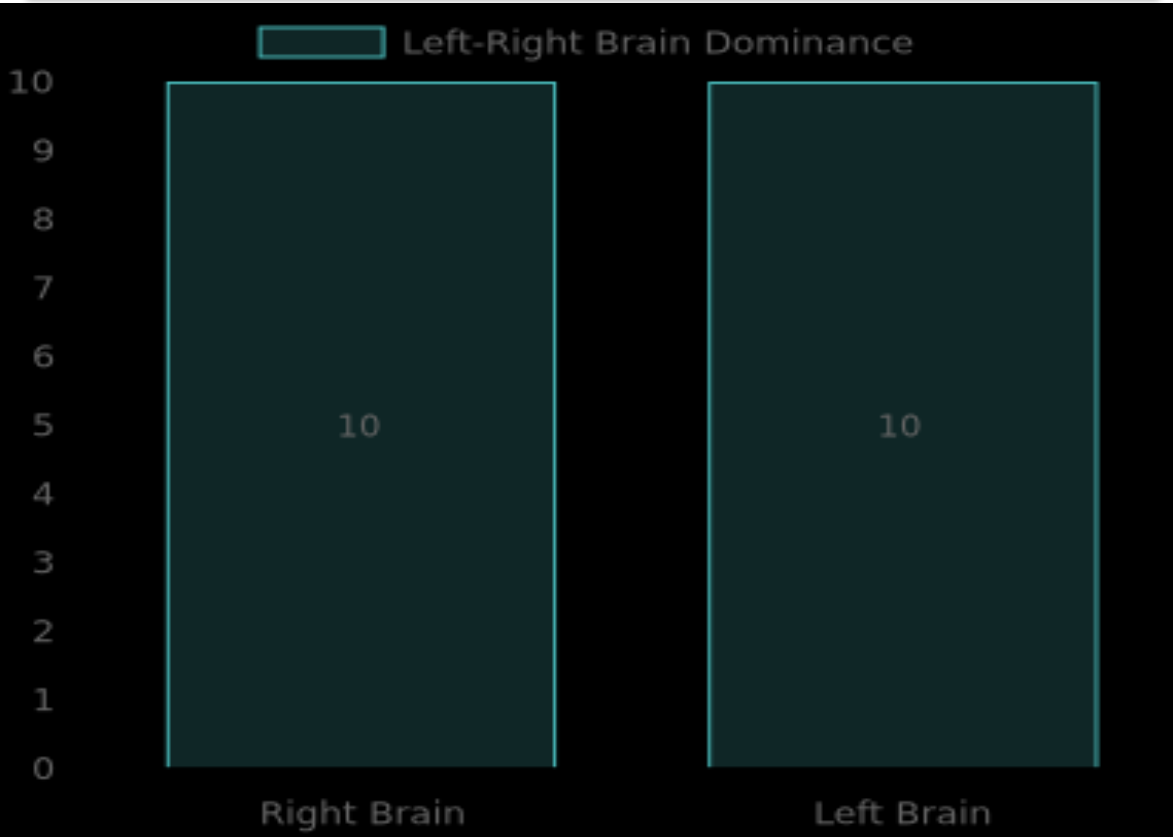
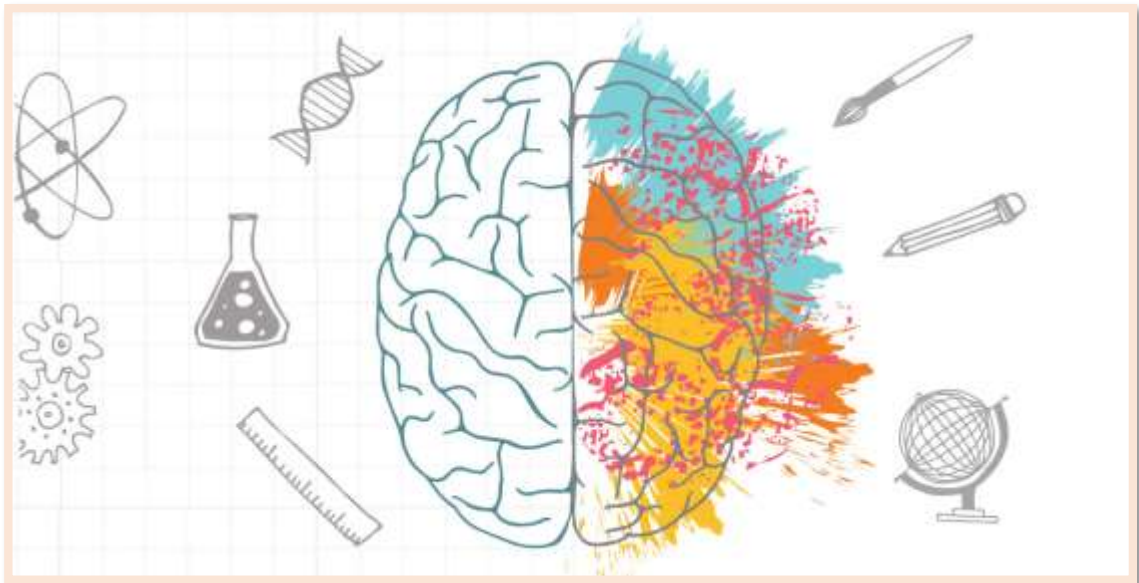
# WHEEL OF LIFE: STUDENT'S WELLNESS DIMENSIONS

## Feedback:

## Score:

Academic Competency: Proficient understanding, active learning.	8(75%)
Health & Fitness: Healthy habits, balanced approach.	7(75%)
Social Friends: Strong social network, meaningful connections.	9(100%)
Discipline: Excellent self-control, well-organized.	9(100%)
Good Manners: Exemplary etiquette and politeness.	10(100%)
Spirituality: Deeply connected, meaningful engagement.	9(100%)
Goal Orientation: Significant growth, clear and ambitious goals.	9(100%)
Confidence: High self-esteem, strong self-belief.	9(100%)
Responsible: Highly accountable, proactive responsibility.	9(100%)
Hobbies & Extracurriculars: Fully engaged, pursuing passions.	9(100%)

# 5. RIGHT-LEFT BRAIN DOMINANCE





# RIGHT-LEFT BRAIN DOMINANCE



## Left Brain Dominance:

Score :undefined()

### Feedback:

Feedback not found

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Feedback not found

## Right Brain Dominance:



Score :undefined()

### Feedback:

Feedback not found

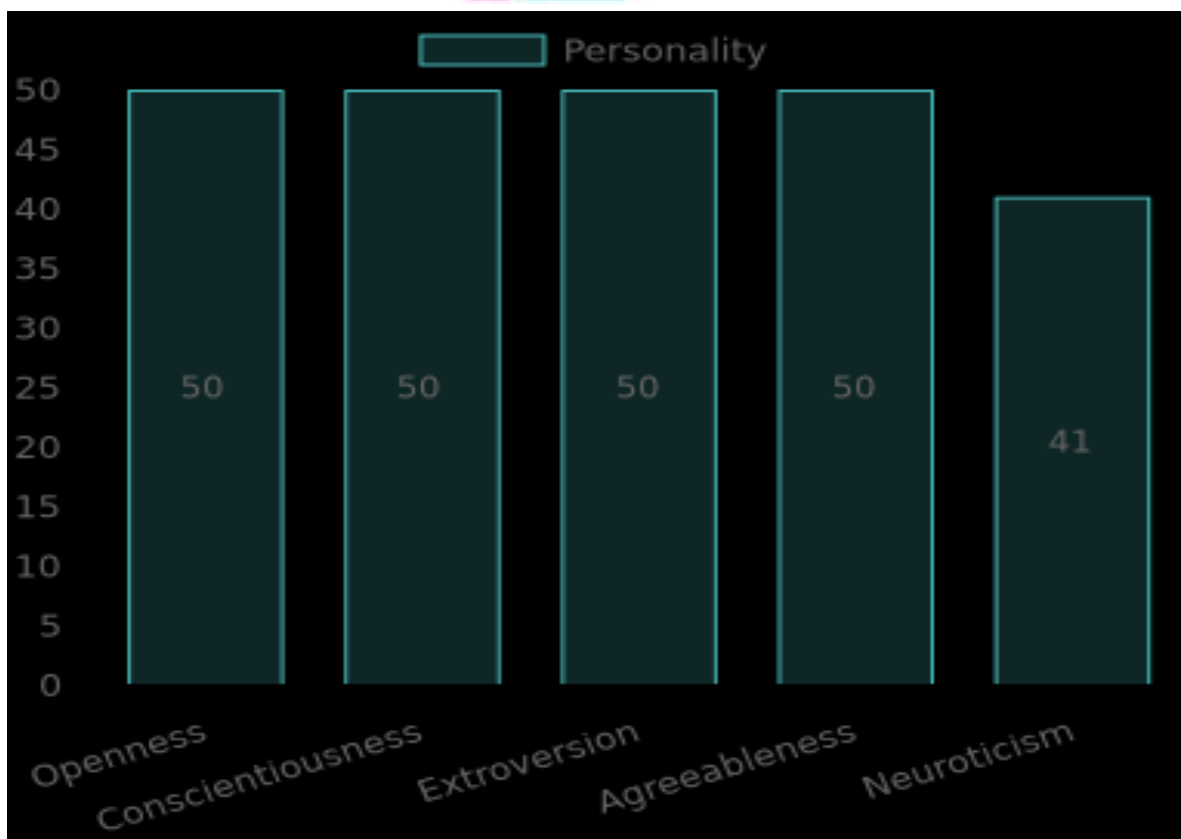
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## 6. PERSONALITY TRAITS DOMINANCE



# PERSONALITY TRAITS DOMINANCE

## 1 Extroversion:



**Score :** 50(100%)

**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 :** 50(100%)

**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 :** 50(100%)

**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 :** 41(100%)

**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 :** 50(100%)

**Feedback:**

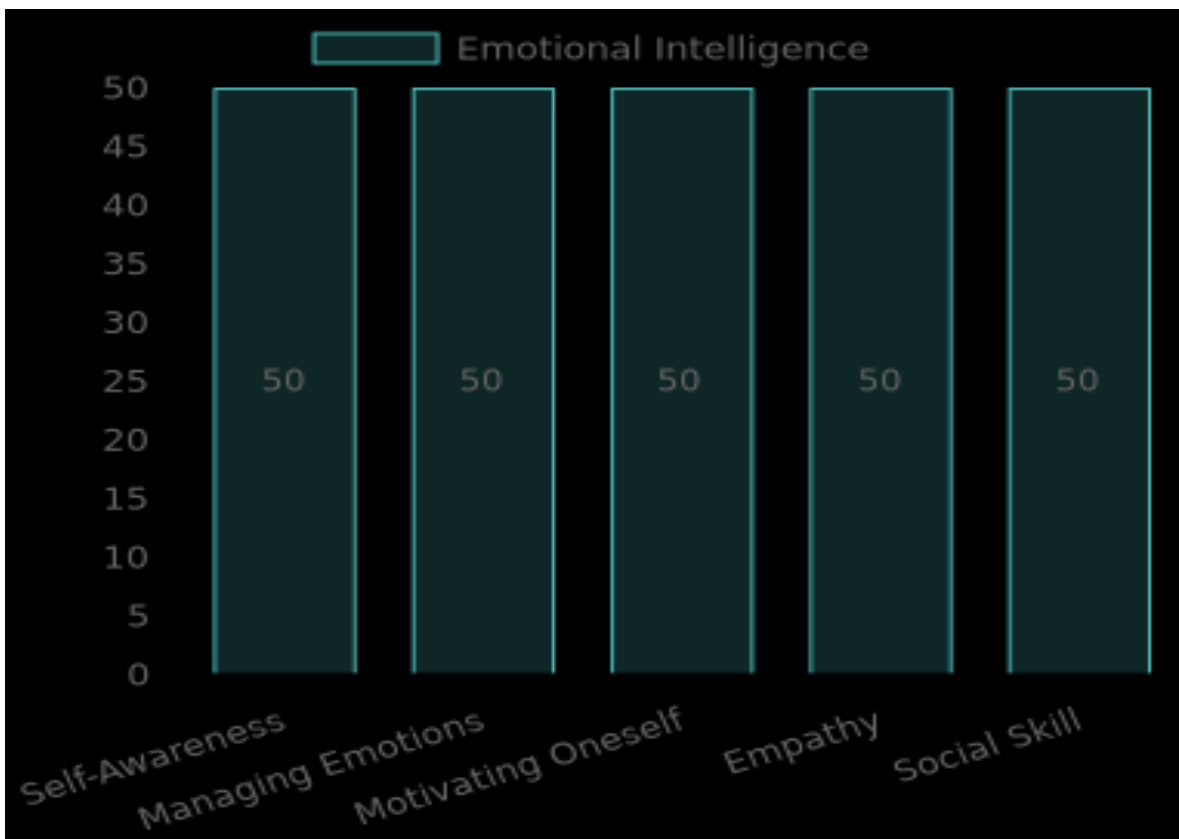
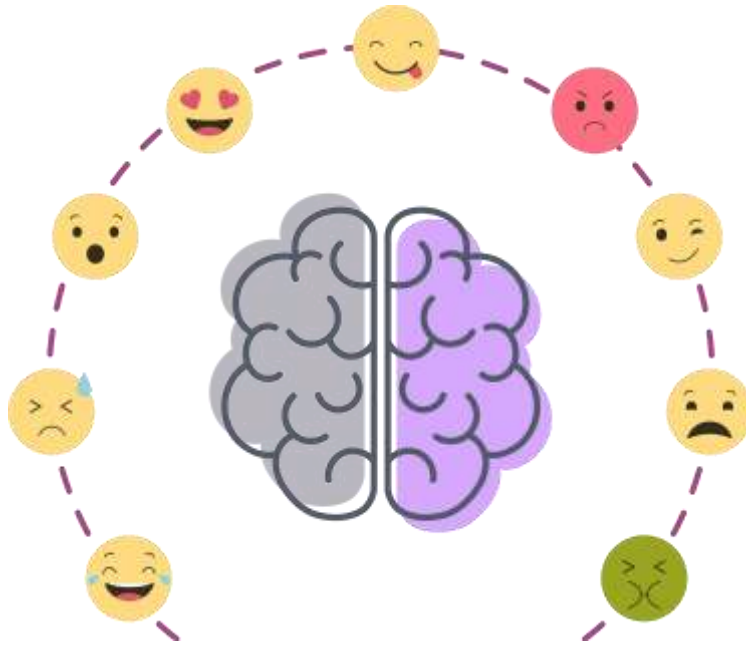
Your high openness underscores a profound appreciation for creativity, intellectual pursuits, and unconventional thinking. You find inspiration in a wide array of experiences and are drawn to pushing boundaries.

**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



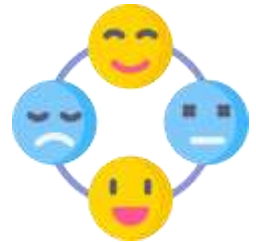
## 1. Self-Awareness

Score : 50(100%)

### 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 : 50(100%)

### Feedback:

Outstanding job! Your ability to manage emotions is exceptional. You've demonstrated a high level of emotional regulation and control. Your skill in handling challenging situations and maintaining a balanced emotional state is truly commendable. Your proficiency in managing emotions positively influences your interactions, decision-making, and overall well-being. Keep up the impressive work in maintaining emotional resilience and equilibrium.

## 3. Motivating Oneself



Score : undefined()

### Feedback:

Feedback not found

# EMOTIONAL INTELLIGENCE

## 4. Empathy



**Score :** 50(100%)

**Feedback:**

Congratulations! Your level of empathy is truly exceptional. You have a remarkable ability to understand and share the feelings of others. Your compassion and genuine interest in others' emotions contribute to creating strong connections and fostering a supportive environment. Your high empathy can positively impact your relationships, teamwork, and overall emotional intelligence. Keep up the incredible work in making others feel understood and valued.

## 5. Social Skill

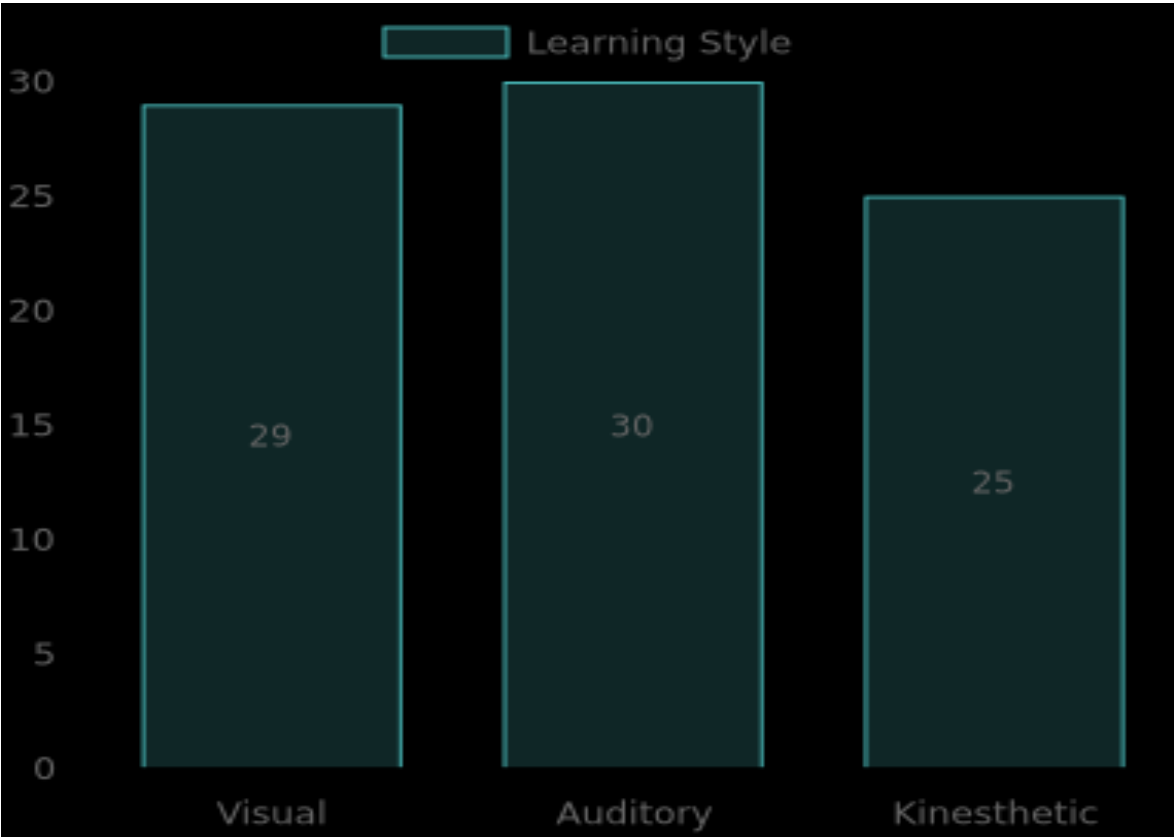


**Score :** 50(100%)

**Feedback:**

Your social skills are truly exceptional! You excel in building and maintaining relationships, displaying empathy, active listening, and effective communication. Your ability to connect with others is outstanding, and it's evident that you create positive and meaningful interactions. Your strong social skills contribute to harmonious relationships, successful collaborations, and a supportive network. Keep up the exceptional work!

# 8. LEARNING STYLE



# LEARNING STYLE

## 1. Visual



**Score :** 29(100%)

### **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 :** 30(100%)

### **Feedback:**

For those with a strong preference for auditory learning, spoken words and discussions are powerful tools for comprehension. You excel when information is presented through auditory means. To capitalize on this strength, continue participating in discussions, attending lectures, and seeking out audiobooks or podcasts for your studies. While auditory learning is your forte, it's still beneficial to occasionally incorporate visual aids and hands-on experiences into your learning process to maintain a well-rounded and comprehensive approach to education.

## 3. Kinaesthetic

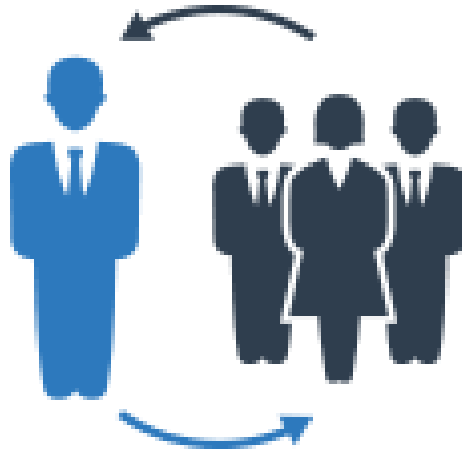


**Score :** 25(100%)

### **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



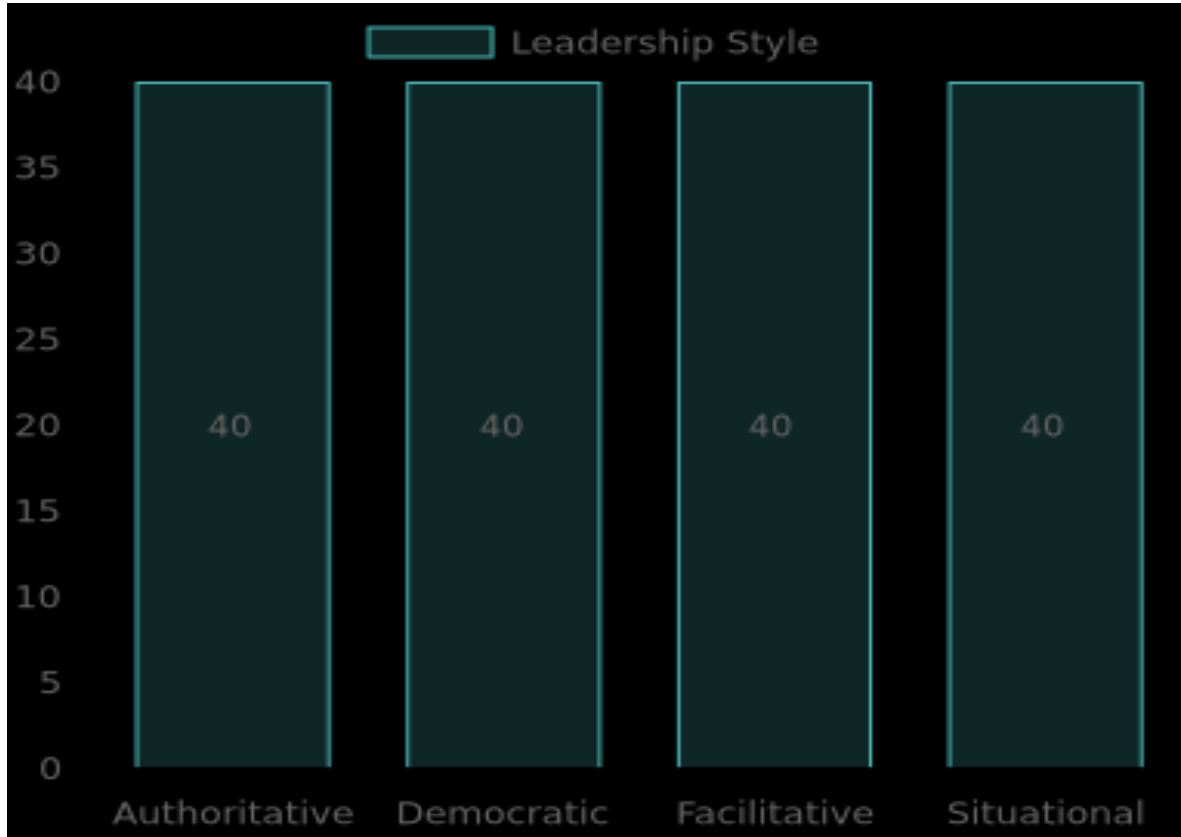
### Leadership Skills

Score : 100(100%)

### 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 :** 40(100%)

**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 :** 40(100%)

**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 :** 40(100%)

**Feedback:**

Congratulations! Your high score in this range signifies mastery of the facilitative leadership style. Your adeptness at facilitating group dynamics, fostering open dialogue, and collectively arriving at well-informed decisions is truly commendable. Your team likely experiences a high level of trust, and your leadership approach empowers them to take ownership of their work. Continue being an exemplar of facilitative leadership by consistently promoting collaboration, empathy, and mutual understanding.



## Situational

**Score :** 40(100%)

**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

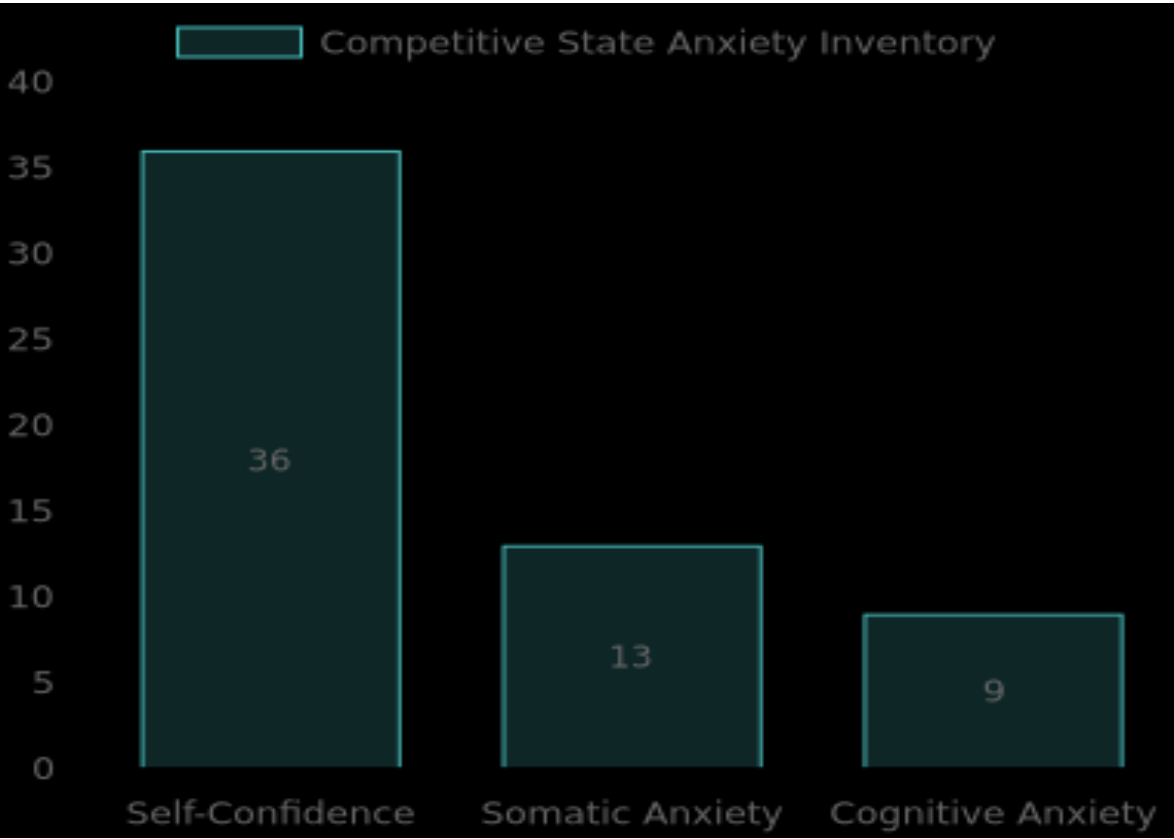


Score undefined()

Feedback:

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## 12. COMPETITIVE STATE ANXIETY INVENTORY



# COMPETITIVE STATE ANXIETY

## Cognitive Anxiety



**Score :** 9(25%)

**Feedback:**

Congratulations! Your cognitive anxiety score falls within the low range, indicating that you generally have a strong ability to manage your worries and concerns. You likely approach challenges with a clear and focused mindset, allowing you to think more objectively and make sound decisions.

## Somatic Anxiety



**Score :** 13(50%)

**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 :** 36(100%)

**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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