

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.

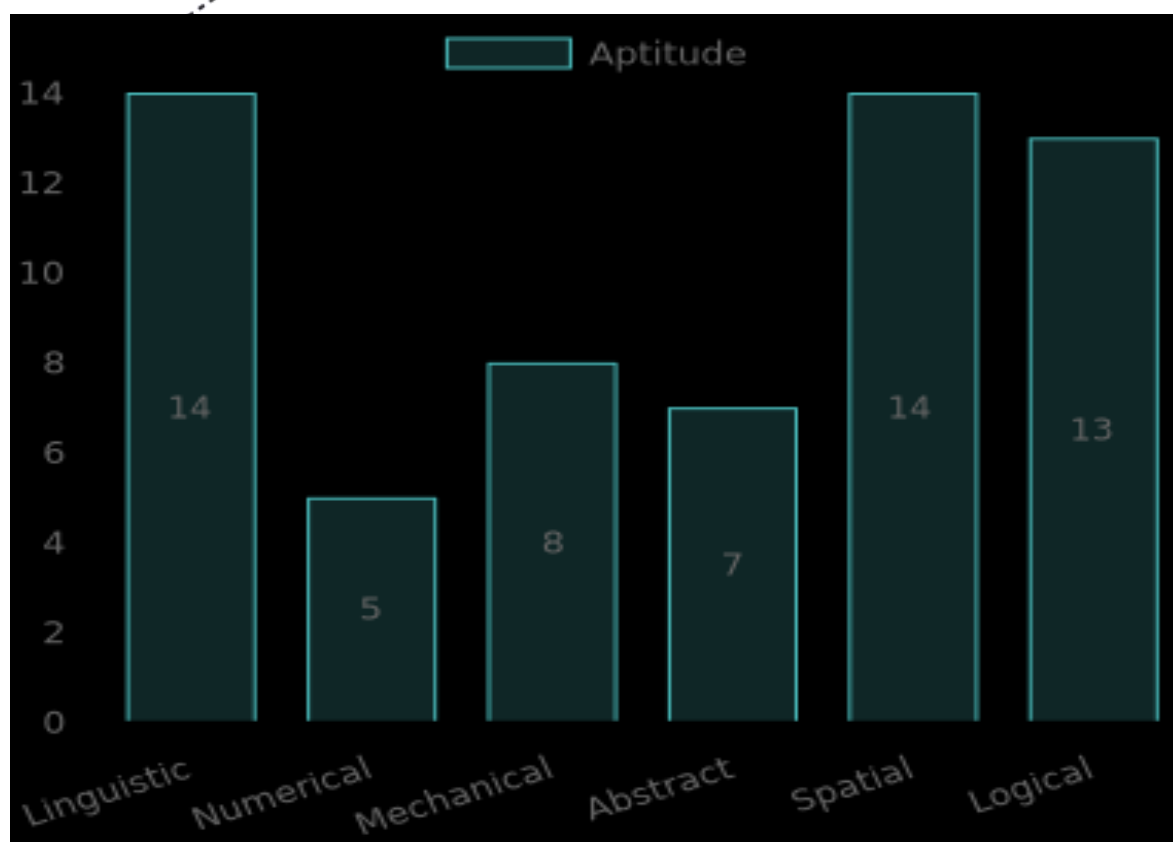
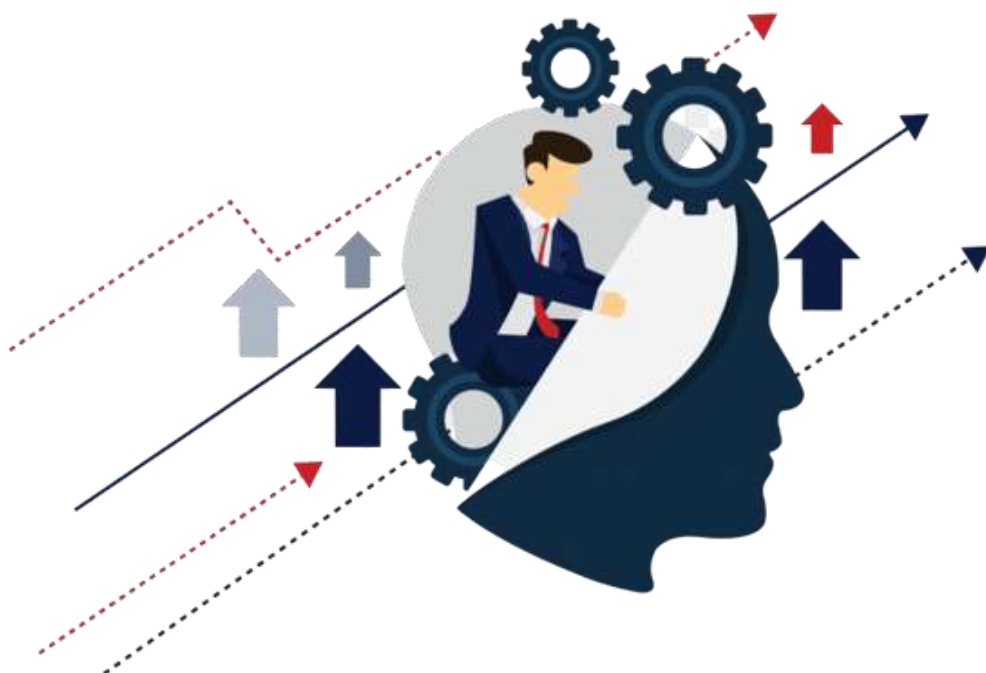


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1. APTITUDE



APTITUDE

1. Linguistic Reasoning:



Score : 14 (Category: Excelling)

Feedback:

Your strong verbal reasoning skills demonstrate your commitment to improvement and learning. Your ability to grasp complex ideas and articulate them clearly is impressive.

Career Suggestions:

Pursue roles that involve advanced communication and critical thinking. Careers in public relations, copywriting, journalism, or research analysis could be a natural fit for your skills and interests.

2. Numerical Reasoning



Score : 5 (Category: Progressing)

Feedback:

Your efforts to enhance your numerical reasoning skills are paying off, and your progress is noticeable. With continued practice and learning, you can further strengthen your abilities.

Career Suggestions:

Explore roles that involve managing basic numerical data and calculations, such as inventory control, administrative roles, or positions in retail. Enhancing your numeracy skills will support your success in these roles.

APTITUDE

3. Mechanical Reasoning



Score: 8 (Category: Progressing)

Feedback:

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

Career Suggestions:

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



4. Abstract Reasoning

Score: 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 : 14 (Category: Excelling)

Feedback:

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

Career Suggestions:

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

6. Logical Reasoning



Score : 13 (Category: Excelling)

Feedback:

Your logical reasoning skills are impressive and reflect your dedication to learning and improvement. Your capacity to identify patterns and solve problems is commendable and positions you well for various opportunities.

Career Suggestions:

Consider roles that involve data analysis, programming, or quality assurance. Careers in fields like computer programming, systems analysis, or scientific research could be a good fit, as they require strong logical thinking and analytical skills.

2. MULTIPLE INTELLIGENCE





MULTIPLE INTELLIGENCE

1. Linguistic Intelligence

Score: 21 (Category: Strong Proficiency)

Feedback:

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

Career Suggestions:

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



2 Logical/Mathematical Intelligence

Score: 21 (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: 35 (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: 28 (Category: Strong Proficiency)

Feedback:

Congratulations, your interpersonal intelligence is in the strong proficiency range. You have a knack for understanding and interacting with people, which can lead to fulfilling careers. Cultivate your ability to build rapport, mediate conflicts, and lead teams. Consider pursuing roles in leadership, coaching, counselling, or community organizing, where your strong interpersonal skills can have a positive impact on individuals and groups.

Career Suggestions:

- **Leadership Positions:** Your strong interpersonal skills make you an ideal candidate for roles such as team leader, supervisor, or department manager.
- **Coach or Mentor:** Help individuals and teams reach their full potential by offering guidance and support.
- **Counselor or Therapist:** Consider specializing in areas such as marriage and family therapy, addiction counseling, or career counseling.
- **Community Organizer:** Your ability to connect with people can be valuable in bringing communities together for a common cause.



5 Musical Intelligence

Score: 30 (Category: Strong Proficiency)

Feedback:

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

Career Suggestions:

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

6 Naturalistic Intelligence



Nature Smart

Score: 15 (Category: Developing Skills)

Feedback:

Your naturalistic intelligence is in the developing connection range. You are making progress in recognizing and understanding the natural world around you. To further enhance your naturalistic intelligence, immerse yourself in nature by exploring different habitats, studying local flora and fauna, and deepening your knowledge of ecological systems. Your growing connection with nature could lead you to careers in fields like environmental science, forestry, or wildlife conservation.

Career Suggestions:

- **Environmental Educator:** Teach others about the importance of nature and conservation through educational programs and workshops.
- **Wildlife Technician:** Assist in research projects focused on studying and preserving wildlife in their natural habitats.
- **Park Naturalist:** Work in parks and nature reserves, leading guided tours and educating visitors about local ecosystems and wildlife.



7 Body/Kinaesthetic Intelligence

Score: 22 (Category: Strong Proficiency)

Feedback:

Congratulations, your Body/Kinesthetic intelligence is in the strong proficiency range. You have a solid command of physical coordination and movement, allowing you to excel in activities that require hands-on skills. To further enhance your abilities, consider specializing in a particular physical discipline or art form. This could involve pursuing careers in dance, sports, acting, or other performance-related fields. Your strong kinesthetic intelligence can also be valuable in careers such as physical education, fitness training, or even fields that involve hands-on craftsmanship.

Career Suggestions:

- **Professional Athlete:** Pursue a career in professional sports, where your strong kinesthetic intelligence can excel in a competitive environment.
- **Professional Dancer:** Consider becoming a professional dancer, specializing in a specific dance style like ballet, hip-hop, or contemporary.
- **Physical Education Teacher:** Use your skills to educate and inspire students as a physical education teacher in schools.
- **Choreographer:** Develop intricate dance routines or movement sequences as a choreographer in the entertainment industry.

8 Intrapersonal Intelligence



Self Smart

Score: 36 (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. Spiritual Leader
2. Motivational Speaker
3. Martial Arts Instructor
4. Game Designer
5. Counselor/Psychologist
6. Music Producer
7. Video Game Writer
8. Astronomer
9. Geologist
10. Chef

3. STUDY SKILL PROFILE ASSESSMENT



STUDY SKILL PROFILE



1. Time Management and Procrastination

Score : 15 (Category: Developing Skills)

Feedback:

You are making progress in your journey to conquer procrastination and manage your time effectively. Keep refining your skills and adopting valuable strategies to elevate your productivity and focus further.

2. Concentration and Memory



Score : 24 (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 : 17 (Category: Strong Proficiency)

Feedback:

Your score suggests a solid foundation in study aids and note-taking. Continue to develop and fine-tune these strategies to further streamline your learning process and increase your understanding of the material.

STUDY SKILL PROFILE



4. Test Strategies and Test Anxiety

Score : 19 (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 : 19 (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 : 19 (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 : 23 (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

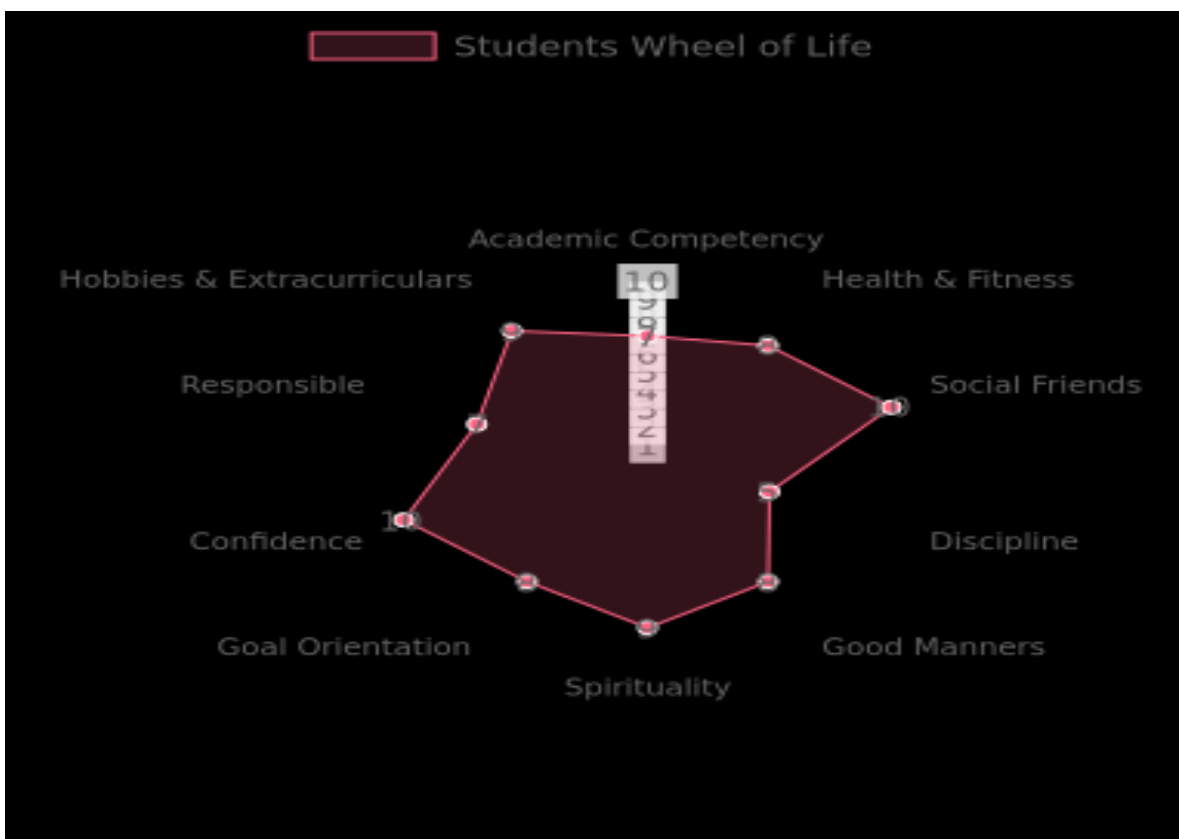
Score : 16 (Category: Developing Skills)

Feedback:



You are demonstrating a foundation in writing, but there is room for refinement. Paying attention to clarity, and coherence, and incorporating more varied vocabulary will contribute to stronger and more engaging compositions.

4. WHEEL OF LIFE STUDENT'S WELLNESS DIMENSIONS



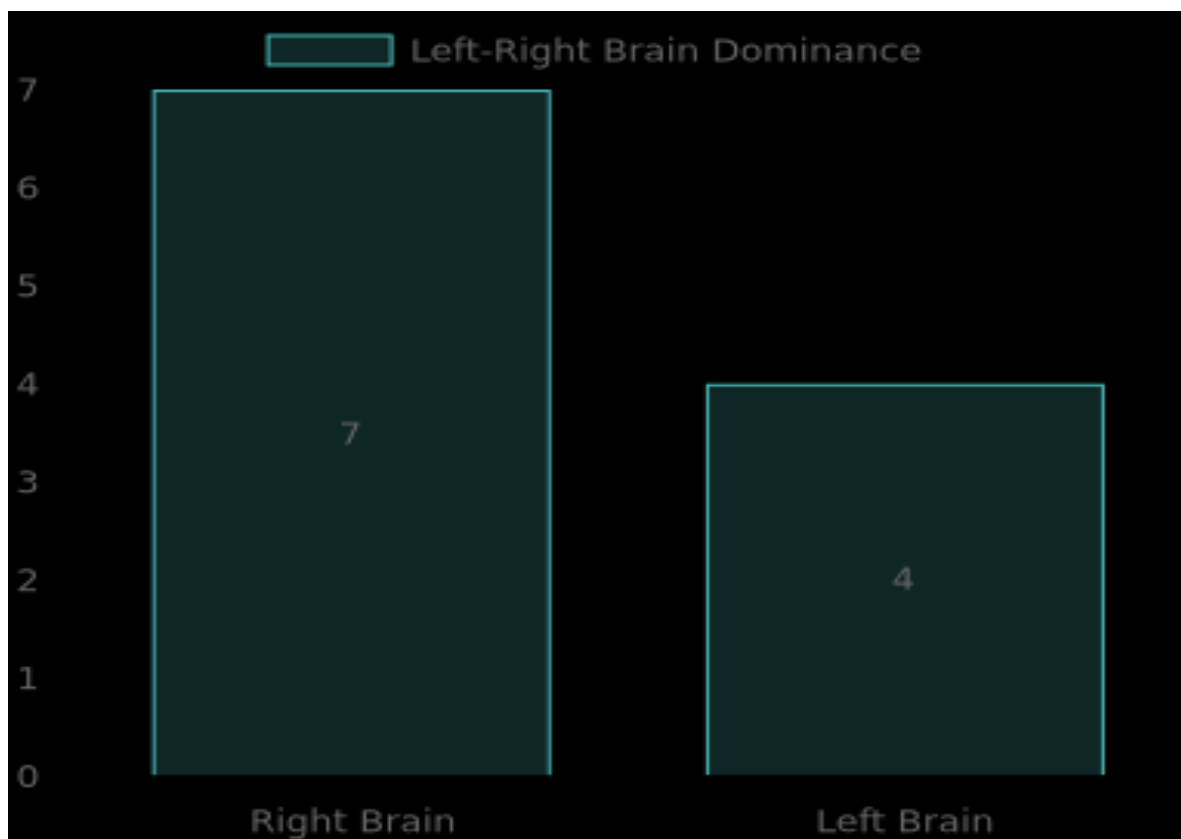
WHEEL OF LIFE: STUDENT'S WELLNESS DIMENSIONS

Feedback:

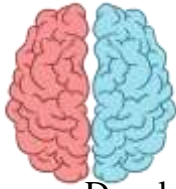
Score:

Academic Competency: Proficient understanding, active learning.	7/10
Health & Fitness: Healthy habits, balanced approach.	8/10
Social Friends: Strong social network, meaningful connections.	10/10
Discipline: Moderate self-control, some organization.	5/10
Good Manners: Consistently polite and well-mannered.	8/10
Spirituality: Deeply connected, meaningful engagement.	9/10
Goal Orientation: Clear goals, making progress.	8/10
Confidence: High self-esteem, strong self-belief.	10/10
Responsible: Fulfilling responsibilities effectively.	7/10
Hobbies & Extracurriculars: Fully engaged, pursuing passions.	9/10

5. RIGHT-LEFT BRAIN DOMINANCE



RIGHT-LEFT BRAIN DOMINANCE



Left Brain Dominance:

Score : 4 (Category: Developing Dominance)

Feedback:

Analytical Thinking: Some logical problem-solving skills.

Language Skills: Adequate verbal communication and grammar.

Math and Logic: Basic comfort with numbers and reasoning.

Structured Planning: Can organize tasks and set goals.

Sequential Processing: Follows linear sequences with effort.

Right Brain Dominance:



Score : 7 (Category: Balanced Dominance)

Feedback:

Creativity: Strong capacity for imaginative and original thinking.

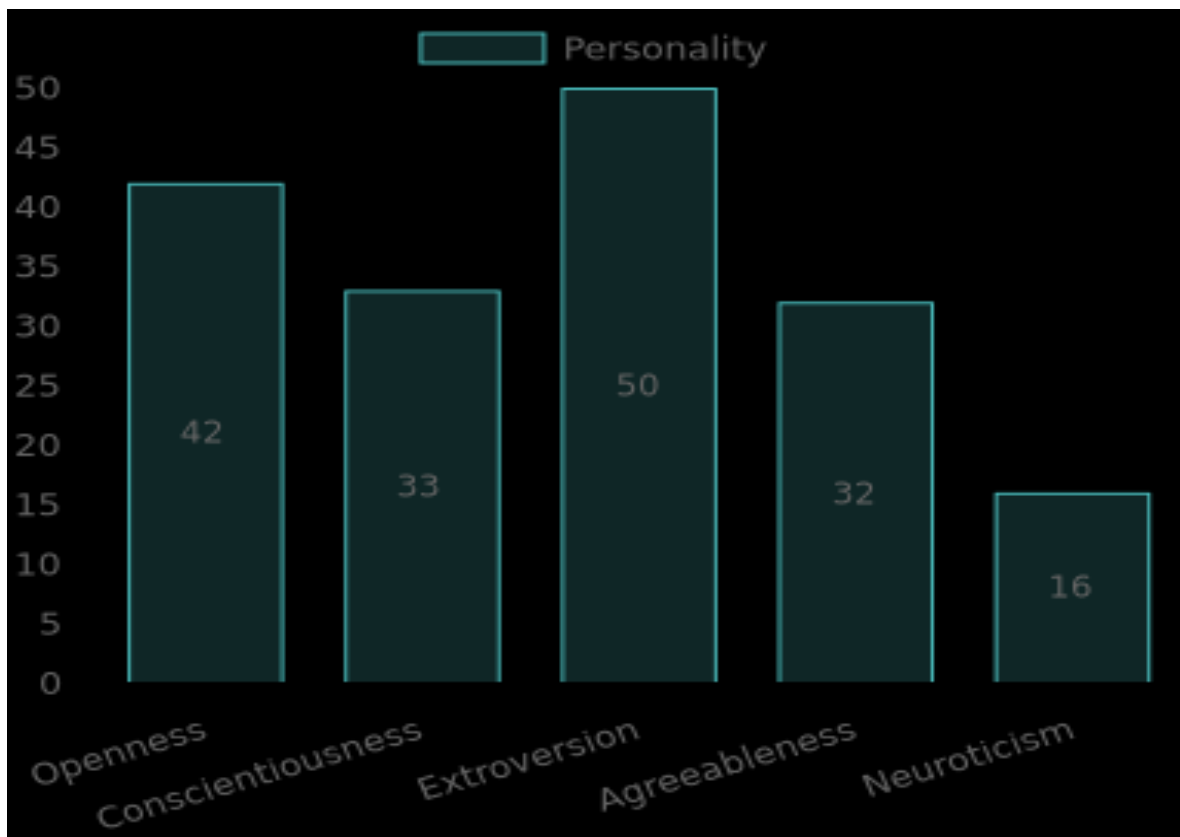
Visual Perception: Proficient in noticing shapes and colors.

Intuition: Comfortable relying on instincts and gut feelings.

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

Artistic Abilities: Proficient artistic expression.

6. PERSONALITY TRAITS DOMINANCE



PERSONALITY TRAITS DOMINANCE

1 Extroversion:



Score : 50 (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 : 32 (Category: Excelling)

Feedback:

Your agreeable nature is evident in your interactions, and you excel at maintaining positive relationships. You value cooperation and may prioritize group cohesion over individual achievements.

Possible Personality Type: Possible Personality Type: Cooperative, Supportive, Amiable

Career Options:

Pursue roles that involve mentoring, coaching, or community engagement. Nonprofit work, counseling, healthcare, or teaching may be fulfilling avenues for you.

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 : 16 (Category: Progressing)

Feedback:

You exhibit a balanced approach to emotions, demonstrating an ability to handle stress while acknowledging emotional responses. You are capable of adapting to different situations with a steady outlook. Financial analysis could align well with your abilities.

Possible Personality Type: Possible Personality Type: Balanced, Adaptable, Realistic

Career Options:

Consider roles that involve problem-solving, conflict resolution, and adaptability. Consulting, marketing, information technology, or financial analysis could align well with your abilities.

PERSONALITY TRAITS DOMINANCE

5. Openness :



Score : 42 (Category: Outstanding)

Feedback:

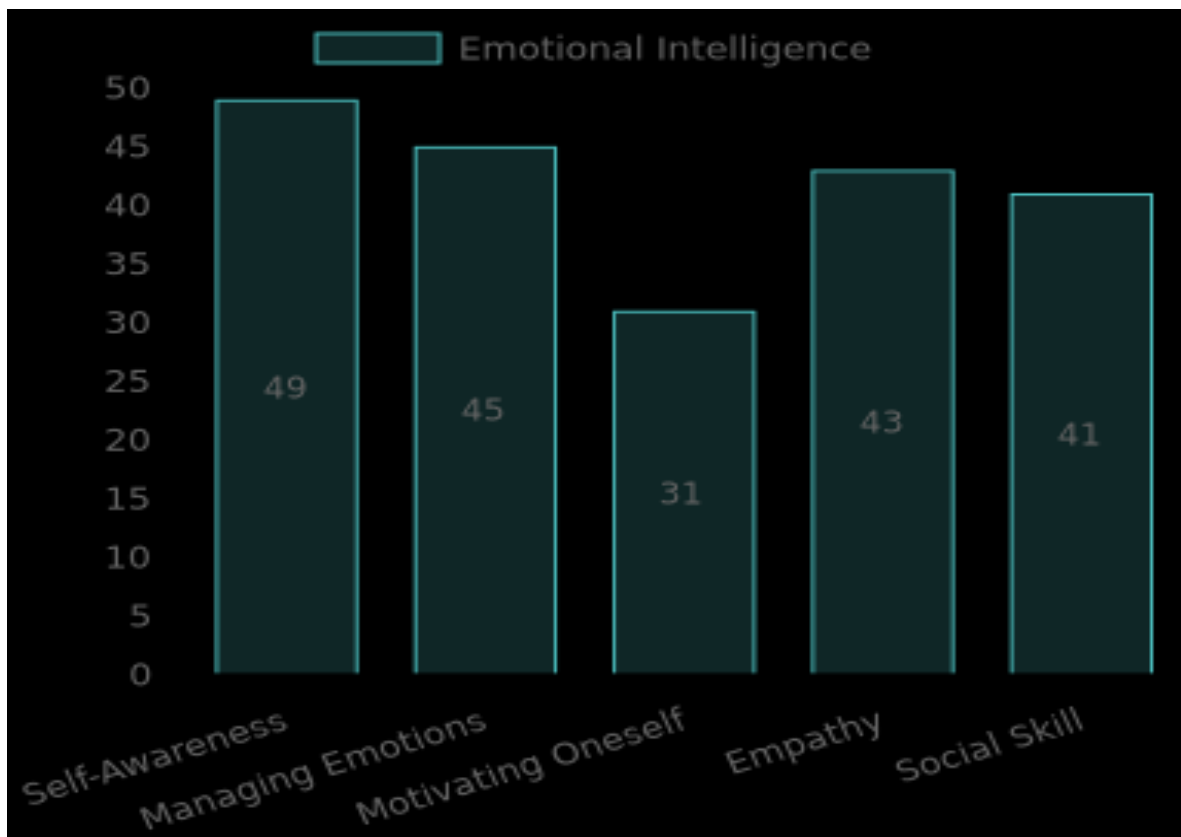
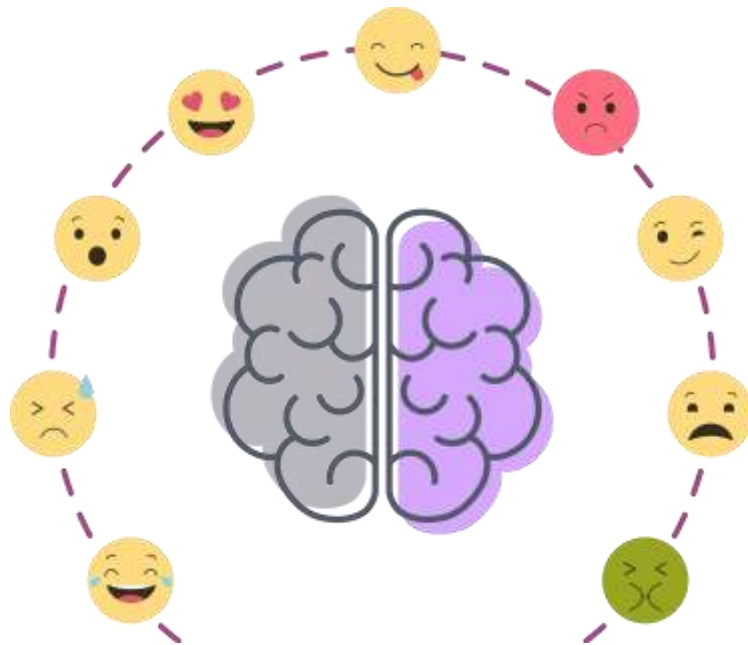
Your high openness underscores a profound appreciation for creativity, intellectual pursuits, and unconventional thinking. You find inspiration in a wide array of experiences and are drawn to pushing boundaries.

Possible Personality Type: Possible Personality Type: Creative, Visionary, Intellectual Explorer

Career Options:

Seek roles that encourage innovation, abstract thinking, and interdisciplinary collaboration. Writing, artistic endeavors, academia, or roles in cutting-edge fields could provide avenues for your passions.

7. EMOTIONAL INTELLIGENCE



EMOTIONAL INTELLIGENCE



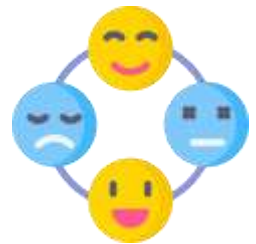
1. Self-Awareness

Score : 49 (Category: Outstanding)

Feedback:

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

2. Managing Emotions



Score : 45 (Category: Outstanding)

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 : 31 (Category: Competing)

Feedback:

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

EMOTIONAL INTELLIGENCE

4. Empathy



Score : 43 (Category: Excelling)

Feedback:

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

5. Social Skill

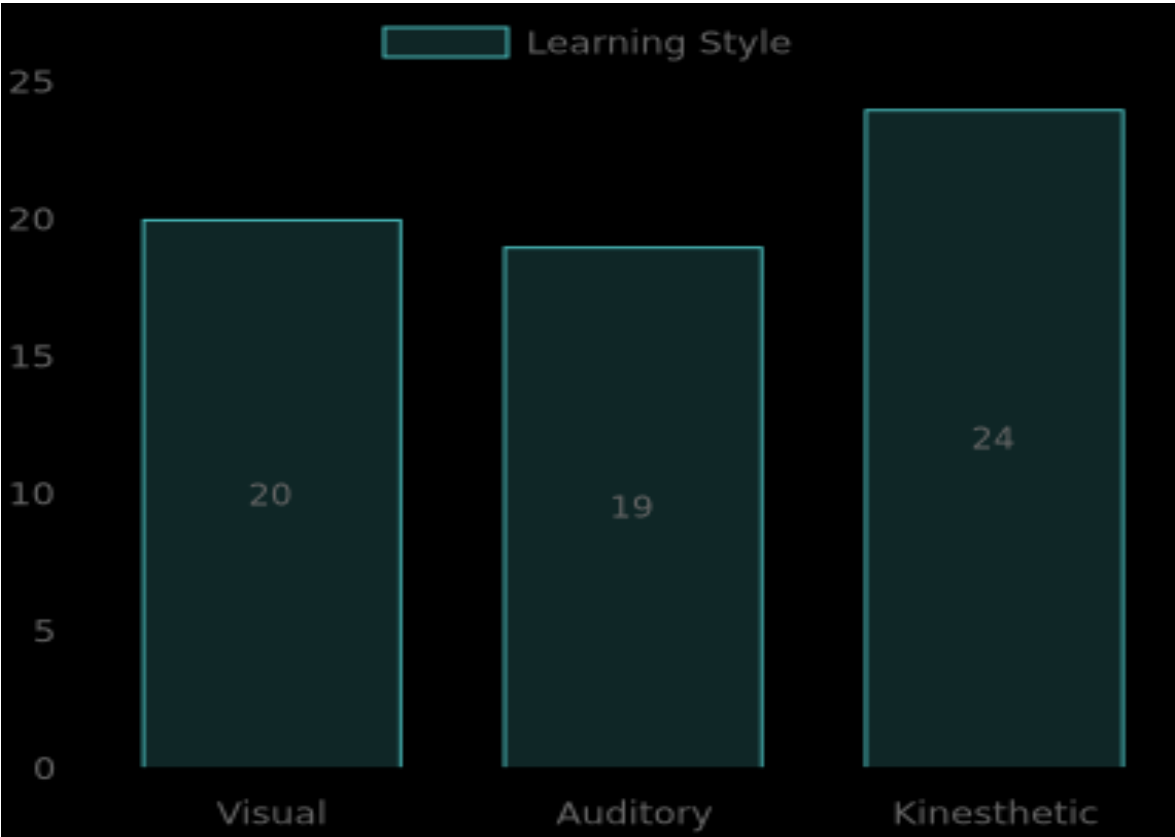


Score : 41 (Category: Excelling)

Feedback:

Your social skills are well-developed, and you exhibit a high degree of effectiveness in your interactions with others. You are adept at understanding and responding to people's emotions, which enables you to build rapport and connect on a deeper level. Continue honing your social skills, and you'll likely find that your positive and empathetic approach enhances both your personal and professional relationships.

8. LEARNING STYLE



LEARNING STYLE

1. Visual



Score : 20 (Category: Moderate)

Feedback:

You have a balanced approach to learning, valuing both visual aids and other methods. Visual materials like diagrams, charts, and videos complement your learning style well and enhance your understanding of concepts.



2. Auditory

Score : 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

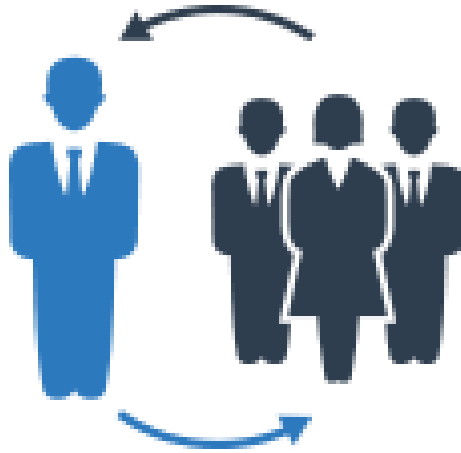


Score : 24 (Category: High)

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



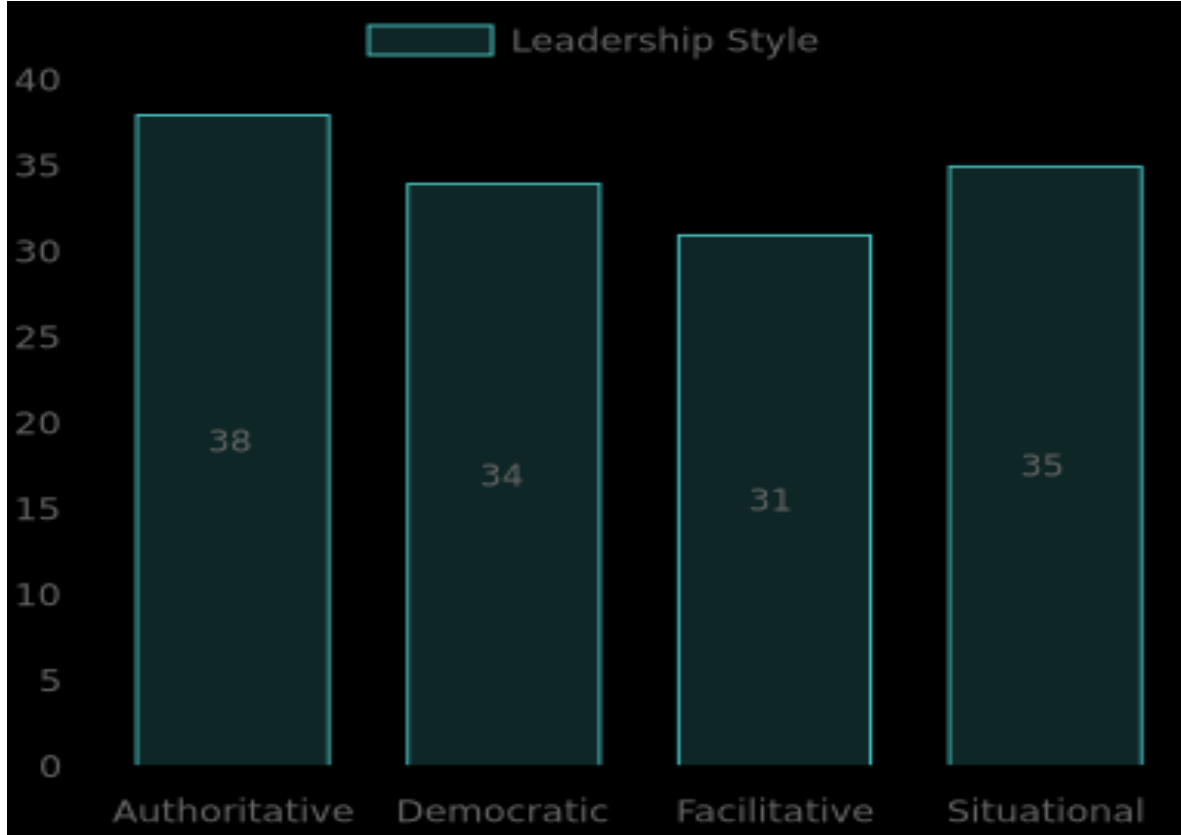
Leadership Skills

Score : 88 (Category: Outstanding)

Feedback:

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

10. LEADERSHIP STYLE



LEADERSHIP STYLE

Authoritative



Score : 38 (Category: Exceptional Mastery)

Feedback:

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



Democratic

Score : 34 (Category: Exceptional Mastery)

Feedback:

Congratulations on achieving the highest score range for the Democratic leadership style! Your commitment to empowering your team through democratic practices is exceptional. Your approach of actively seeking input, encouraging collaboration, and allowing team members to take ownership of their work demonstrates your strong leadership skills. This creates an atmosphere where everyone feels valued and motivated to contribute their best efforts, ultimately leading to higher productivity and job satisfaction.

LEADERSHIP STYLE



Facilitative

Score : 31 (Category: Exceptional Mastery)

Feedback:

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



Situational

Score : 35 (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

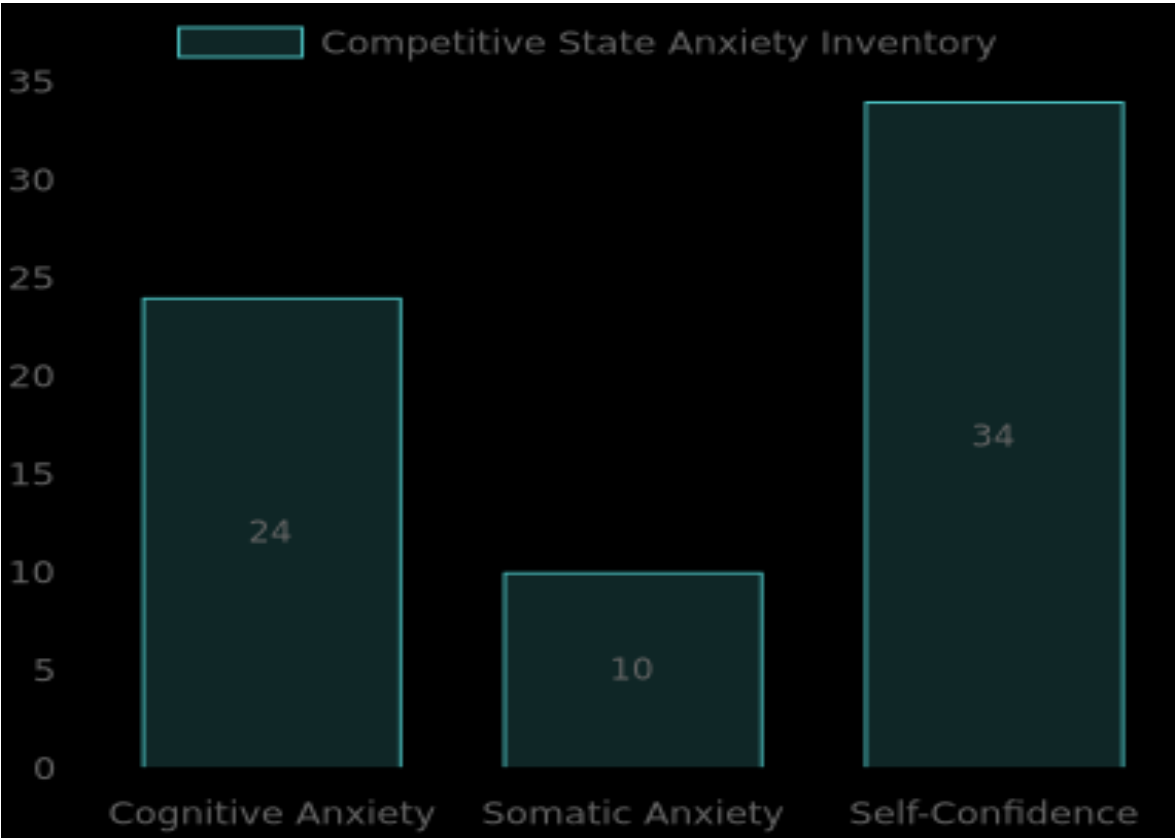


Score :65 (Category: Moderate-High Dependency)

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 : 24 (Category: Moderate)

Feedback:

Your cognitive anxiety score falls within the moderate range, indicating that you might experience a noticeable level of anxious thoughts and concerns. It's important to remember that anxiety is a common emotion, and many individuals face similar challenges. Consider exploring mindfulness techniques, deep breathing exercises, and cognitive-behavioral strategies to manage and redirect your anxious thoughts, allowing you to regain a greater sense of control over your thinking patterns.

Somatic Anxiety



Score : 10 (Category: Mild)

Feedback:

Your score indicates mild somatic anxiety. While you might experience some physical symptoms in response to stress or anxiety, your ability to cope and manage these sensations is admirable. Remember that these bodily sensations are natural reactions, and your capacity to navigate them suggests that you possess valuable skills for maintaining a balanced approach to stress.

Confidence



Score : 34 (Category: High)

Feedback:

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

Disclaimer

The information provided in this analysis belongs to its owner only. In case of a minor, the rights of information are with his legal guardian. The content of this analysis is only for reference, based on the scientific research in the field of psychology and statistical study conducted based on the psychometric tests and counselling session. The decision to follow any instruction, advise, suggestion or recommendation completely depends upon you and you will be solely responsible for the consequences of the same. We as an organization or any of its representatives are not responsible for any consequences under any circumstance. Before taking any crucial decision, please refer to a professional counsellor. The results are only indicative and the company or any authorized representative of the company shall in no case be liable for failure in any particular course of study or activity recommended in the report or any important decisions taken based on this report. Thus, it should not be used as a standalone instrument for any important decision-making. The accuracy of test results may be influenced by the honesty and self-awareness of the students taking the test.