

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.

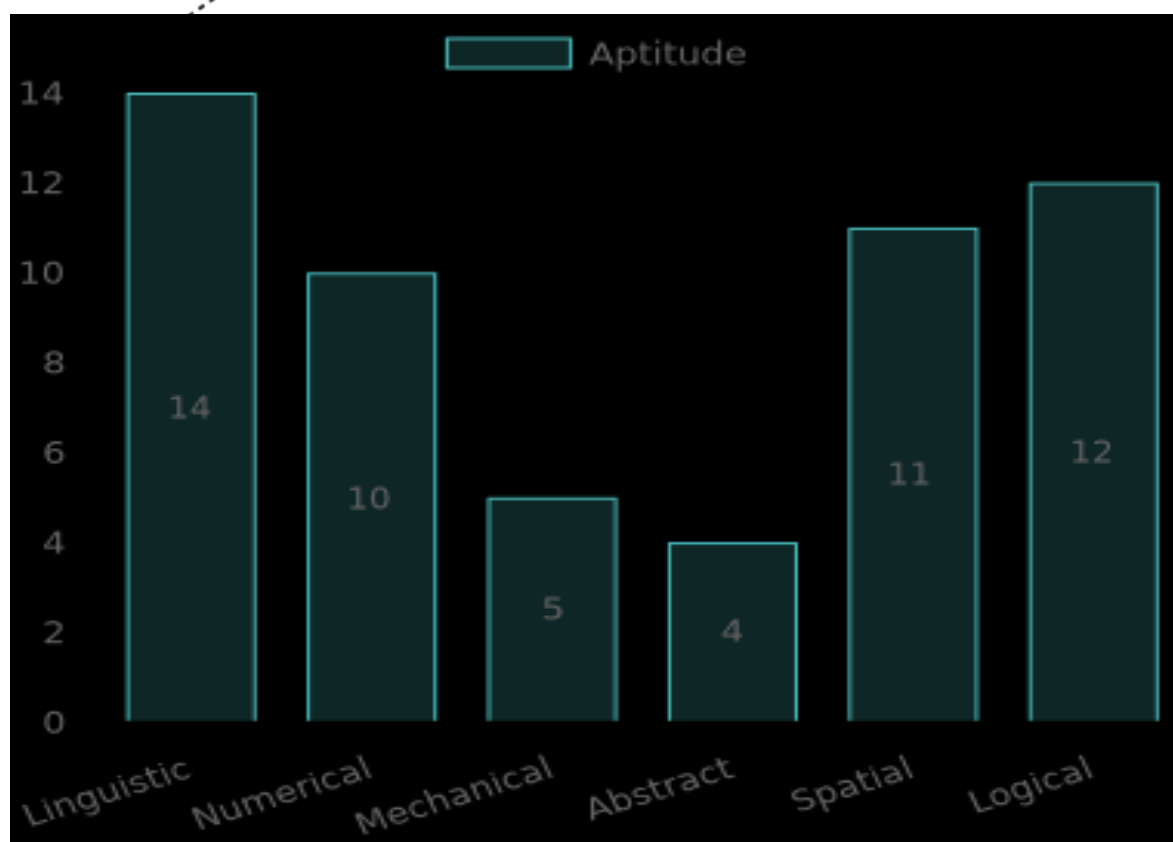
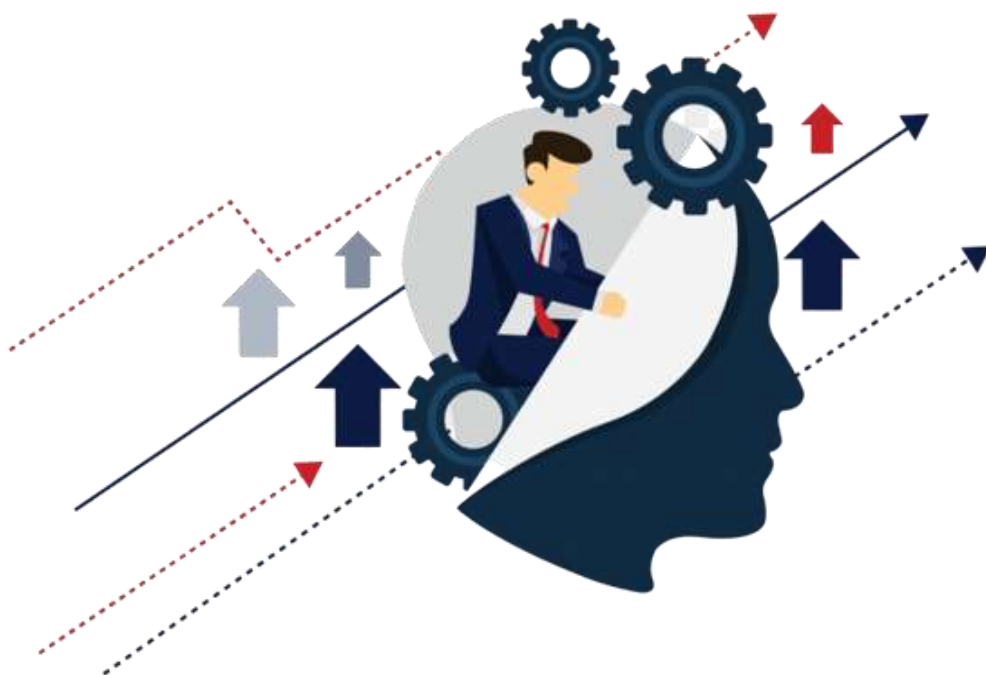


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1. APTITUDE



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 : 10 (Category: Competing)

Feedback:

Your numerical reasoning skills are solid and demonstrate your commitment to improvement. Your ability to work with numbers is commendable, and you have a good foundation to build upon.

Career Suggestions:

Consider roles that involve financial analysis, data entry, or junior positions in accounting. Pursue opportunities in administrative or office management roles where your numerical skills are valuable.

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: 4 (Category: Developing)

Feedback:

Your dedication to improving your abstract reasoning skills is evident. While your current score is in the lower range, remember that growth takes time and effort. Your commitment to learning will undoubtedly lead to progress.

Career Suggestions:

Focus on enhancing your visual thinking, pattern recognition, and problem-solving abilities. Engaging in activities like puzzles, spatial reasoning games, and creative arts can help you gradually develop your abstract reasoning skills. Entry-level positions in fields like data entry, administrative support, or basic technical roles could be a starting point.

APTITUDE



5. Spatial Reasoning

Score : 11 (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 : 12 (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: 24 (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: 21 (Category: Strong Proficiency)

Feedback:

Congratulations, your Visual/Spatial intelligence falls within the strong proficiency range. You have a solid command of visualizing and understanding spatial information. Your ability to manipulate and analyze visual data is impressive. Consider exploring careers in fields such as graphic arts, interior design, cartography, virtual reality development, or engineering, where your strong visual and spatial skills will be highly valued. Continuing to refine your abilities and seeking opportunities for creativity could lead to a successful and fulfilling career.

Career Suggestions:

- **Architect:** Pursue a career in architecture, where you can design buildings and spaces.
- **Industrial Designer:** Use your strong visual and spatial skills to create innovative product designs.
- **Virtual Reality Developer:** Enter the world of VR development, creating immersive digital environments.
- **Cartographer:** Become a professional mapmaker, specializing in spatial representation.
- **Civil Engineer:** Apply your spatial intelligence to design and analyze infrastructure projects.

4 Interpersonal Intelligence



Score: 32 (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.



Music Smart

5 Musical Intelligence

Score: 16 (Category: Developing Skills)

Feedback:

Your musical intelligence falls within the developing sensitivity range. You are starting to recognize and appreciate the nuances of music. To enhance your musical abilities, continue exploring different musical styles, practising your listening skills, and experimenting with creating your music. Learning to read musical notation, exploring different instruments, and participating in group musical activities can further develop your musical intelligence.

Career Suggestions:

- **Music Teacher (Beginner Levels):** Teach beginners to play musical instruments or provide introductory music theory lessons.
- **Session Musician:** Collaborate with local musicians or bands, contributing your growing musical skills to live performances or recordings.
- **Music Therapist Assistant:** Support certified music therapists in using music to help individuals with various needs, such as emotional expression or rehabilitation.

6 Naturalistic Intelligence



Nature Smart

Score: 9 (Category: Basic Proficiency)

Feedback:

Your naturalistic intelligence falls within the basic awareness range. You have a foundational understanding of the natural world, but there is potential for further exploration and development. Consider spending more time observing and interacting with nature, learning about different species, ecosystems, and environmental concepts. Engaging in gardening, wildlife observation, or conservation efforts can help you enhance your naturalistic intelligence.

Career Suggestions:

- **Nature Photographer:** Develop your photography skills while immersing yourself in nature, capturing its beauty, and raising awareness about environmental issues.
- **Park Ranger Assistant:** Work in a national or state park, assisting park rangers with tasks related to wildlife protection and visitor education.
- **Botanical Garden Intern:** Gain hands-on experience by working in a botanical garden, learning about various plant species and their care.



7 Body/Kinaesthetic Intelligence

Score: 20 (Category: Developing Skills)

Feedback:

Your Body/Kinesthetic intelligence is in the developing skills range. You've made progress in honing your physical abilities, but there's still room for growth. Continue to engage in activities that challenge your physical coordination, balance, and agility. Exploring new forms of movement, participating in group activities, and focusing on refining specific skills (e.g., dance techniques, sports techniques) can help you advance further. Consider areas where your physical intelligence can complement other intelligence or career paths, such as performing arts, sports coaching, or physical therapy.

Career Suggestions:

- **Physical Therapist Assistant:** Consider becoming a physical therapist assistant to assist in rehabilitating patients and improving their physical capabilities.
- **Martial Arts Instructor:** Develop expertise in martial arts and instruct others in self-defense and discipline.
- **Circus Arts Performer:** Explore circus arts like acrobatics or aerial skills as a unique way to further develop your physical abilities.
- **Parkour Instructor:** If you enjoy urban movement and agility, become a parkour instructor to teach others the art of efficient movement.

8 Intrapersonal Intelligence



Self Smart

Score: 33 (Category: Exceptional Mastery)

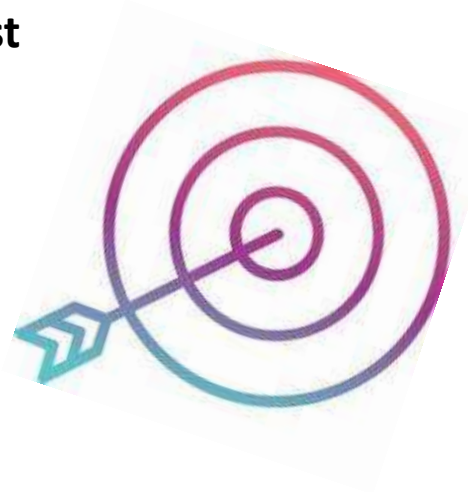
Feedback:

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:

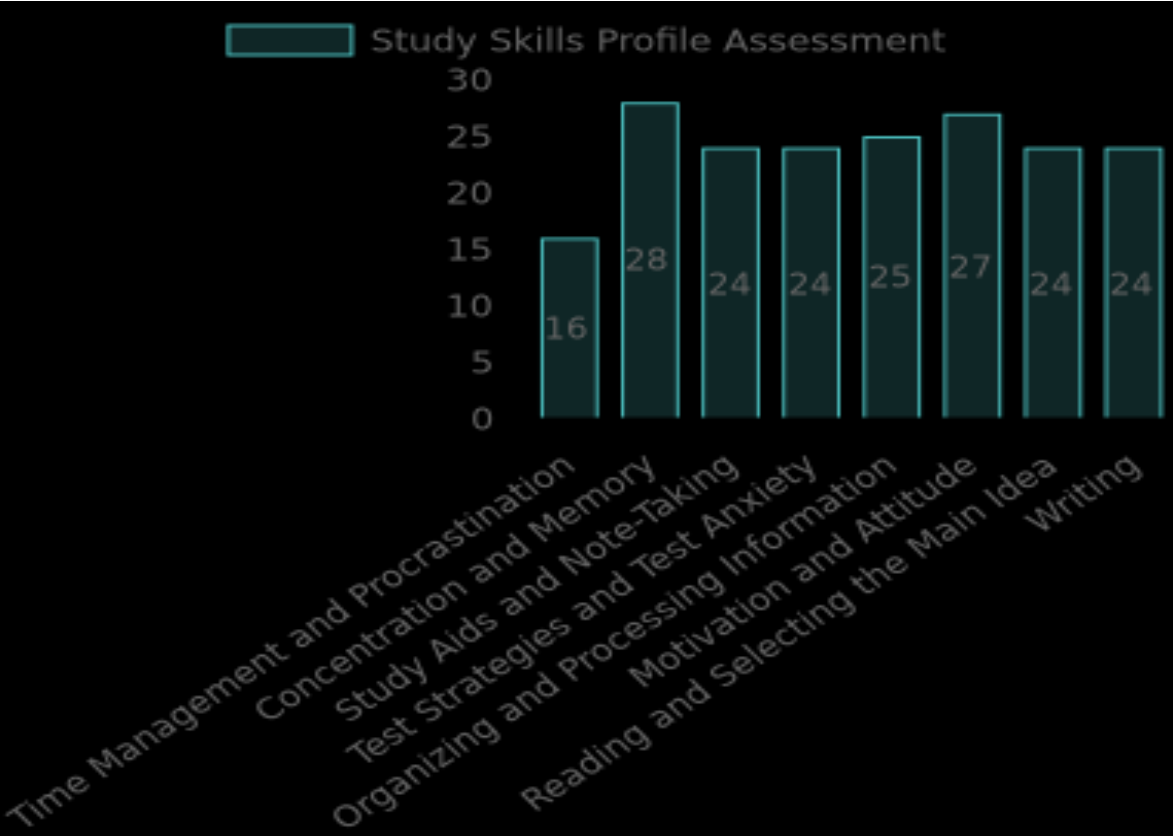
- **Psychotherapist:** Offer in-depth therapy and support to individuals dealing with complex emotional issues.
- **Creative Director:** Use your exceptional self-mastery to lead and inspire creative teams in fields like advertising, design, or filmmaking.
- **Spiritual Guide:** Guide individuals in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

Career Priority List



1. Self-Care Blogger
2. Personal Stylist
3. Holistic Self-Care Blogger
4. Personal Finance Coach
5. Philosopher
6. Therapist/Counselor
7. Mindful Eating Coach
8. Inner Child Therapist
9. Motivational Writer
10. Wellness Blogger/Vlogger

3. STUDY SKILL PROFILE ASSESSMENT



STUDY SKILL PROFILE



1. Time Management and Procrastination

Score : 16 (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 : 28 (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 : 24 (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 : 24 (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 : 25 (Category: Exceptional Mastery)

Feedback:

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



6. Motivation and Attitude

Score : 27 (Category: Exceptional Mastery)

Feedback:

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

STUDY SKILL PROFILE



7. Reading and Selecting the Main Idea

Score : 24 (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

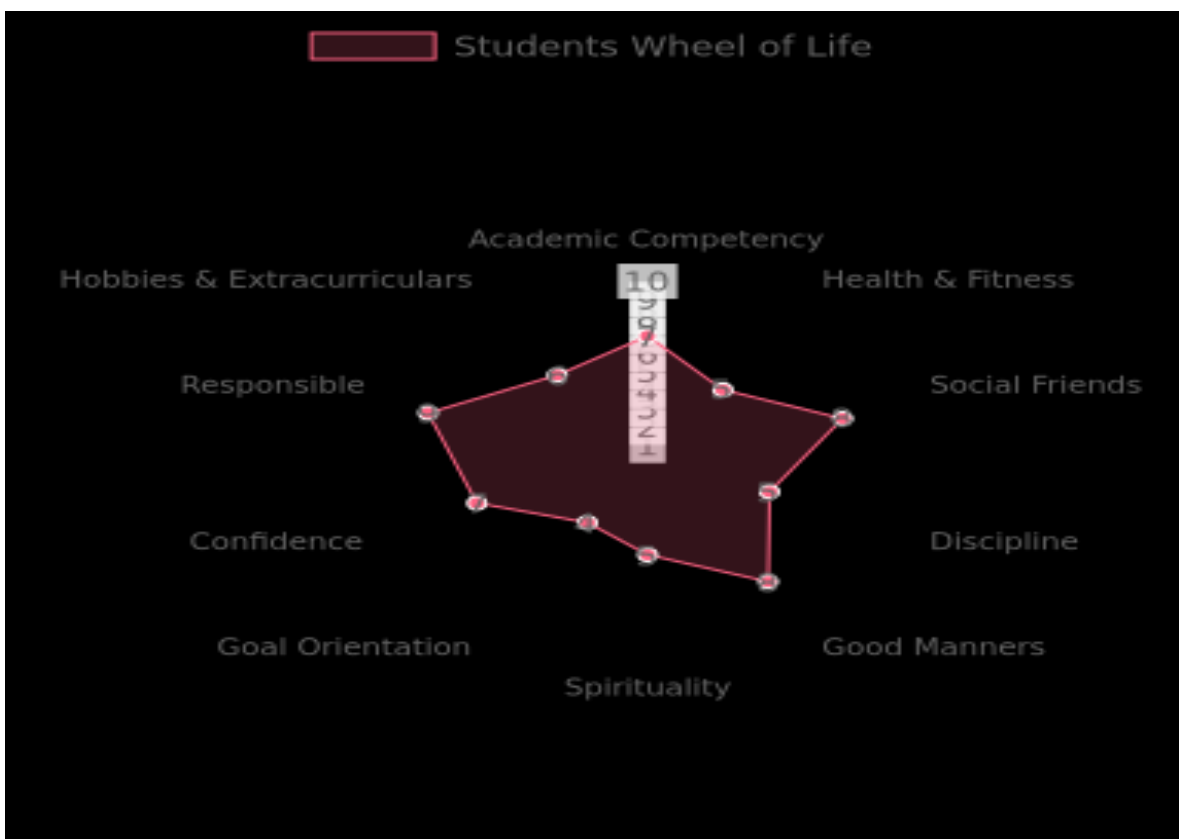
Score : 24 (Category: Strong Proficiency)

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: Proficient understanding, active learning. 7/10

Health & Fitness: Inconsistent health habits, need better routine. 5/10

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

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

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

Spirituality: Some engagement, room for deeper connection. 5/10

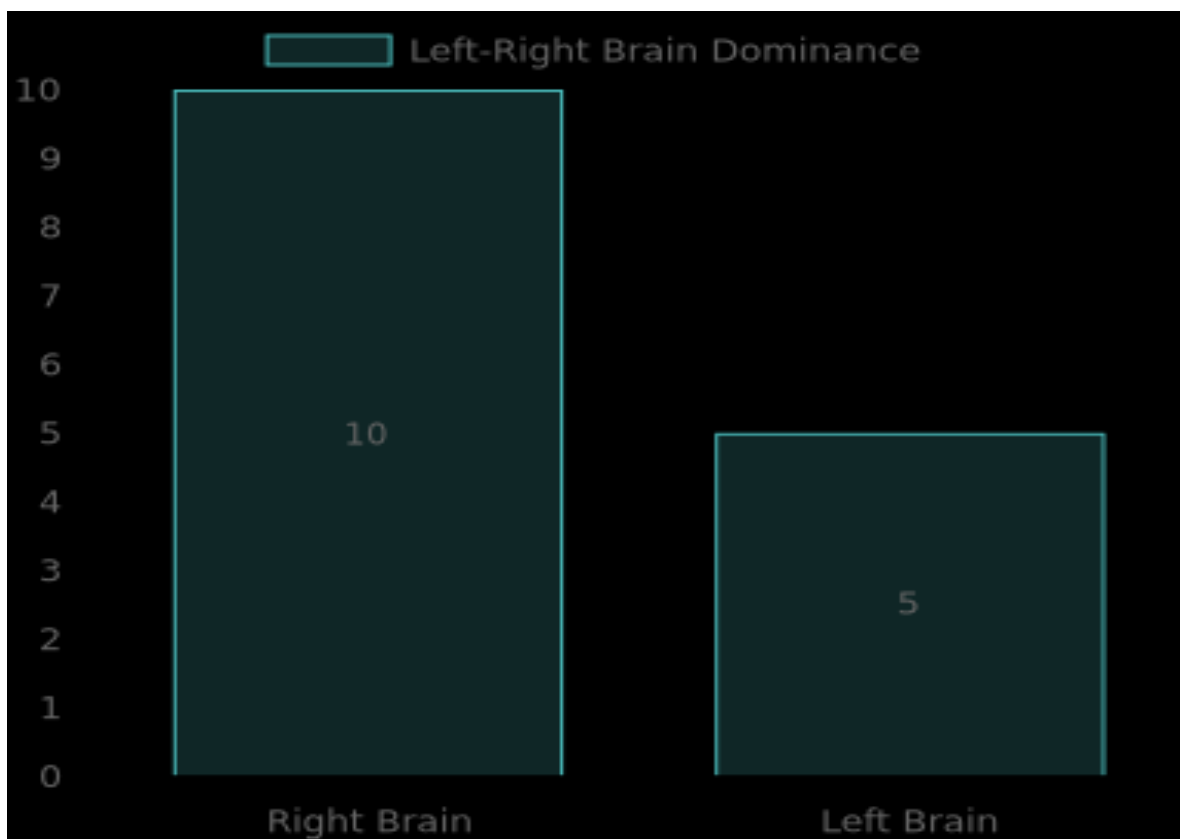
Goal Orientation: Some goals set, need clearer focus. 4/10

Confidence: Strong self-assurance, minimal self-doubt. 7/10

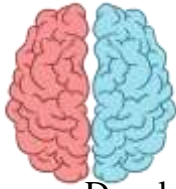
Responsible: Highly accountable, proactive responsibility. 9/10

Hobbies & Extracurriculars: Engaging occasionally, explore more. 6/10

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 : 10 (Category: Strong Dominance)

Feedback:

Creativity: Exceptional ability for imaginative and original thinking.

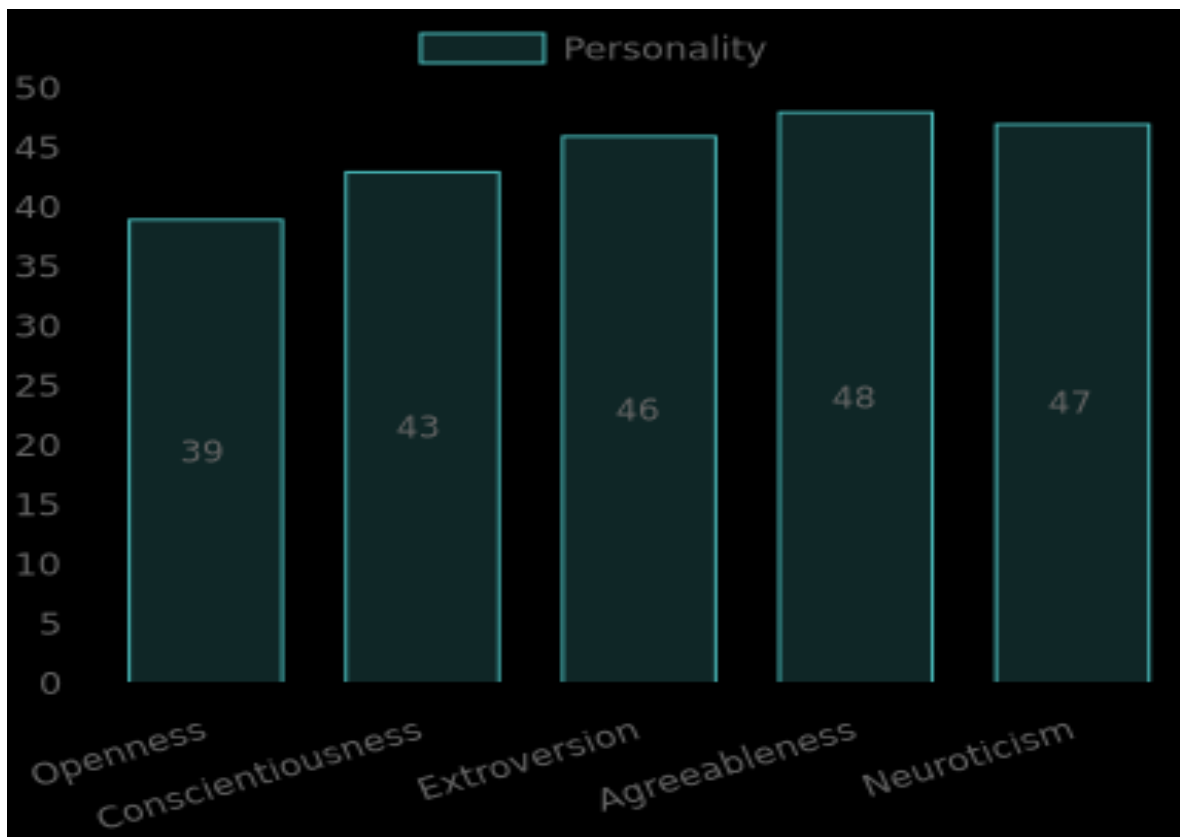
Visual Perception: Highly skilled in noticing shapes and colors.

Intuition: Highly intuitive, relies on instincts effectively.

Holistic Thinking: Masters the bigger picture and makes intricate connections.

Artistic Abilities: Exceptional skills in 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 : 48 (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 : 47 (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 : 39 (Category: Excelling)

Feedback:

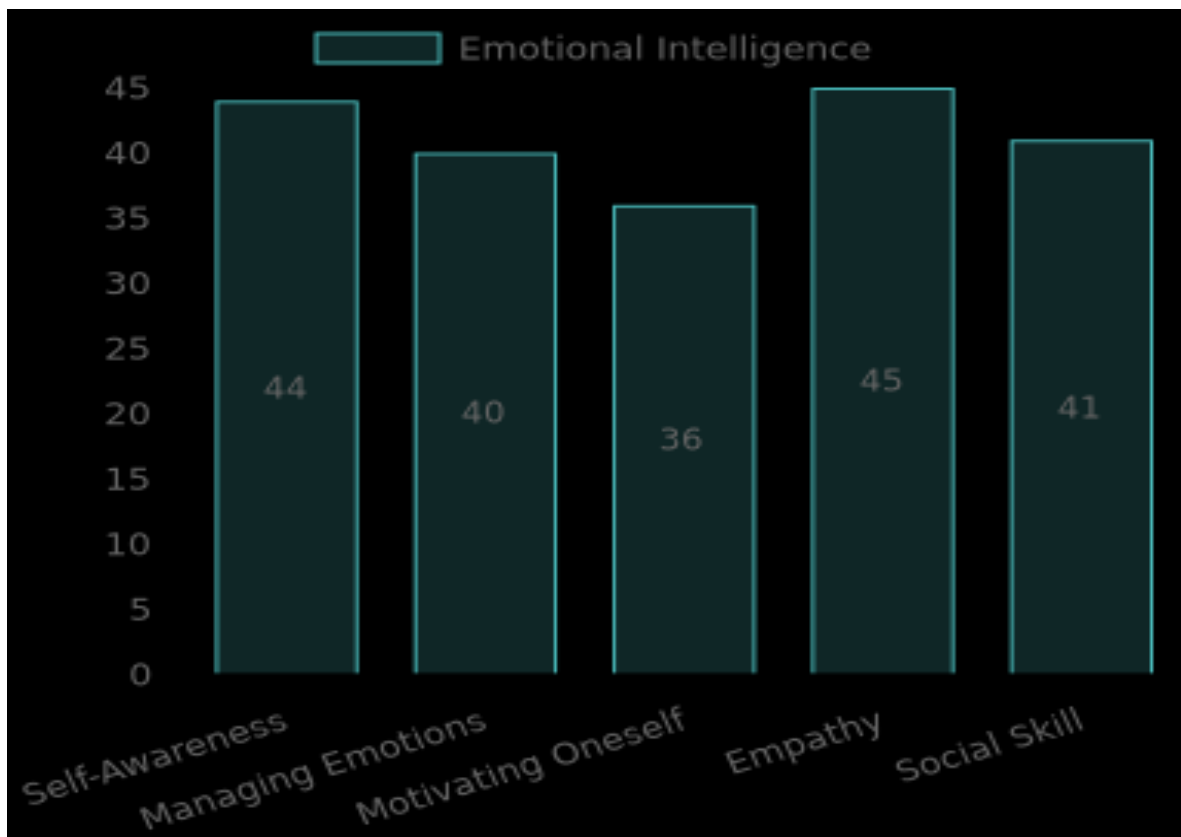
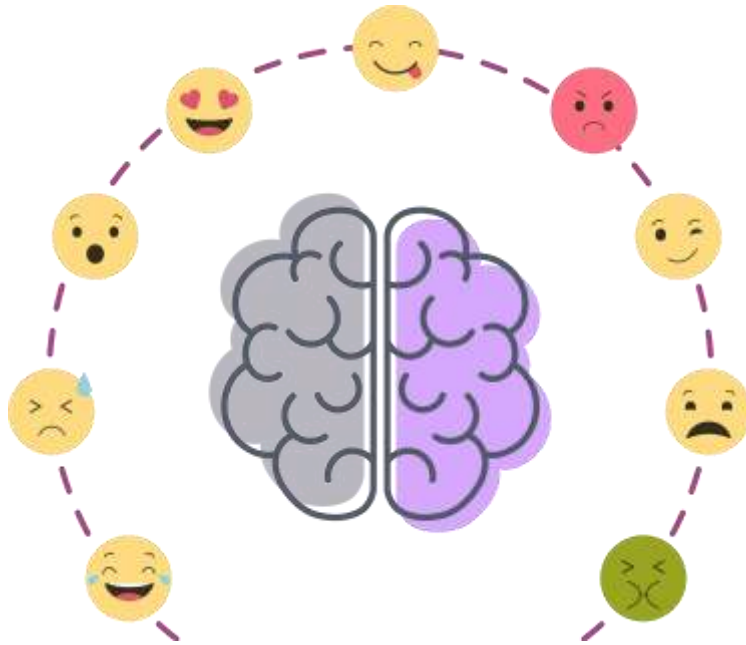
Your open-mindedness and curiosity are evident, as you actively seek out new experiences and ideas. You thrive in dynamic environments and enjoy exploring uncharted territory.

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



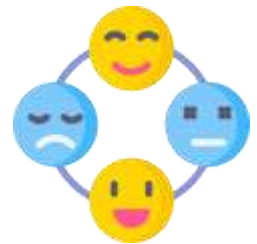
1. Self-Awareness

Score : 44 (Category: Excelling)

Feedback:

Well done! Your self-awareness is strong, and you have a solid grasp of your emotions and reactions. You are mindful of your strengths and areas for improvement, which allows you to adapt and learn effectively. Your commitment to self-reflection is evident, and it positively impacts your interactions with others. Continue honing your self-awareness—it's a valuable asset that will serve you well in various aspects of life.

2. Managing Emotions



Score : 40 (Category: Excelling)

Feedback:

You're doing a great job in managing your emotions effectively. Your ability to handle various emotions and situations is noteworthy. Your capacity to regulate your feelings and respond thoughtfully contributes to healthier relationships and improved decision-making. Continue honing your emotional management skills, and you'll find that you're better equipped to navigate challenges and foster positive connections with others.

3. Motivating Oneself



Score : 36 (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 : 45 (Category: Outstanding)

Feedback:

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

5. Social Skill



Score : 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 : 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

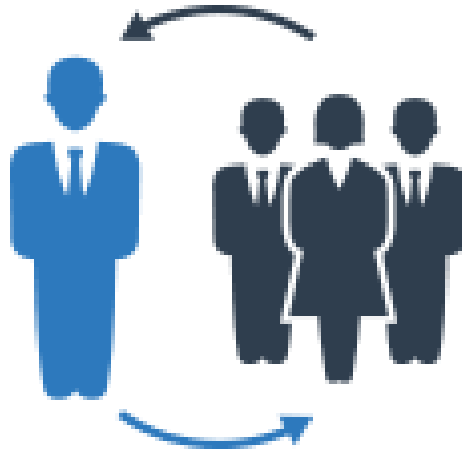


Score : 21 (Category: Moderate)

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



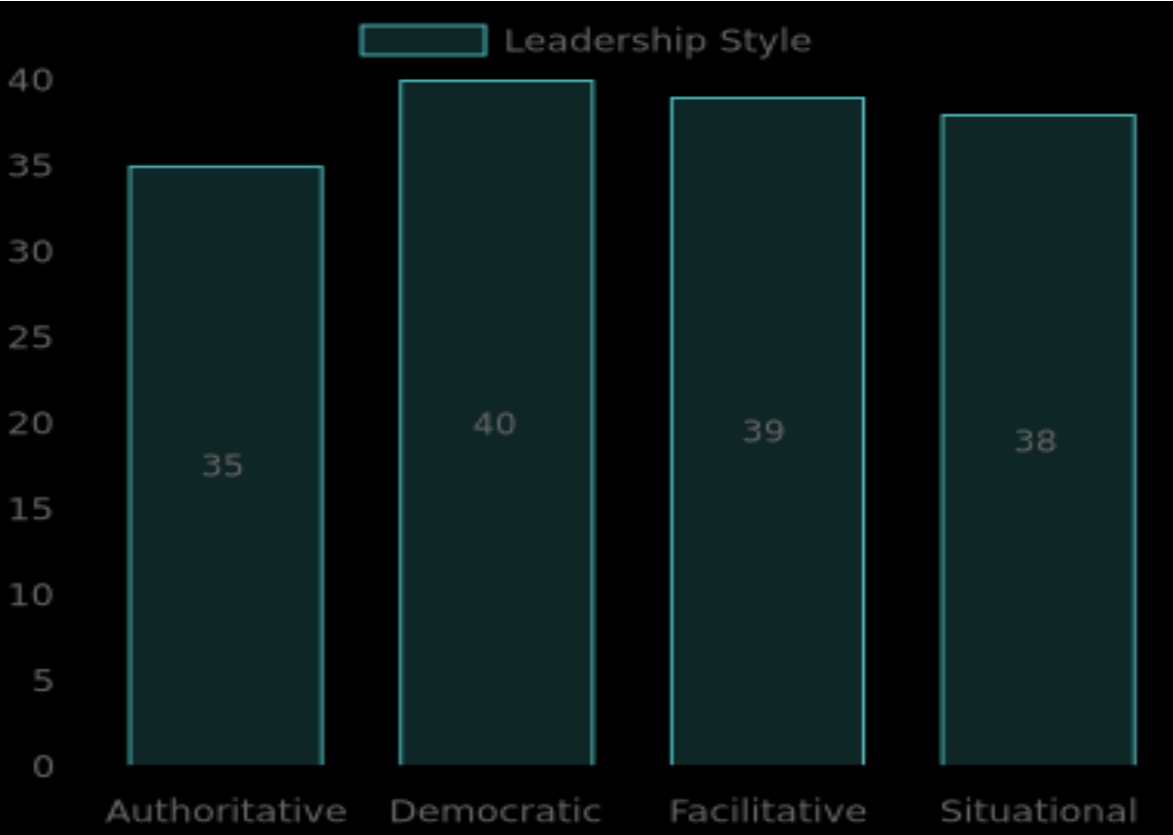
Leadership Skills

Score : 86 (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 : 35 (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 : 40 (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 : 39 (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 : 38 (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

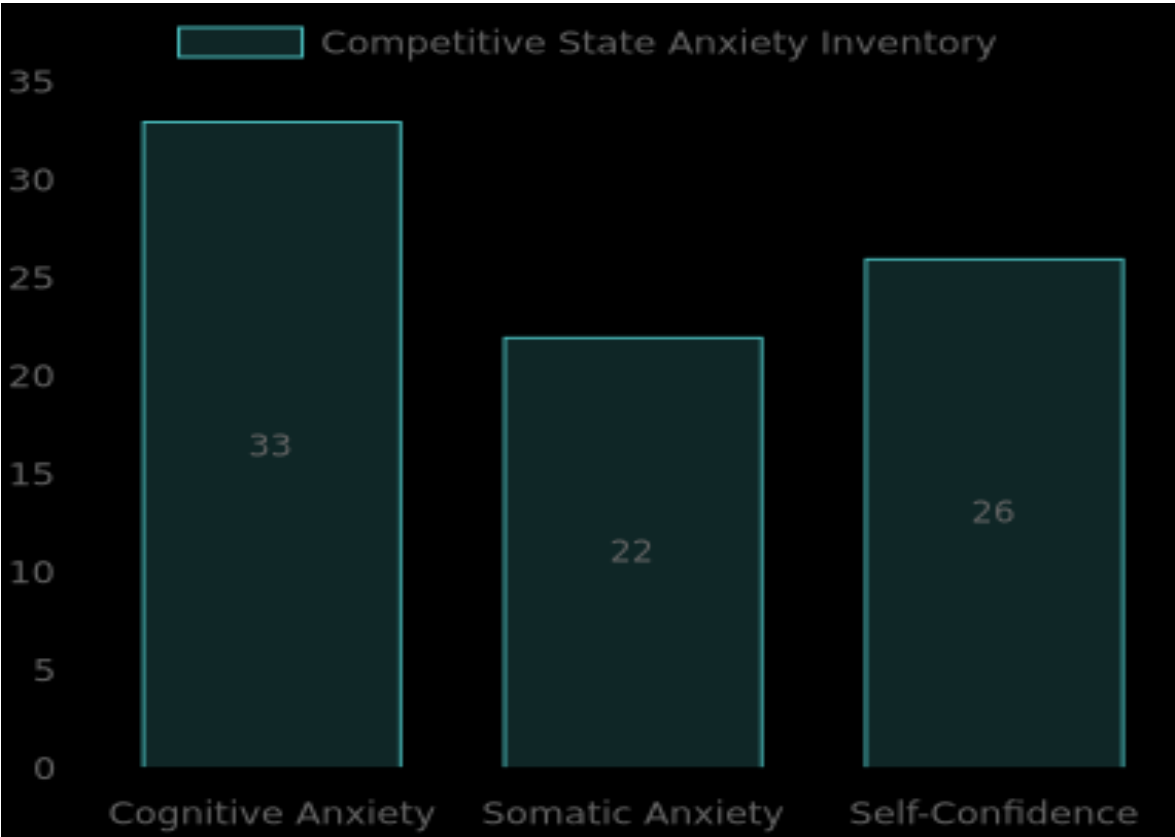


Score :51 (Category: Moderate Dependency)

Feedback:

Your cyber dependency score falls within the moderate range. You have a reasonable reliance on digital tools, which is beneficial in many aspects of modern life. Balancing this with offline skills can further enhance your ability to manage disruptions. Consider honing your proficiency in both digital and non-digital solutions for a well-rounded approach.

12. COMPETITIVE STATE ANXIETY INVENTORY



COMPETITIVE STATE ANXIETY

Cognitive Anxiety



Score : 33 (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 : 22 (Category: Moderate)

Feedback:

Your score falls within the moderate range for somatic anxiety. This suggests that you might experience noticeable physical symptoms when facing stressors or anxiety-provoking situations. While these sensations can be uncomfortable, they are signals from your body. Your awareness of these symptoms is a crucial step toward effectively managing your anxiety. Consider exploring relaxation techniques or stress-reduction strategies to further enhance your well-being.

Confidence



Score : 26 (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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