

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.

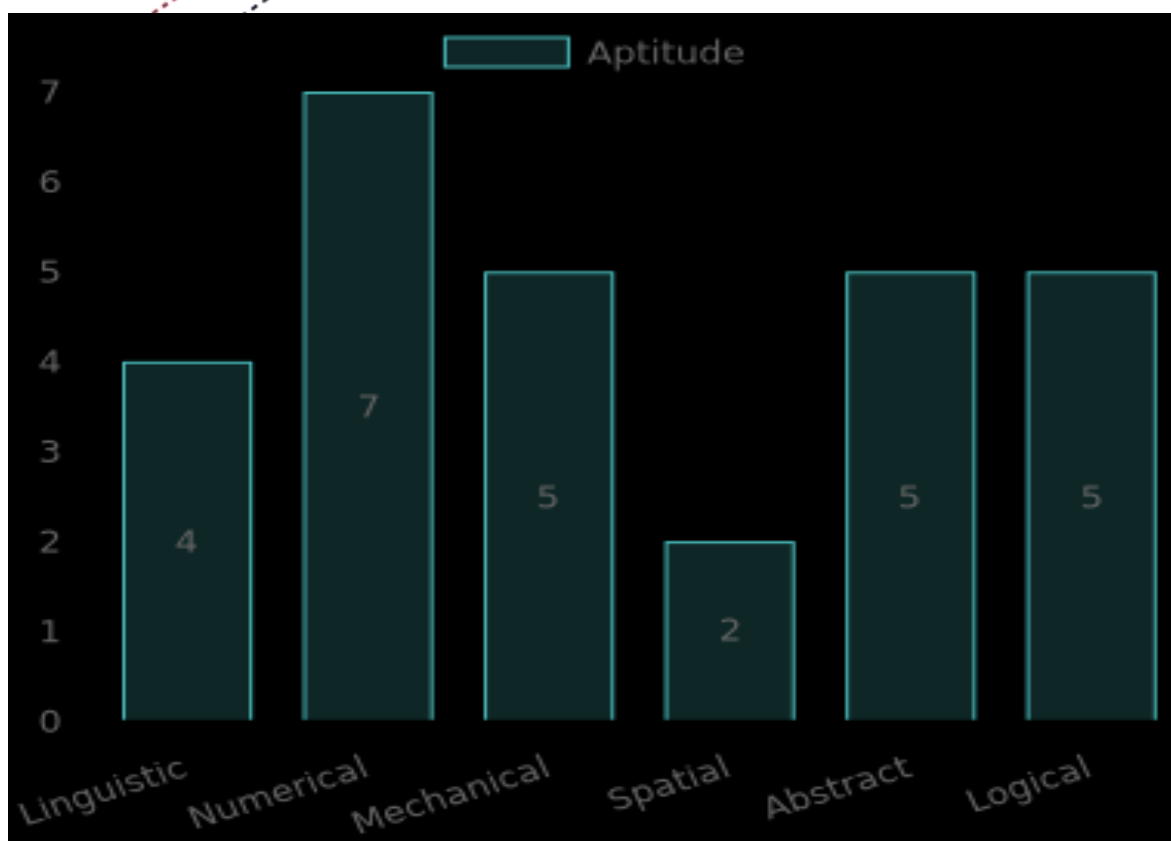
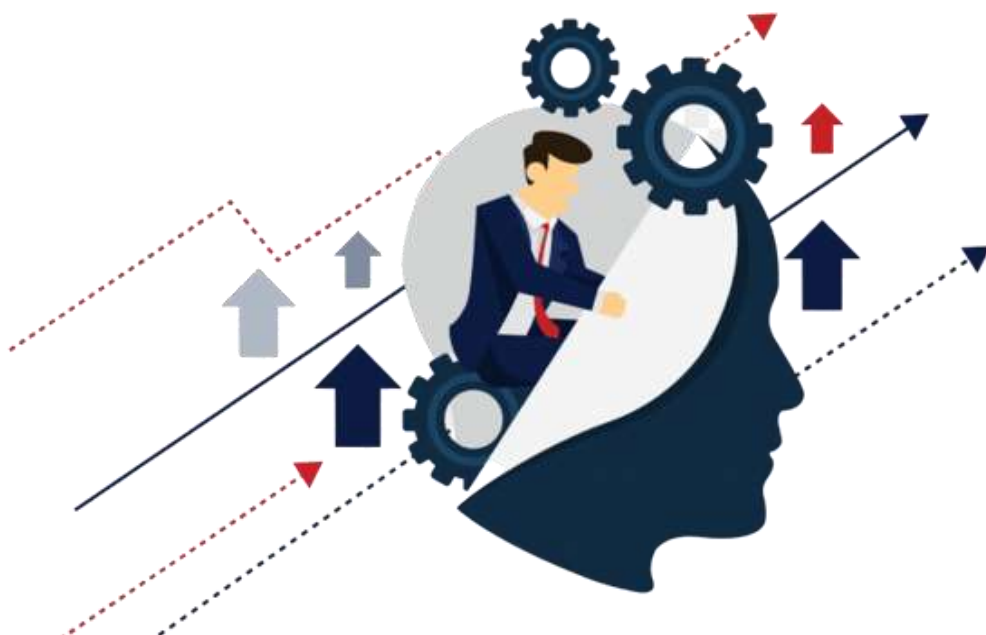


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1. APTITUDE



APTITUDE

1. Linguistic Reasoning:



Score : 4 (Category: Developing)

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 (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: 5 (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 : 2 (Category: Developing)

Feedback:

Your interest in developing your spatial reasoning skills is evident. While your current score reflects a starting point, remember that improvement takes practice and effort. Continue working on enhancing your spatial awareness and visualization abilities.

Career Suggestions:

Consider roles that require basic spatial skills, such as assembly line work, basic drafting, or introductory positions in fields like architecture and design. These roles can provide a foundation for further skill development.

6. Logical Reasoning



Score : 5 (Category: Progressing)

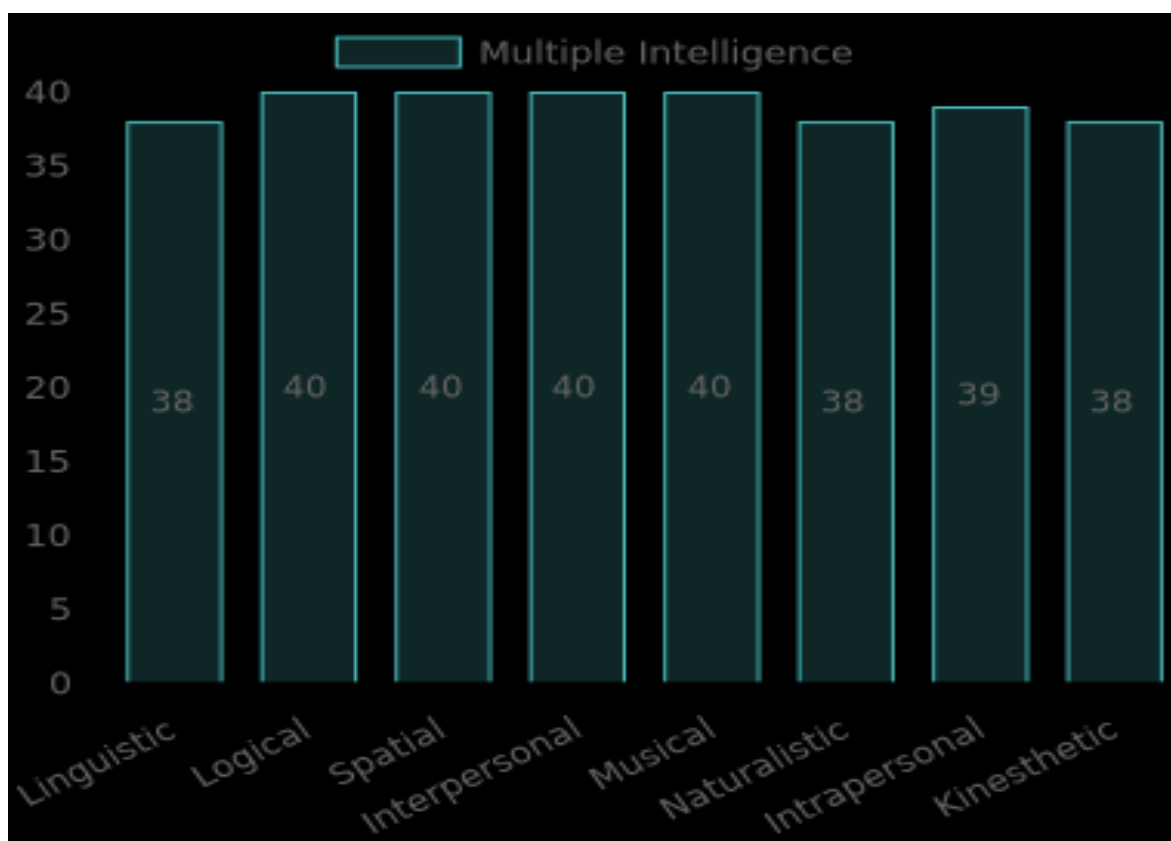
Feedback:

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

Career Suggestions:

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

2. MULTIPLE INTELLIGENCE





MULTIPLE INTELLIGENCE

1. Linguistic Intelligence

Score: 38 (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: 40 (Category: Exceptional Mastery)

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

Score: 40 (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: 40 (Category: Exceptional Mastery)

Feedback:

Exceptional! Your interpersonal intelligence score places you in the highest category of mastery. You have a remarkable talent for connecting, understanding, and influencing others. Your ability to build relationships, inspire teamwork, and navigate complex social dynamics is exceptional. Consider careers in fields such as psychology, coaching, mentoring, diplomacy, or executive leadership, where your exceptional interpersonal skills can drive meaningful change and success.

Career Suggestions:

- **Psychologist:** Utilize your exceptional interpersonal skills to help individuals and groups address mental and emotional challenges.
- **Executive Leadership:** As a top-level executive, you can lead organizations to success by fostering a positive and collaborative work environment.
- **Diplomat:** Represent your country's interests and build international relationships as a diplomat.
- **Leadership Coach:** Help executives and leaders improve their interpersonal and leadership skills.
- **Mentorship Programs:** Establish mentorship programs within organizations or communities to empower others with your expertise.



5 Musical Intelligence

Score: 40 (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: 38 (Category: Exceptional Mastery)

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

Score: 38 (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: 39 (Category: Exceptional Mastery)

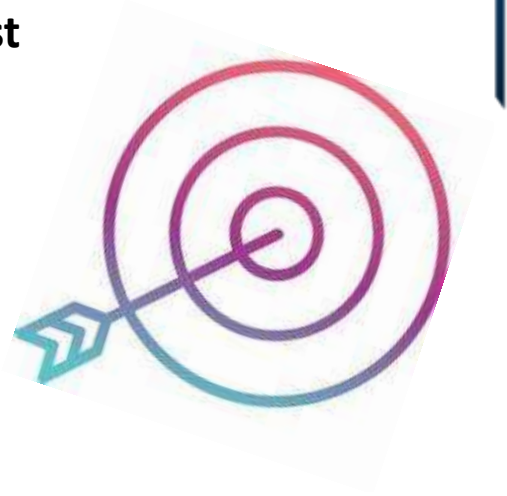
Feedback:

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. Mathematician
2. Salesperson
3. Life Coach
4. Photographer
5. Animator
6. Fashion Designer
7. Industrial Designer
8. Economist
9. Social Entrepreneur
10. Nonprofit Director

3. STUDY SKILL PROFILE ASSESSMENT



STUDY SKILL PROFILE



1. Time Management and Procrastination

Score : 29 (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 : 21 (Category: Strong Proficiency)

Feedback:

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



2. Study Aids and Note-Taking

Score : 12 (Category: Developing Skills)

Feedback:

You are making efforts to implement study aids and note-taking practices. By refining these skills and consistently utilizing them, you can enhance your ability to absorb and retain information more efficiently.

STUDY SKILL PROFILE



4. Test Strategies and Test Anxiety

Score : 22 (Category: Strong Proficiency)

Feedback:

Your commitment to mastering test strategies and managing test anxiety is evident. Continue to refine your techniques through consistent effort and utilize resources to achieve optimal results in exams.

5. Organizing and Processing Information

Score : 23 (Category: Strong Proficiency)

Feedback:

Your organizational and information processing capabilities are solid, showcasing your commitment to effective learning. Continue to explore advanced strategies to enhance your skills even further.



6. Motivation and Attitude

Score : 23 (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 : 22 (Category: Strong Proficiency)

Feedback:

Your proficiency in reading and selecting the main idea is commendable. Continue engaging with a variety of texts to reinforce your skillset. Fine-tune your analytical prowess and main idea identification through continuous practice, leading to a deeper understanding of textual content.

8. Writing

Score : 22 (Category: Strong Proficiency)

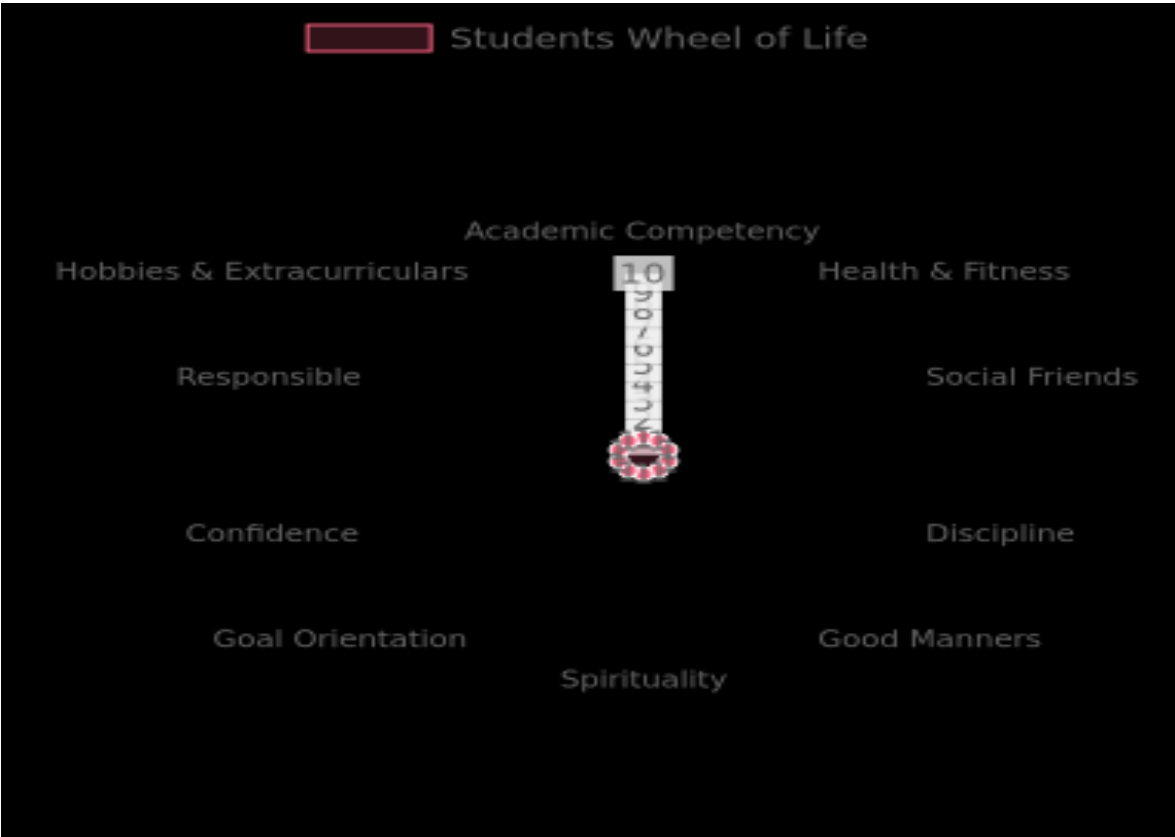
Feedback:



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

4. WHEEL OF LIFE

STUDENT’S WELLNESS DIMENSIONS



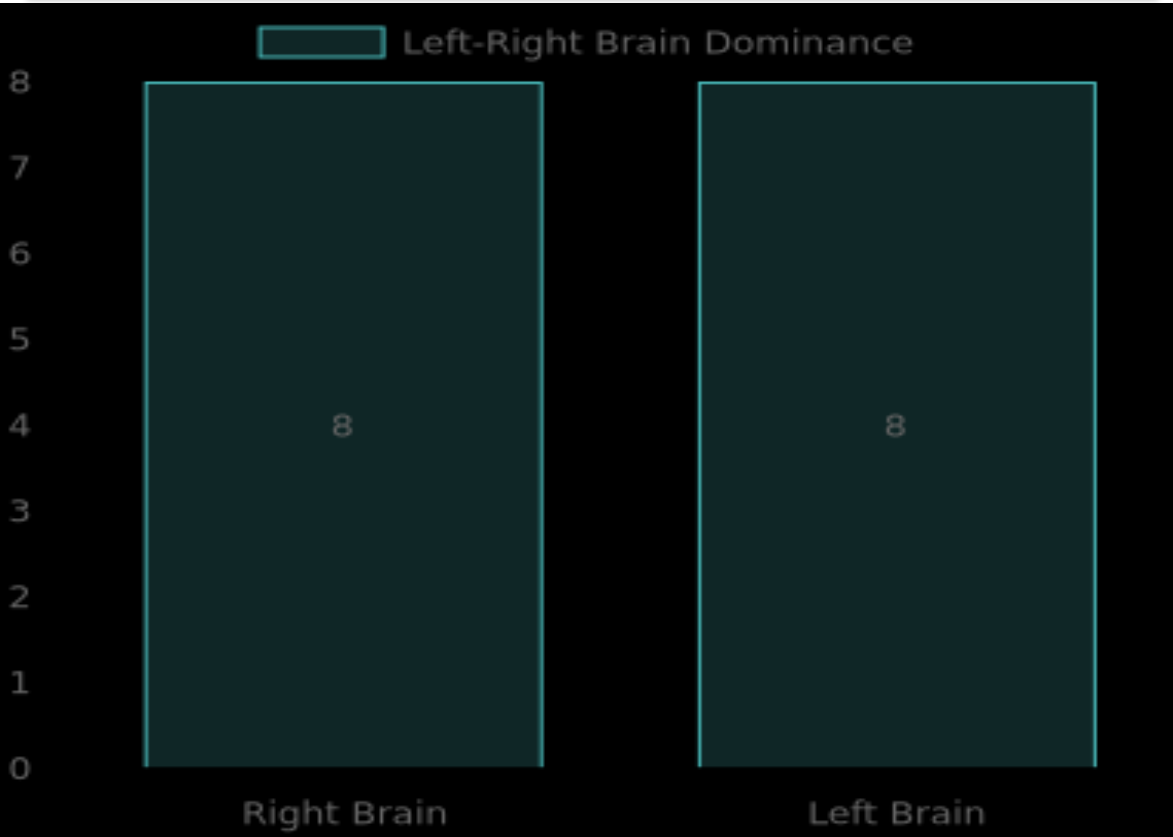
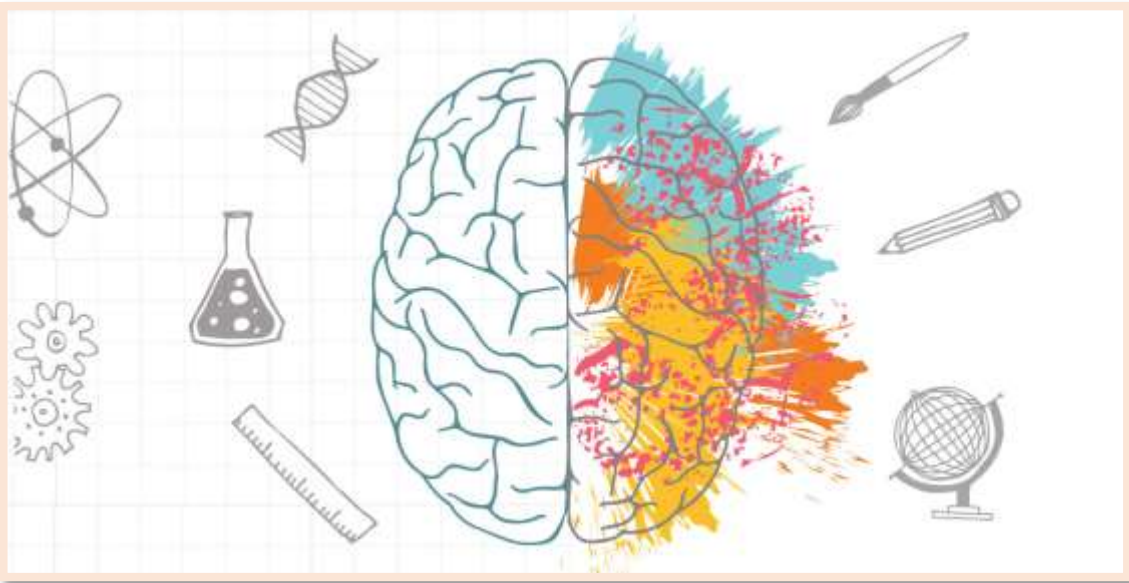
WHEEL OF LIFE: STUDENT'S WELLNESS DIMENSIONS

Feedback:

Score:

Academic Competency: Struggling with understanding concepts.	1/10 (Basic Proficiency)
Health & Fitness: Poor physical health, lack of exercise.	1/10 (Basic Proficiency)
Social Friends: Limited social interactions, few connections.	1/10 (Basic Proficiency)
Discipline: Lack of self-control and organization.	1/10 (Basic Proficiency)
Good Manners: Frequent lapses in etiquette and politeness.	1/10 (Basic Proficiency)
Spirituality: Minimal engagement, lack of personal connection.	1/10 (Basic Proficiency)
Goal Orientation: Undefined goals, lack of direction.	1/10 (Basic Proficiency)
Confidence: Low self-esteem, self-doubt.	1/10 (Basic Proficiency)
Responsible: Inconsistent commitment to responsibilities.	1/10 (Basic Proficiency)
Hobbies & Extracurriculars: Limited engagement, lack of interests.	1/10 (Basic Proficiency)

5. RIGHT-LEFT BRAIN DOMINANCE



RIGHT-LEFT BRAIN DOMINANCE



Left Brain Dominance:

Score : 8 (Category: Balanced Dominance)

Feedback:

Analytical Thinking: Strong logical problem-solving abilities.

Language Skills: Proficient verbal communication and grammar.

Math and Logic: Comfortable with numbers and reasoning.

Structured Planning: Effectively organizes tasks and goals.

Sequential Processing: Easily follows linear sequences.

Right Brain Dominance:



Score : 8 (Category: Balanced Dominance)

Feedback:

Creativity: Strong capacity for imaginative and original thinking.

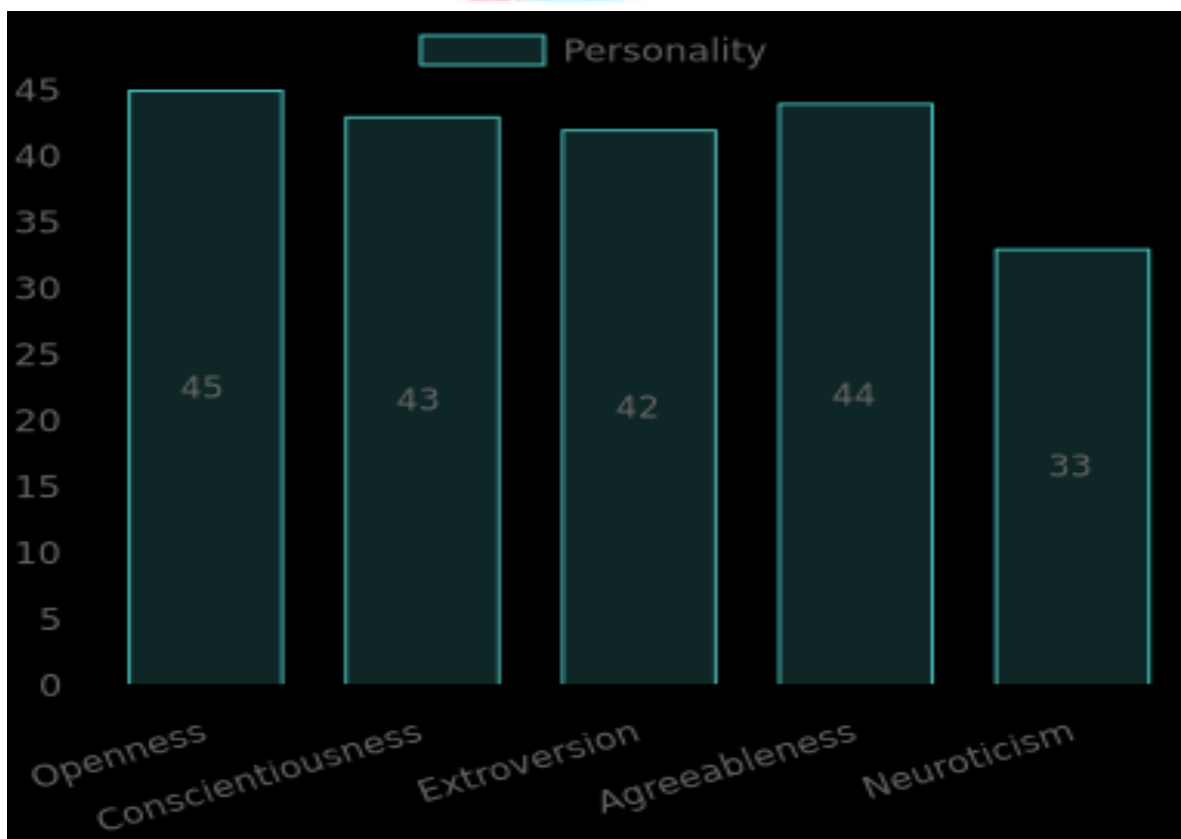
Visual Perception: Proficient in noticing shapes and colors.

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 : 42 (Category: Outstanding)

Feedback:

Your extroversion is a dominant trait, and you are naturally drawn to social interactions. You derive energy and excitement from engaging with others, often taking on leadership roles.

Possible Personality Type: Possible Personality Type: Extroverted, Enthusiastic, Charismatic

Career Options:

Seek roles that require extensive networking, public speaking, and leading groups. Sales management, event coordination, public speaking, or entrepreneurship could be highly fulfilling paths for you.



2 Agreeableness:

Score : 44 (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 : 43 (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 : 33 (Category: Excelling)

Feedback:

You may experience heightened emotional responses in certain situations, indicating a sensitivity to stressors. However, you are also likely to possess effective coping mechanisms and can recover from setbacks. Roles in the helping professions could be avenues to explore.

Possible Personality Type: Possible Personality Type: Sensitive, Reflective, Resilient Learner

Career Options:

Pursue roles that encourage personal growth, creative expression, and communication. Writing, artistic pursuits, counseling, or roles in the helping professions could be avenues to explore.

PERSONALITY TRAITS DOMINANCE

5. Openness :



Score : 45 (Category: Outstanding)

Feedback:

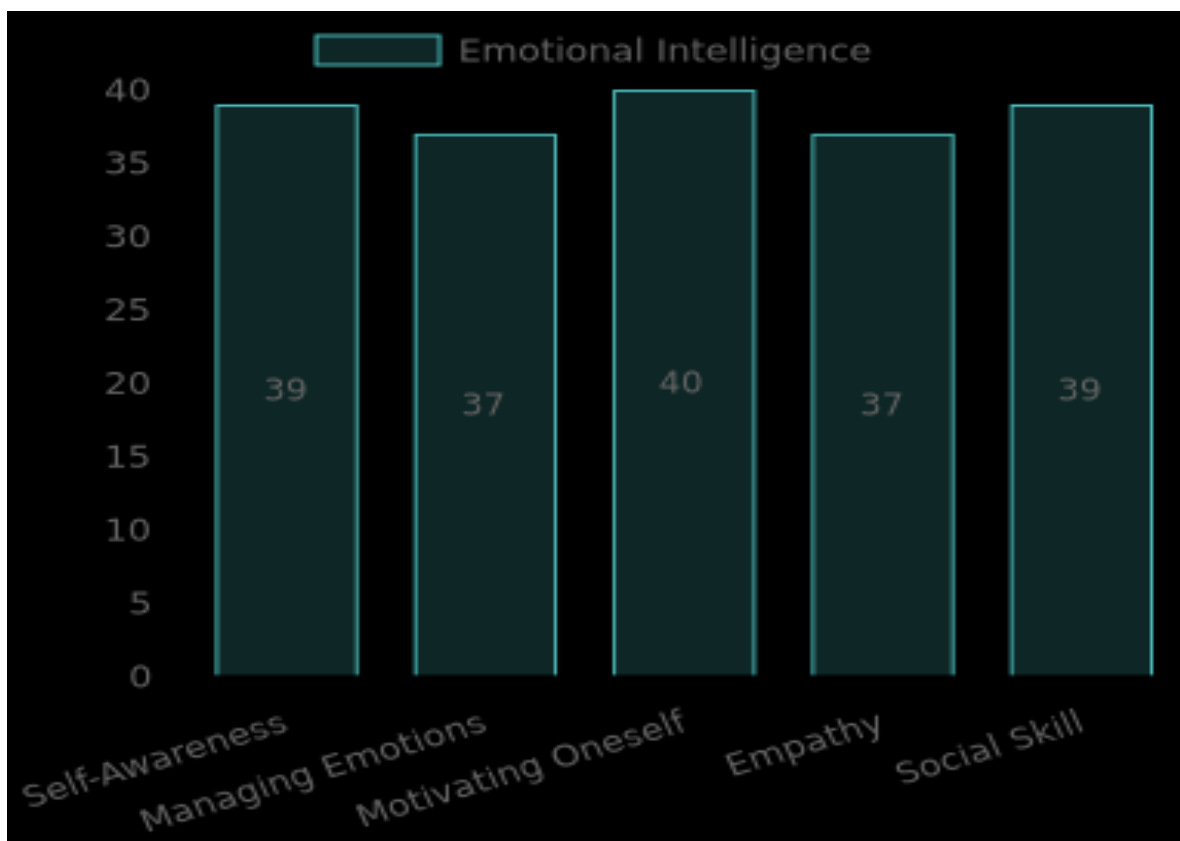
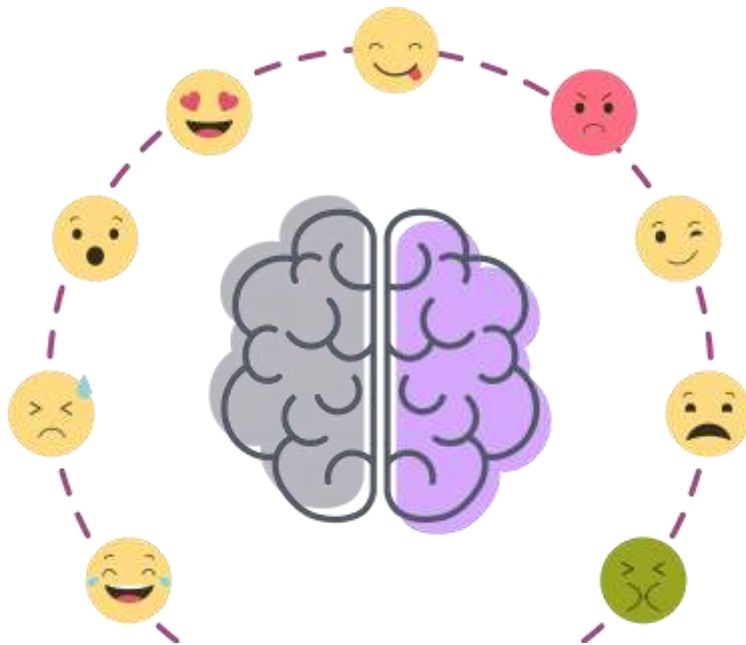
Your high openness underscores a profound appreciation for creativity, intellectual pursuits, and unconventional thinking. You find inspiration in a wide array of experiences and are drawn to pushing boundaries.

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



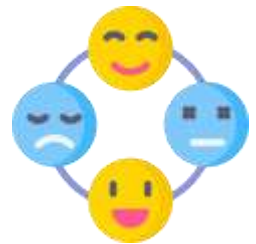
1. Self-Awareness

Score : 39 (Category: Competing)

Feedback:

You're on the right track! Your self-awareness is developing nicely. You are attuned to your emotions and can often decipher their impact on your decisions. As you continue to explore your thought patterns and motivations, you'll find more growth opportunities. By deepening your understanding of your own experiences, you're positioning yourself to navigate challenges with greater insight and resilience.

2. Managing Emotions



Score : 37 (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 : 40 (Category: Excelling)

Feedback:

You possess a very strong ability to motivate yourself. Your determination and commitment to your goals are evident, and you consistently demonstrate a proactive attitude towards challenges. Your ability to stay focused and maintain a positive mindset greatly contributes to your achievements. Continue harnessing your inner drive and using it to overcome obstacles, as it is a key factor in your continued success.

EMOTIONAL INTELLIGENCE

4. Empathy



Score : 37 (Category: Competing)

Feedback:

You possess a moderate level of empathy, indicating that you are attuned to the emotions of others to some extent. As you continue to develop this skill, you can further enhance your ability to connect with people on an emotional level. By actively listening and demonstrating understanding, you'll strengthen your relationships and contribute to a more harmonious and empathetic environment.

5. Social Skill



Score : 39 (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 : 16 (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 : 23 (Category: Moderate)

Feedback:

If you have a moderate preference for auditory learning, you maintain a balanced approach to learning by appreciating both auditory explanations and other methods. Your capacity to engage in productive discussions and actively listen to lectures is an asset. To further enhance your learning experience, utilize visual aids when appropriate to complement your auditory learning style and reinforce your understanding of complex concepts.

3. Kinaesthetic

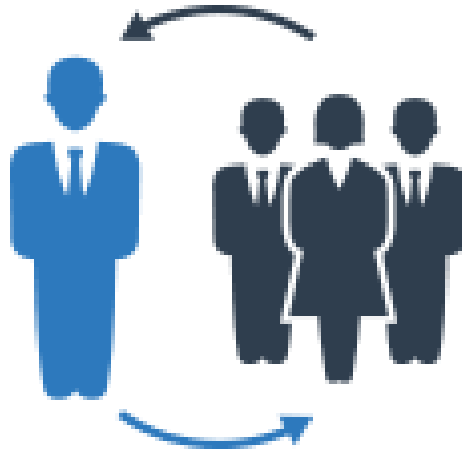


Score : 23 (Category: Moderate)

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



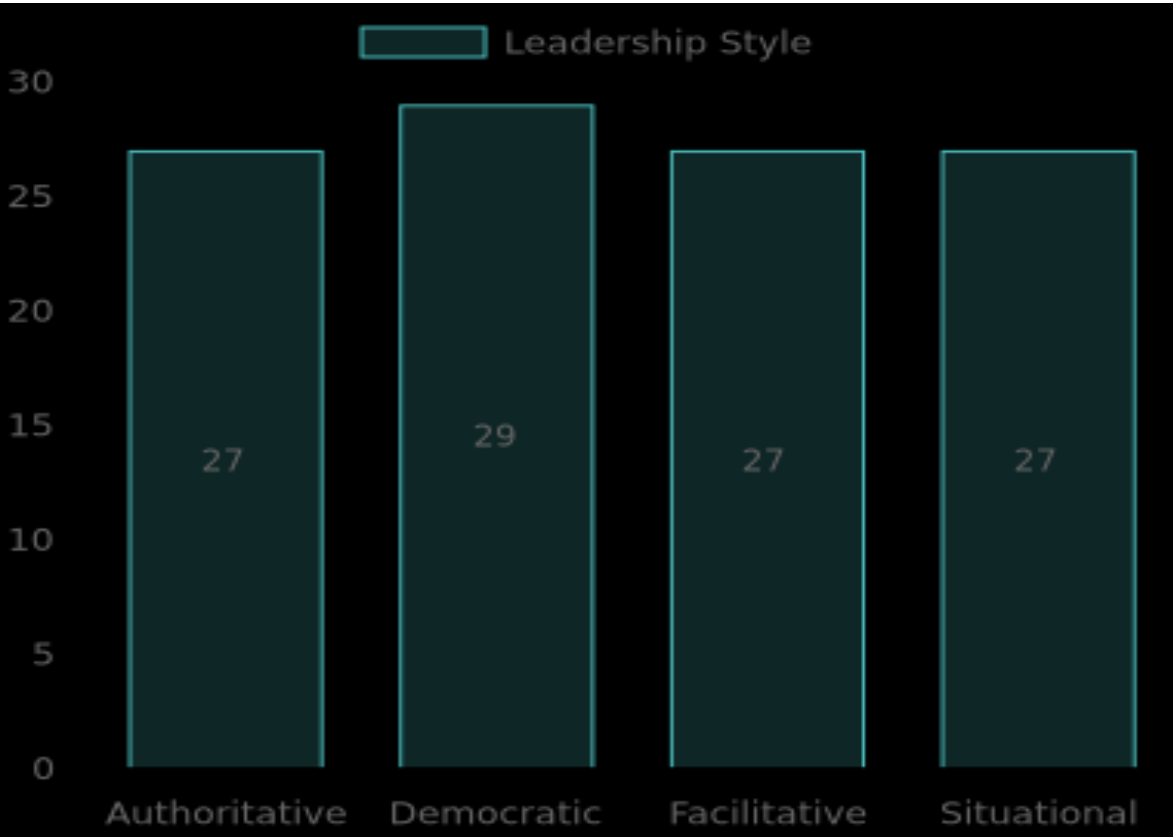
Leadership Skills

Score : 76 (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 : 27 (Category: Strong Proficiency)

Feedback:

With a score in this range, you exhibit a solid grasp of the authoritative leadership style. Your ability to set a clear direction, inspire your team, and make well-informed decisions is commendable. You likely foster an environment of respect and accountability, enabling your team members to thrive under your guidance. As you continue to refine your skills, focus on continuously fostering open dialogue while staying true to your role as a decisive leader.



Democratic

Score : 29 (Category: Strong Proficiency)

Feedback:

Your score in this range suggests a strong dedication to democratic leadership principles. Your ability to foster an environment of trust and mutual respect greatly benefits your team's dynamics. By valuing team members' expertise and involving them in decision-making, you create a sense of shared purpose. This can lead to increased creativity, better problem-solving, and a more cohesive team overall.

LEADERSHIP STYLE



Facilitative

Score : 27 (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 : 27 (Category: Strong Proficiency)

Feedback:

Your score in this range showcases a solid understanding of the situational leadership style. You're skilled at gauging your team members' readiness levels and adjusting your leadership behaviours to match. Your adaptive approach likely contributes to a productive and harmonious work environment. Keep honing your skills by maintaining open communication with your team members and regularly assessing their development needs to ensure their continuous growth.

11. CYBER DEPENDENCY

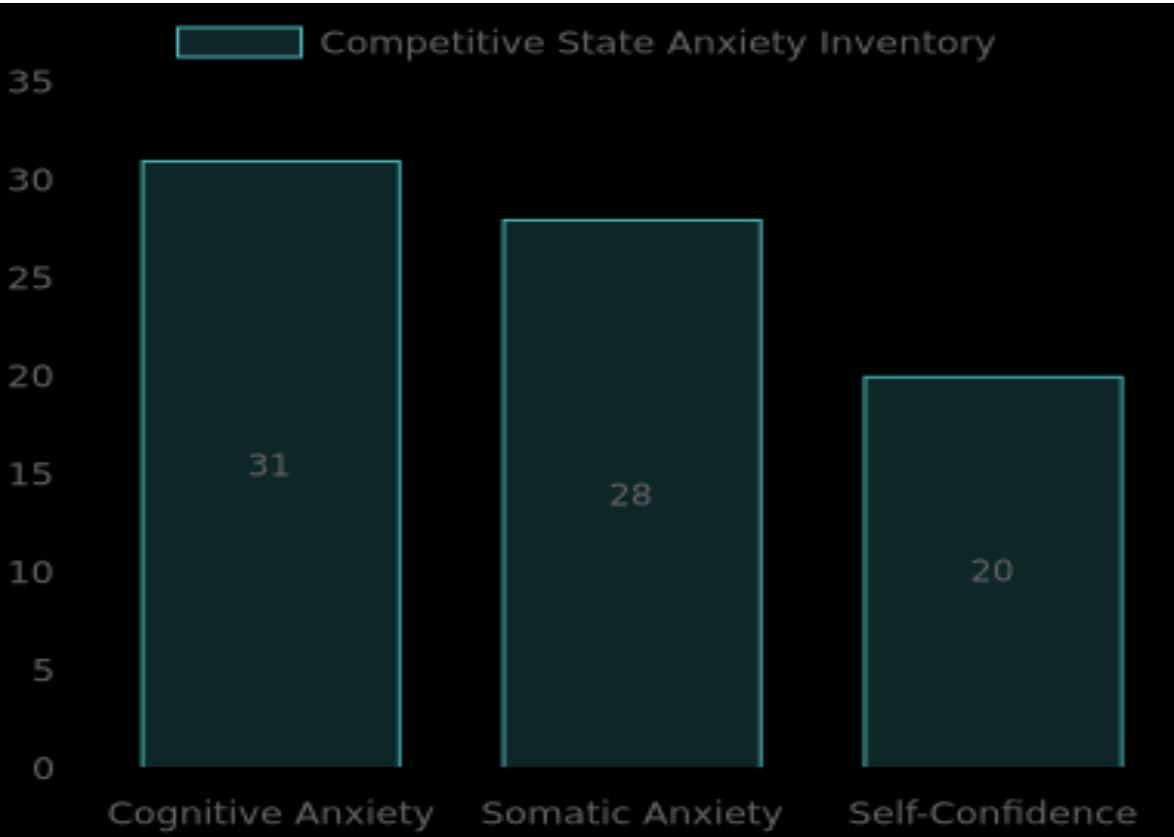


Score :80 (Category: Moderate-High Dependency)

Feedback:

Your cyber dependency score is in the moderate-high range, indicating a significant dependence on digital resources. While this reliance has advantages, it's important to diversify your skill set to include offline methods. This will help you maintain productivity during digital downtimes and minimize the impact of potential disruptions.

12. COMPETITIVE STATE ANXIETY INVENTORY



COMPETITIVE STATE ANXIETY

Cognitive Anxiety



Score : 31 (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 : 20 (Category: Moderate)

Feedback:

Moderate Self-Confidence: You're well on your way to building strong self-confidence. You have a good understanding of your abilities and areas you can grow in. Keep nurturing your strengths, setting achievable goals, and celebrating your successes. Your self-assured attitude will continue to serve you well.

Disclaimer

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