

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.

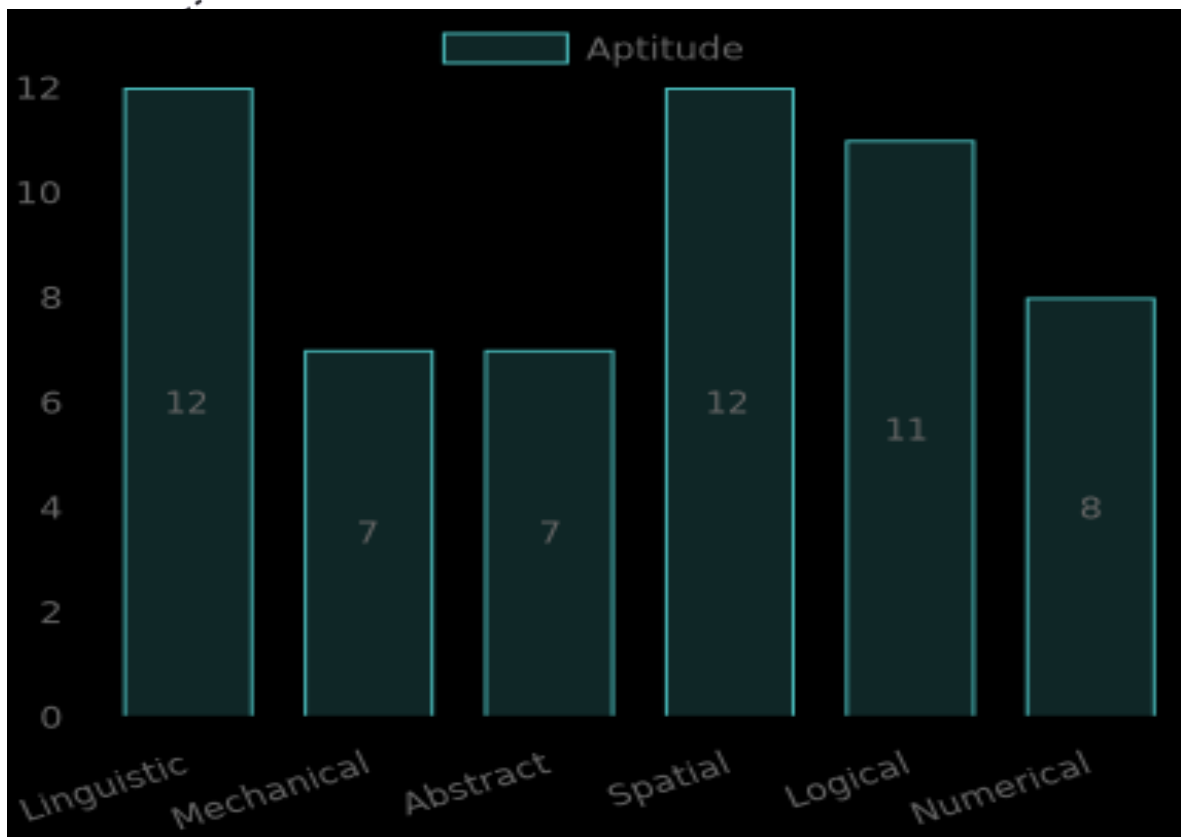
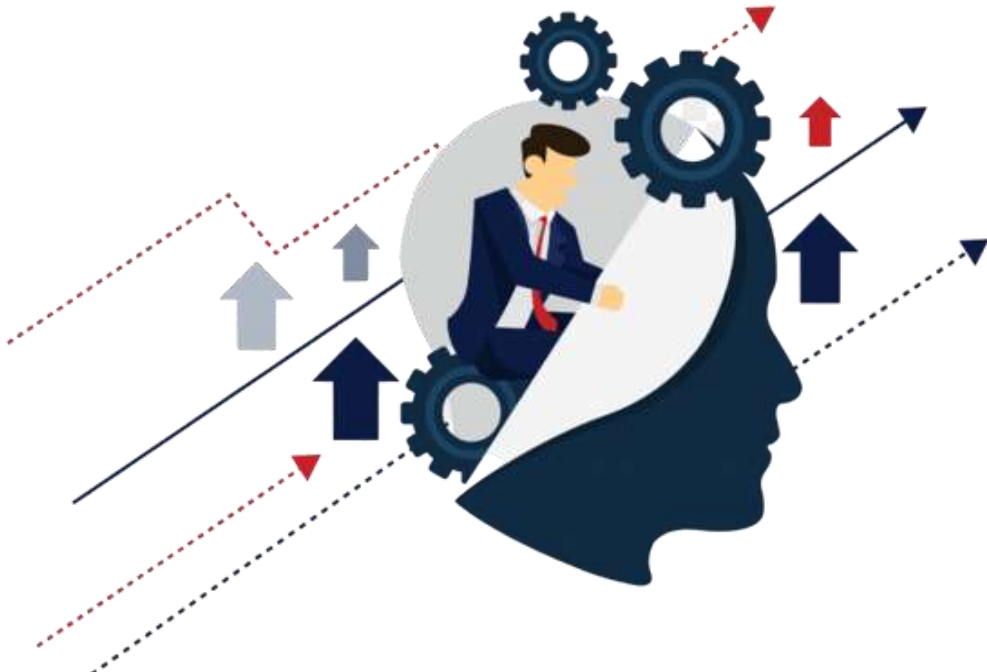


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1. APTITUDE



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: 7 (Category: Progressing)

Feedback:

Your efforts to improve your mechanical reasoning skills are noticeable, and your progress is commendable. Continue engaging with mechanical concepts and practicing problem-solving to build a stronger foundation.

Career Suggestions:

Explore roles that require mechanical aptitude, such as machine operator, technician assistant, or entry-level positions in manufacturing or maintenance. These roles can help you further develop your skills.



4. Abstract Reasoning

Score: 7 (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 : 12 (Category: Competing)

Feedback:

Your spatial reasoning skills are solid, and your progress reflects your dedication to improvement. Your ability to work with spatial concepts is commendable, and you have a good foundation to build upon.

Career Suggestions:

Consider roles that involve more advanced spatial thinking, such as mechanical drafting, technical illustration, or junior positions in engineering. Pursue opportunities in design-related fields where your spatial skills will be highly useful.

6. Logical Reasoning



Score : 11 (Category: Competing)

Feedback:

Your logical reasoning skills are solid, indicating a capacity for understanding and analyzing patterns and problems. Your growth is evident, and with continued effort, you'll be able to tackle more complex challenges.

Career Suggestions:

Explore roles that require critical thinking and problem-solving skills, such as research assistants, quality control analysts, or junior analysts in finance or marketing. Your ability to analyze information will be valuable in these roles.

2. MULTIPLE INTELLIGENCE





MULTIPLE INTELLIGENCE

1. Linguistic Intelligence

Score: 19 (Category: Developing Skills)

Feedback:

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

Career Suggestions:

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



2 Logical/Mathematical Intelligence

Score: 23 (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: 38 (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: 28 (Category: Strong Proficiency)

Feedback:

Congratulations, your musical intelligence falls within the strong proficiency range. You have a solid foundation in understanding and creating music. To continue advancing, consider formal music training, learning advanced techniques on your chosen instrument, and exploring composition. Your developed musical intelligence could lead to opportunities in music performance, teaching, music therapy, or even music production, where your ability to understand and convey emotions through music is highly valuable.

Career Suggestions:

- **Professional Musician:** Pursue a career as a solo artist or join a band as a musician or vocalist.
- **Music Teacher (Intermediate/Advanced Levels):** Teach more advanced music techniques to students in your chosen instrument or vocal training.
- **Music Producer:** Learn the ropes of music production and studio recording, working with artists to create and refine their music.

6 Naturalistic Intelligence



Nature Smart

Score: 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: 36 (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: 30 (Category: Strong Proficiency)

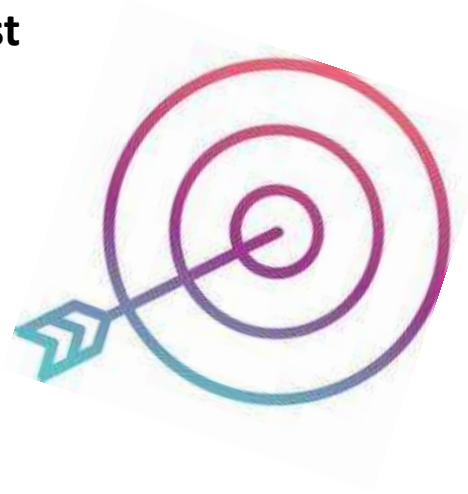
Feedback:

Congratulations, your intrapersonal intelligence suggests a strong level of self-awareness. You have a solid grasp of your emotions, values, and internal processes. Your ability to navigate your inner world can serve you well in both personal and professional settings. Consider pursuing careers involving coaching, counselling, psychology, or leadership roles where your adept understanding of human behaviour and motivation can significantly impact you.

Career Suggestions:

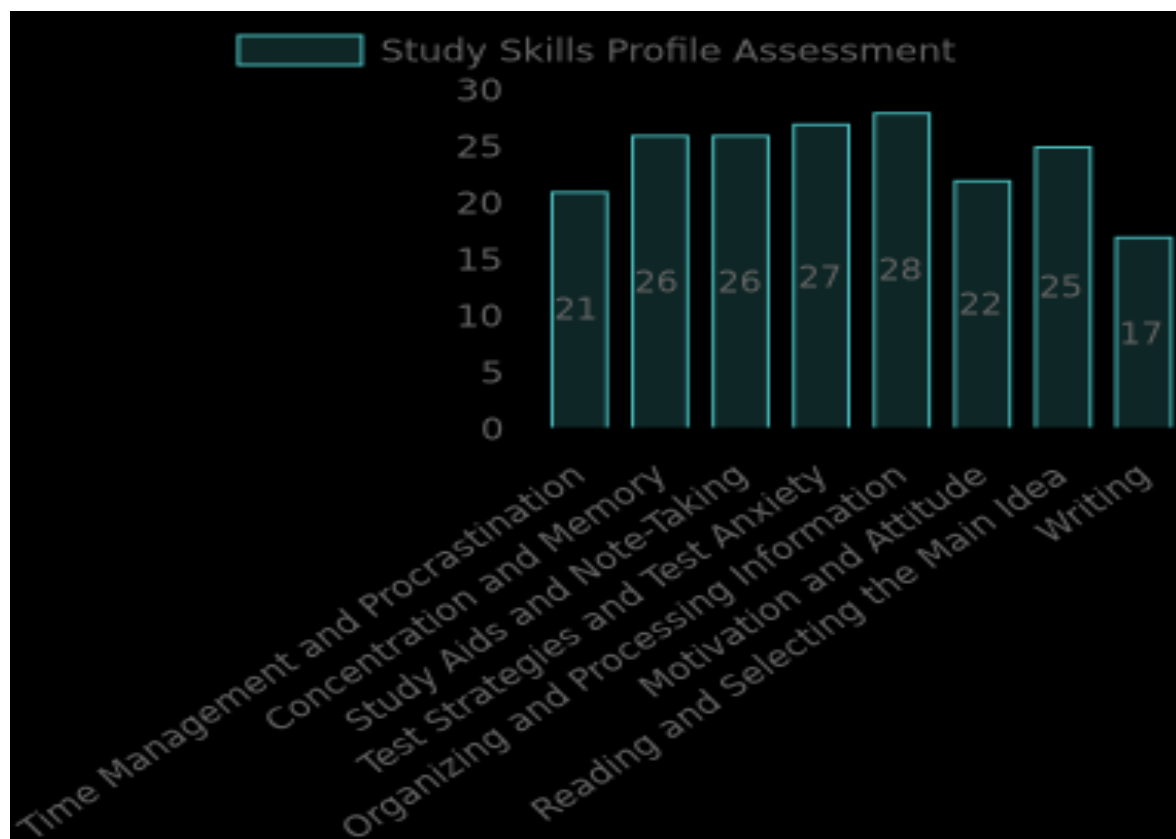
- **Psychologist:** Utilize your strong self-awareness to provide therapy and counseling to individuals seeking personal growth and healing.
- **Leadership Coach:** Help leaders enhance their effectiveness by drawing on your understanding of human behavior and motivation.
- **Motivational Speaker:** Share your journey and insights to inspire and motivate others in various aspects of life.

Career Priority List



1. Life Coach
2. Surgeon
3. Chef
4. Fashion Designer
5. Architect
6. Interior Designer
7. Musician
8. Singer/Vocalist
9. Computer Scientist
10. Data Scientist

3. STUDY SKILL PROFILE ASSESSMENT



STUDY SKILL PROFILE



1. Time Management and Procrastination

Score : 21 (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 : 26 (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 : 26 (Category: Exceptional Mastery)

Feedback:

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

STUDY SKILL PROFILE



4. Test Strategies and Test Anxiety

Score : 27 (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 : 28 (Category: Exceptional Mastery)

Feedback:

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



6. Motivation and Attitude

Score : 22 (Category: Strong Proficiency)

Feedback:

Your motivation and attitude are commendable, reflecting your dedication to achieving your objectives. Sustain this positive outlook as you navigate through challenges and seize opportunities.

STUDY SKILL PROFILE



7. Reading and Selecting the Main Idea

Score : 25 (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

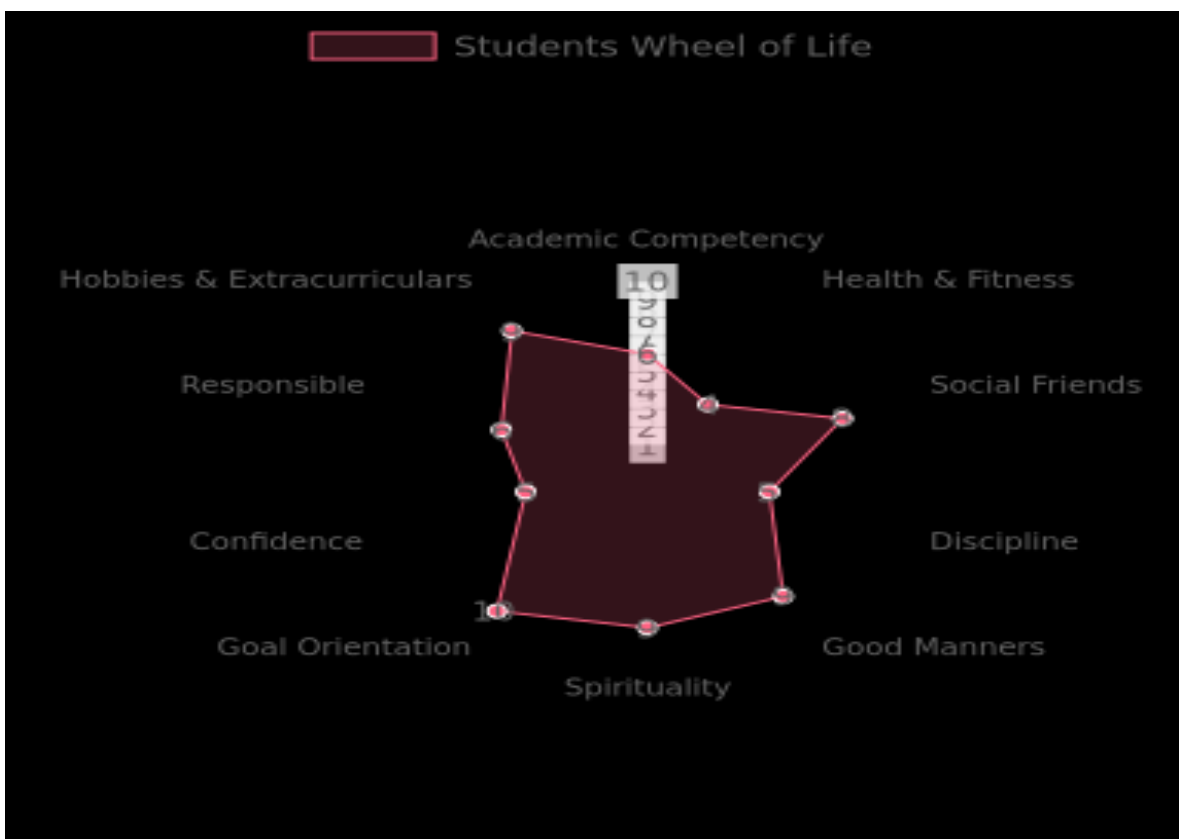
Score : 17 (Category: Strong Proficiency)

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: Average understanding, room to improve. 6/10

Health & Fitness: Inconsistent health habits, need better routine. 4/10

Social Friends: Active social interactions, and positive relationships. 8/10

Discipline: Moderate self-control, some organization. 5/10

Good Manners: Exemplary etiquette and politeness. 9/10

Spirituality: Deeply connected, meaningful engagement. 9/10

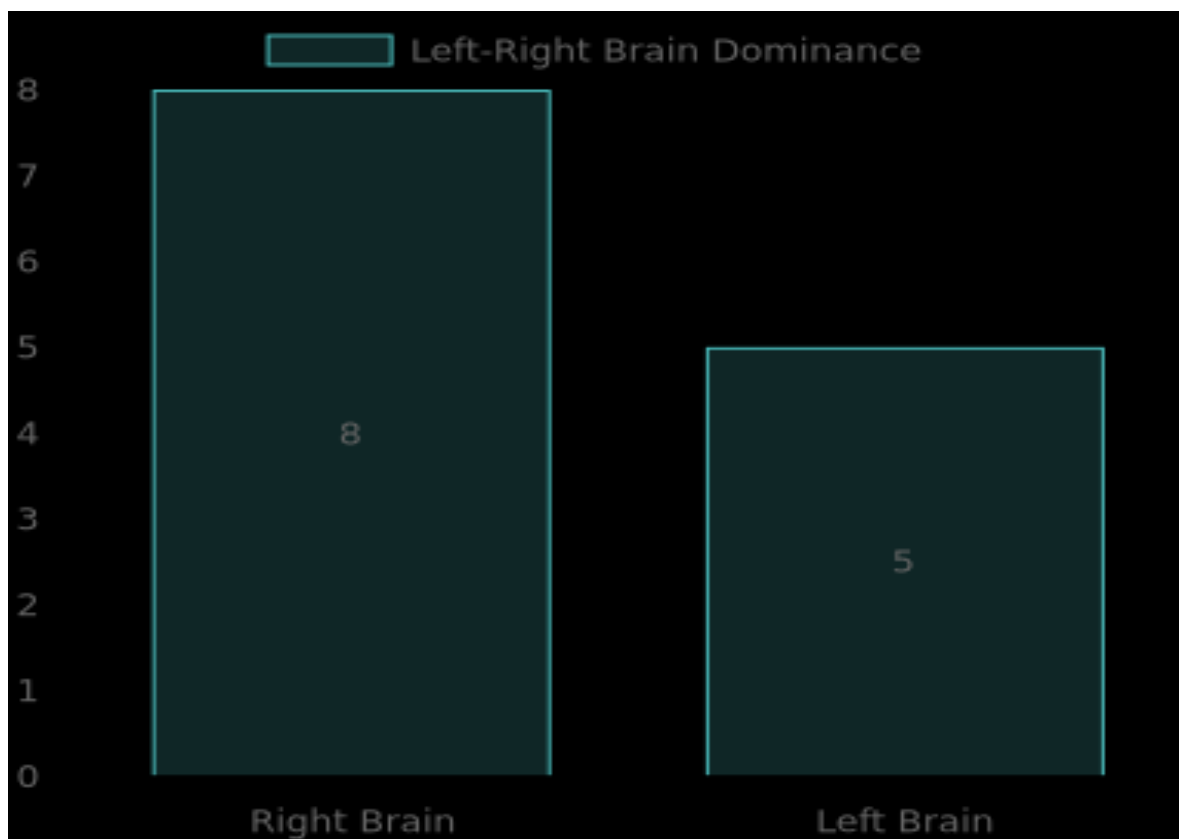
Goal Orientation: Significant growth, clear and ambitious goals. 10/10

Confidence: Some self-assurance, occasional doubts. 5/10

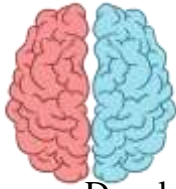
Responsible: Meeting some commitments, improvement needed. 6/10

Hobbies & Extracurriculars: Fully engaged, pursuing passions. 9/10

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 : 8 (Category: Balanced Dominance)

Feedback:

Creativity: Strong capacity for imaginative and original thinking.

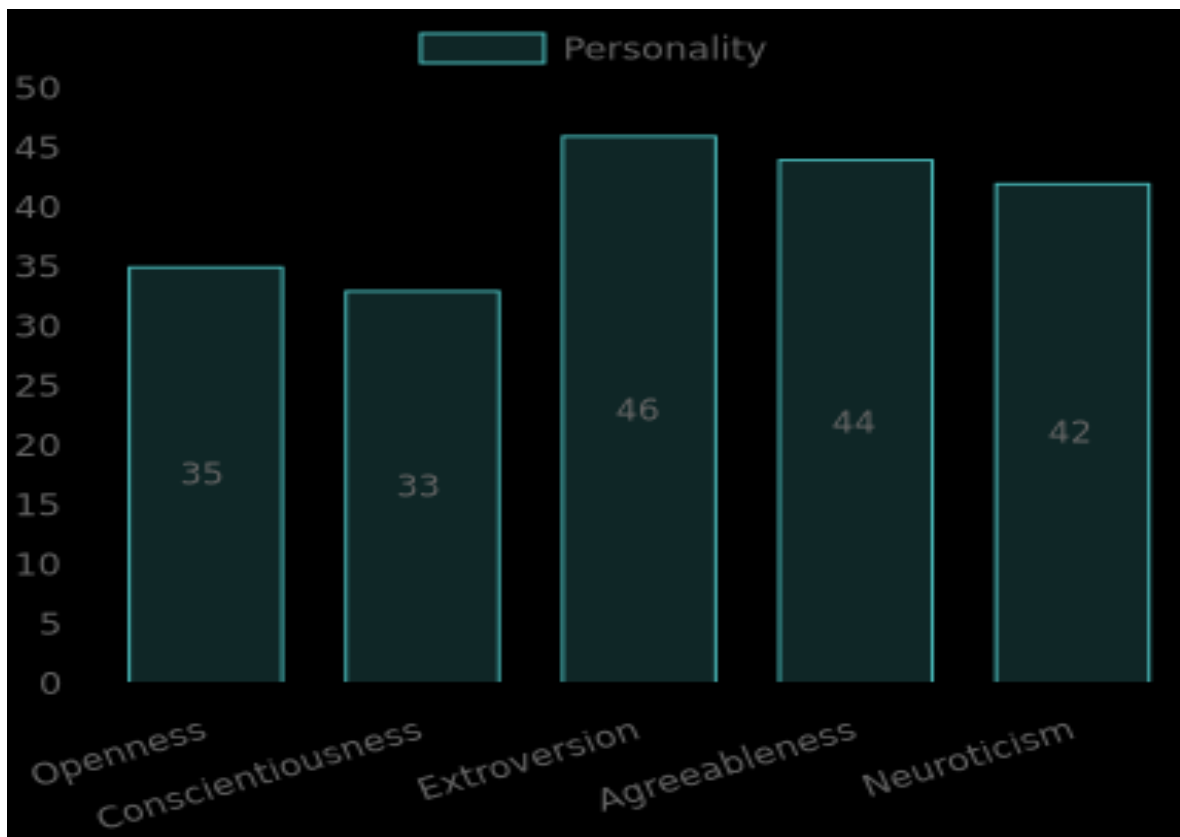
Visual Perception: Proficient in noticing shapes and colors.

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 : 46 (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 : 33 (Category: Excelling)

Feedback:

Your conscientious tendencies are noticeable, and you value structure, planning, and goal attainment. You tend to be reliable, detail-oriented, and committed to your tasks.

Possible Personality Type: Possible Personality Type: Dependable, Detail-Focused, Goal-Driven

Career Options:

Pursue roles that require precision, organization, and meticulousness. Accounting, quality control, data management, or executive assistance could be well-aligned with your personality.

4 Neuroticism:



Score : 42 (Category: Outstanding)

Feedback:

Your emotional experiences tend to be intense, and you may face challenges in managing stress and negative emotions. However, your depth of emotional awareness can also lead to profound self-discovery and empathy for others. the performing arts could provide outlets for your emotional depth.

Possible Personality Type: Possible Personality Type: Emotional, Empathetic, Introspective

Career Options:

Seek roles that center around emotional support, creativity, and individual growth. Therapy, art therapy, social work, or roles in the performing arts could provide outlets for your emotional depth.

PERSONALITY TRAITS DOMINANCE

5. Openness :



Score : 35 (Category: Excelling)

Feedback:

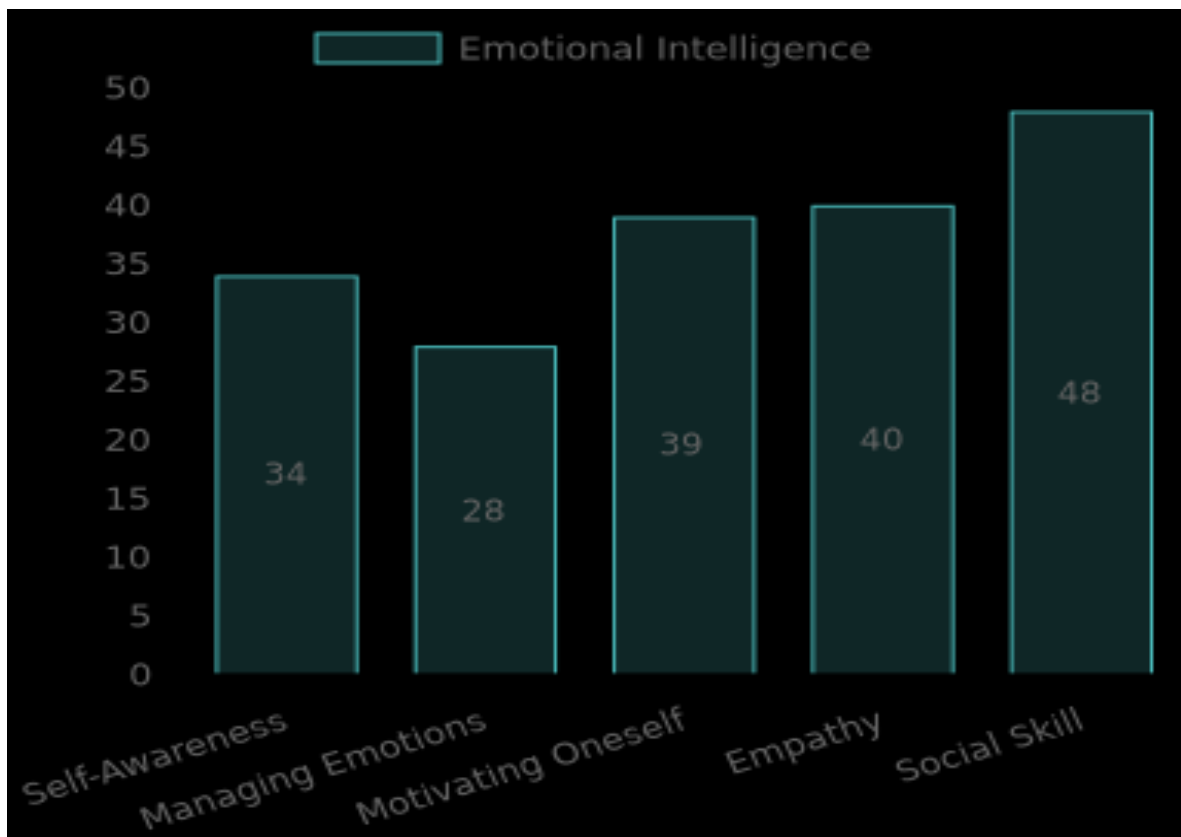
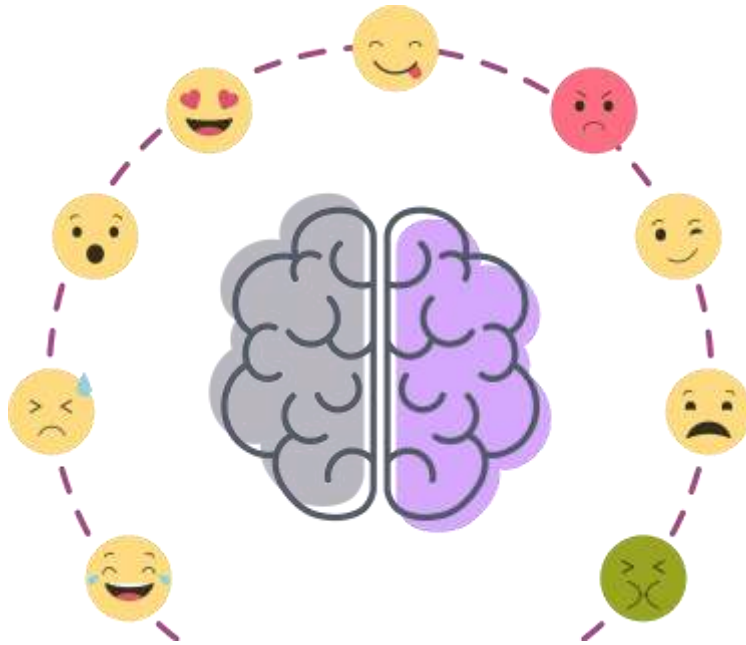
Your open-mindedness and curiosity are evident, as you actively seek out new experiences and ideas. You thrive in dynamic environments and enjoy exploring uncharted territory.

Possible Personality Type: Possible Personality Type: Curious, Imaginative, Innovative

Career Options:

Pursue roles that emphasize creativity, exploration, and the generation of new ideas. Entrepreneurship, research, creative arts, or roles in emerging technologies may resonate with your disposition.

7. EMOTIONAL INTELLIGENCE



EMOTIONAL INTELLIGENCE



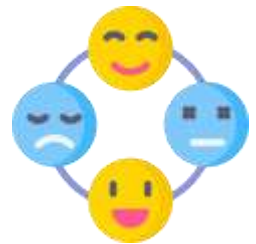
1. Self-Awareness

Score : 34 (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 : 28 (Category: Progressing)

Feedback:

There's an opportunity to focus on improving your emotional management skills. While you're making efforts to handle your emotions, there's room for growth in effectively regulating your responses in different situations. Consider exploring techniques such as mindfulness, deep breathing, and problem-solving to better manage stress and emotional challenges. With dedication and practice, you can enhance your ability to navigate emotions constructively.

3. Motivating Oneself



Score : 39 (Category: Competing)

Feedback:

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

EMOTIONAL INTELLIGENCE

4. Empathy



Score : 40 (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 : 48 (Category: Outstanding)

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 : 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 : 19 (Category: Moderate)

Feedback:

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

3. Kinaesthetic

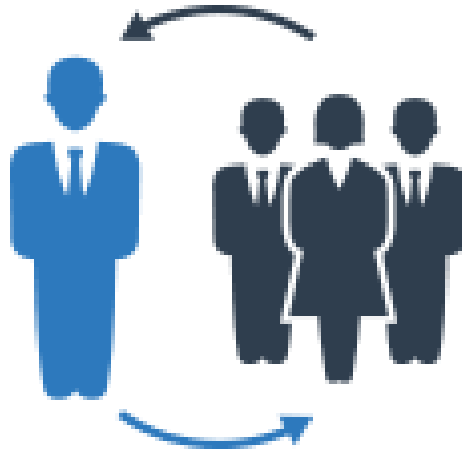


Score : 24 (Category: High)

Feedback:

Kinesthetic learning is a dominant style for you, and you thrive when actively engaging with materials. Hands-on activities, role-playing, and real-life scenarios significantly contribute to your understanding and memory retention. Utilizing kinesthetic strategies can result in exceptional learning outcomes.

9. LEADERSHIP SKILLS



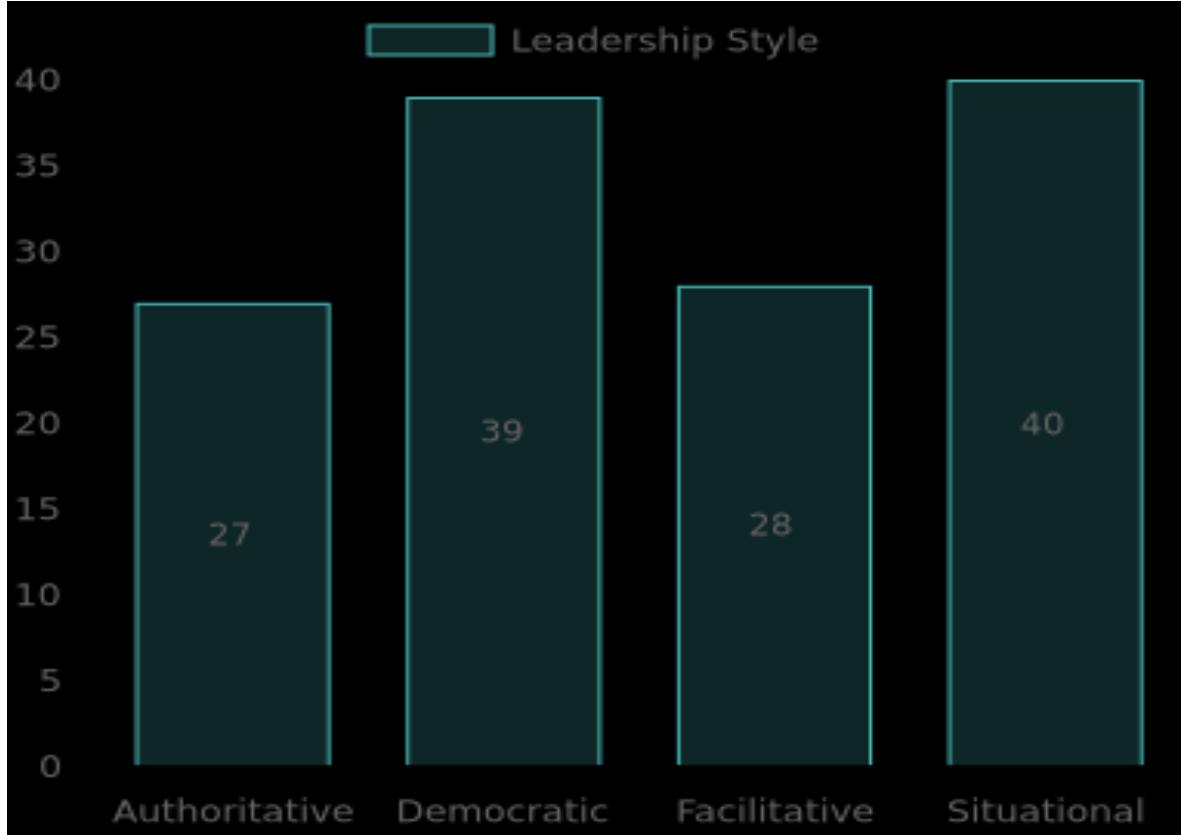
Leadership Skills

Score : 83 (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 : 39 (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 : 28 (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 : 40 (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

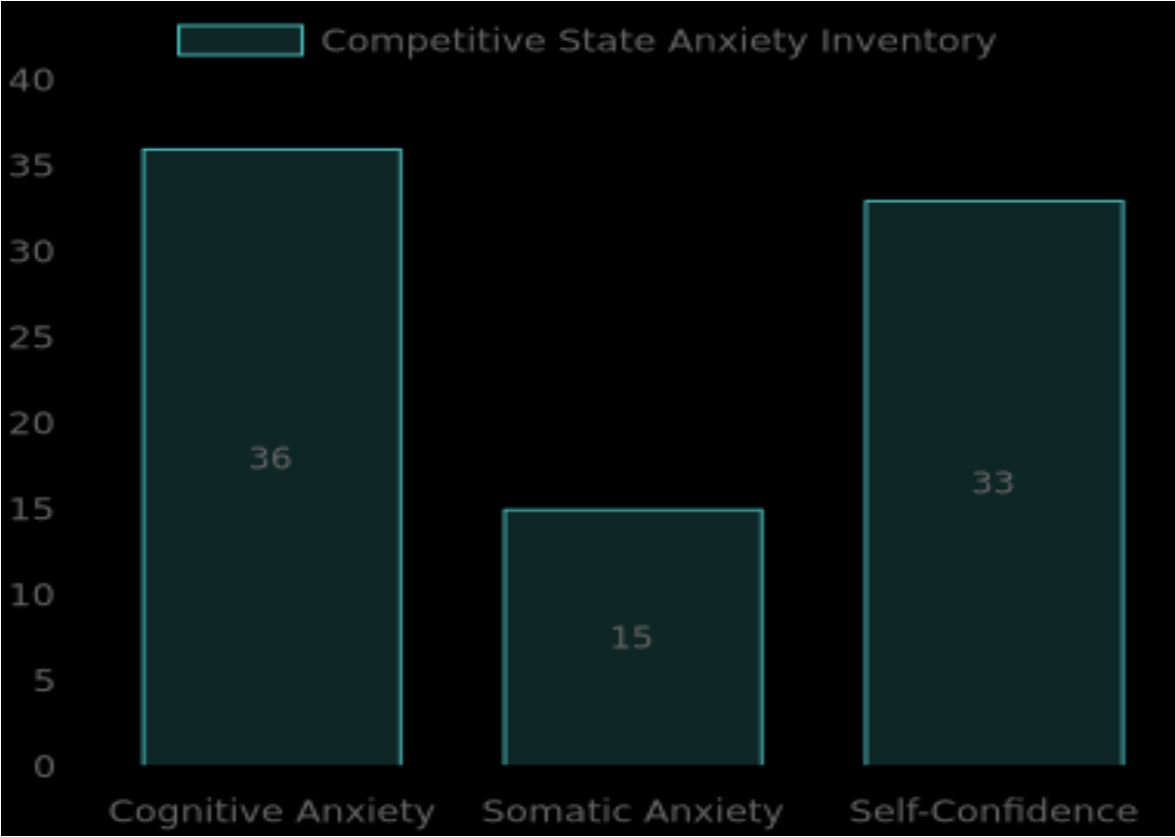


Score :21 (Category: Moderate-Low Dependency)

Feedback:

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

12. COMPETITIVE STATE ANXIETY INVENTORY



COMPETITIVE STATE ANXIETY

Cognitive Anxiety



Score : 36 (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 : 15 (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 : 33 (Category: High)

Feedback:

High Self-Confidence: Congratulations on your high self-confidence! Your self-assured attitude and belief in yourself are powerful assets. Continue to tackle challenges with your optimistic outlook and embrace new opportunities. Remember, your confidence not only influences your actions but also inspires those around you.

Disclaimer

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