

Psychometric Tests

**NEURO-COGNITIVE-EMOTIONAL
INTELLIGENCE BEHAVIOUR
COMPETENCY MAPPING**

REPORT



NAME

Aarya

AGE

15

GENDER

Profile not completed

ADDRESS

Profile not completed

CONTACT NO

Profile not completed

EMAIL ID

akshshnz@gmail.com

SCHOOL

ST ALPHONSA PUNE

COUNSELLOR

Dr. Antony Augusthy

CONTACT NO

+ 91 9833086018

TESTED ON

8/12/2023

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.

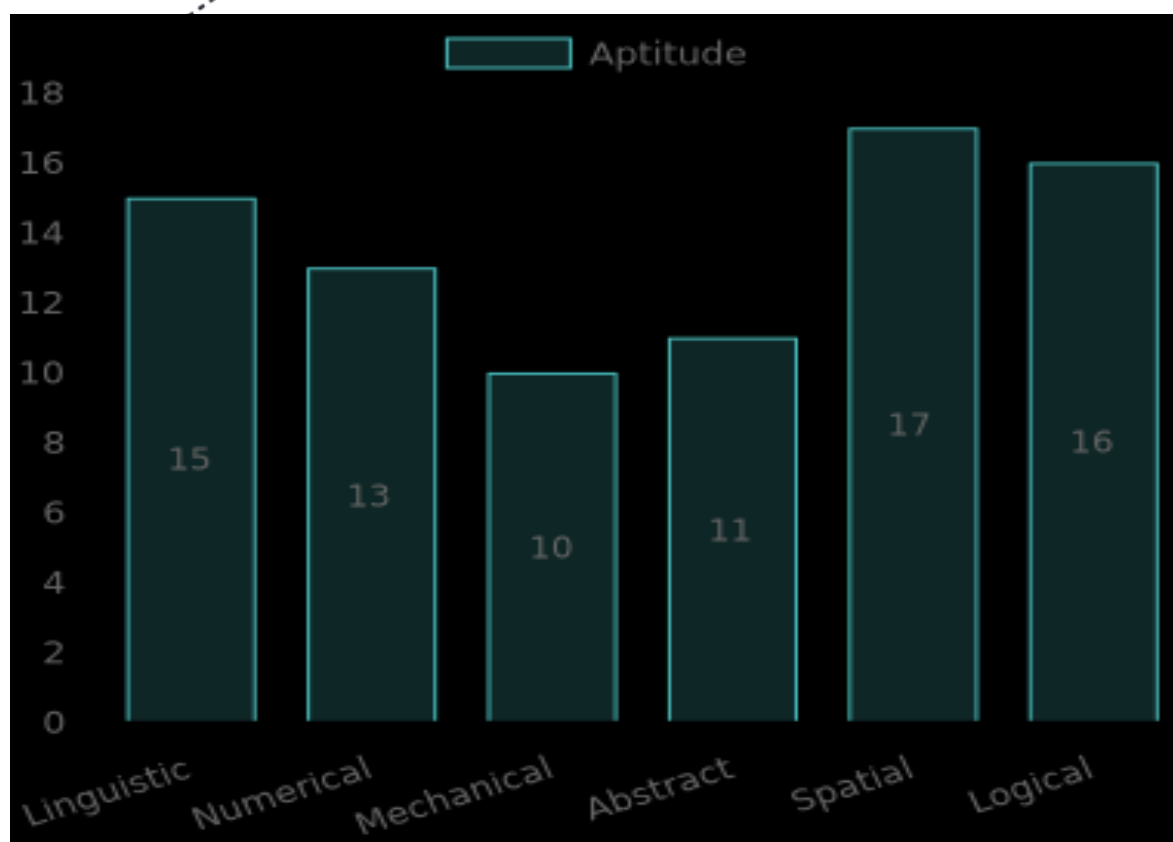
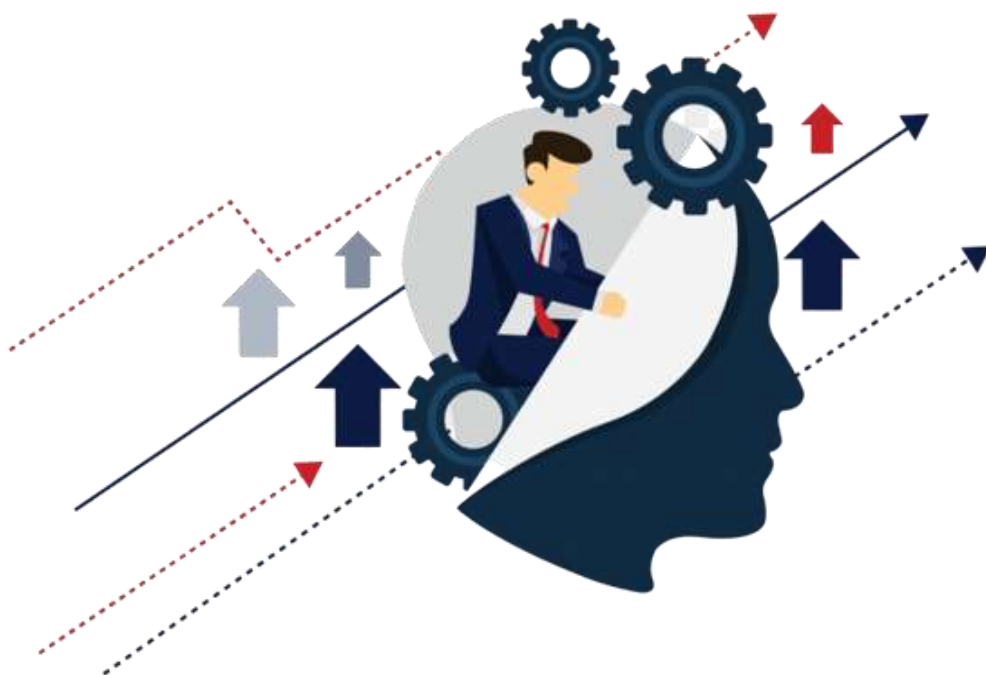


INDEX

1. Aptitude
2. Multiple Intelligence
3. Study Skills Set Profile
4. Students Wheel of Life
5. Left-Right Brain Dominance
6. Personality
7. Emotional Intelligence
8. Learning Style
9. Leadership Skills
10. Leadership Styles
11. Cyber Dependency
12. Competitive State Anxiety



1. APTITUDE



APTITUDE

1. Linguistic Reasoning:



Score : 15 (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 : 13 (Category: Excelling)

Feedback:

Your strong numerical reasoning skills are impressive and reflect your dedication to learning. Your ability to handle complex calculations and data is commendable.

Career Suggestions:

Pursue careers in fields that require analytical thinking and problem-solving, such as financial analysis, market research, or junior roles in engineering or science. Your skills can also be beneficial in roles that involve data analysis.

APTITUDE

3. Mechanical Reasoning



Score: 10 (Category: Competing)

Feedback:

Your mechanical reasoning skills are developing well, and your grasp of fundamental concepts is commendable. Your ability to solve mechanical problems is a valuable asset.

Career Suggestions:

Consider careers that involve technical tasks and problem-solving, such as mechanical technician, quality control inspector, or junior positions in engineering. These roles will allow you to apply and enhance your mechanical skills.



4. Abstract Reasoning

Score: 11 (Category: Competing)

Feedback:

Your abstract reasoning skills are above average, reflecting your dedication to learning and growth. You're becoming adept at recognizing patterns and making connections between different elements.

Career Suggestions:

With your improved abstract reasoning skills, you might excel in roles that involve problem-solving, data analysis, and creativity. Consider careers in graphic design, market research, data visualization, or entry-level programming, where your ability to think critically and creatively is valuable.

APTITUDE



5. Spatial Reasoning

Score : 17 (Category: Outstanding)

Feedback:

Congratulations on achieving an exceptional score in spatial reasoning! Your mastery of spatial concepts sets you apart and reflects your commitment to excellence.

Career Suggestions:

Your outstanding spatial reasoning skills make you a strong candidate for roles that involve advanced 3D modeling, computer-aided design (CAD), architecture, and virtual reality design. Consider careers in creative industries where spatial visualization is key.

6. Logical Reasoning



Score : 16 (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: 30 (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: 22 (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: 33 (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: 30 (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: 26 (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: 28 (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: 27 (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: 30 (Category: Strong Proficiency)

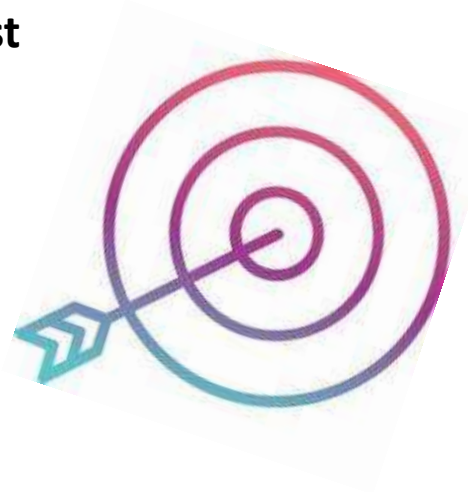
Feedback:

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:

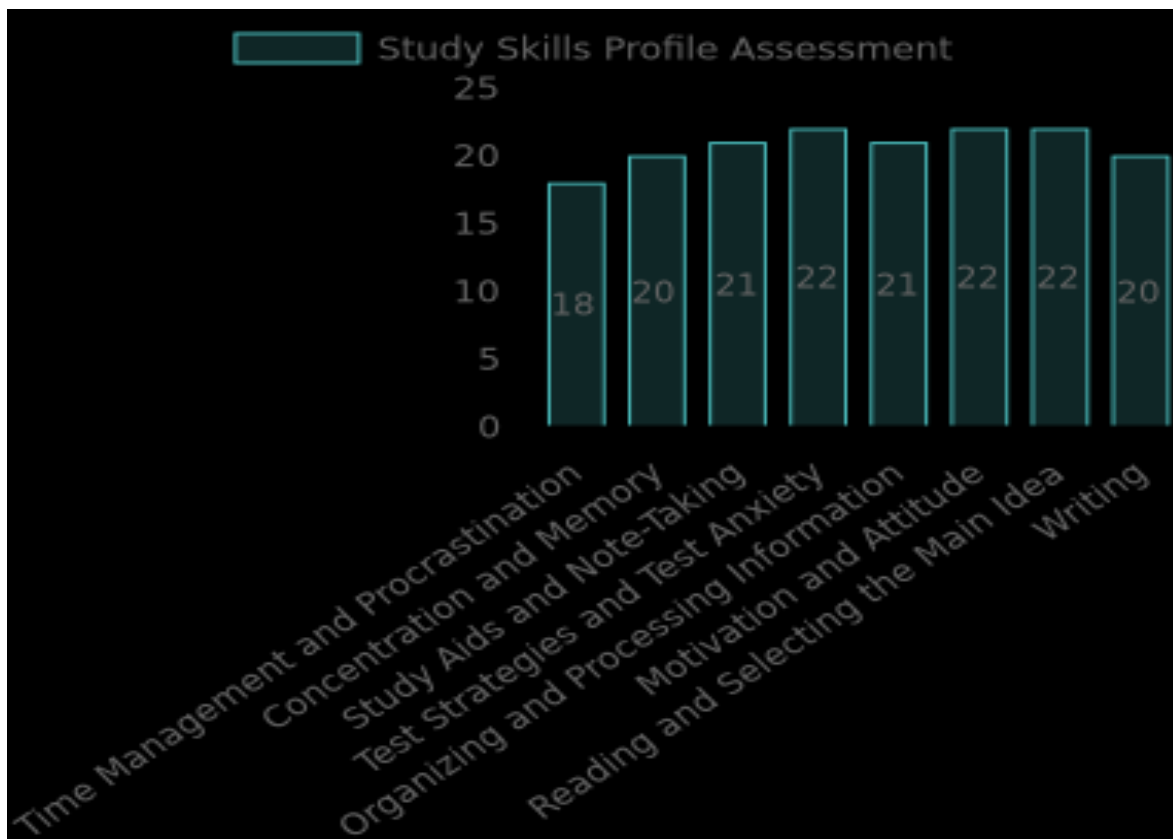
- **Psychologist:** Utilize your strong self-awareness to provide therapy and counseling to individuals seeking personal growth and healing.
- **Leadership Coach:** Help leaders enhance their effectiveness by drawing on your understanding of human behavior and motivation.
- **Motivational Speaker:**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

Career Priority List



1. Doctor
2. Forester
3. Graphic Designer
4. Athlete
5. Botanist
6. Photographer
7. Sculptor
8. Astronomer
9. Psychologist
10. Journalist

3. STUDY SKILL PROFILE ASSESSMENT



STUDY SKILL PROFILE



1. Time Management and Procrastination

Score : 18 (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 : 20 (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 : 21 (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 : 22 (Category: Strong Proficiency)

Feedback:

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

5. Organizing and Processing Information

Score : 21 (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 : 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 : 22 (Category: Strong Proficiency)

Feedback:

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

8. Writing

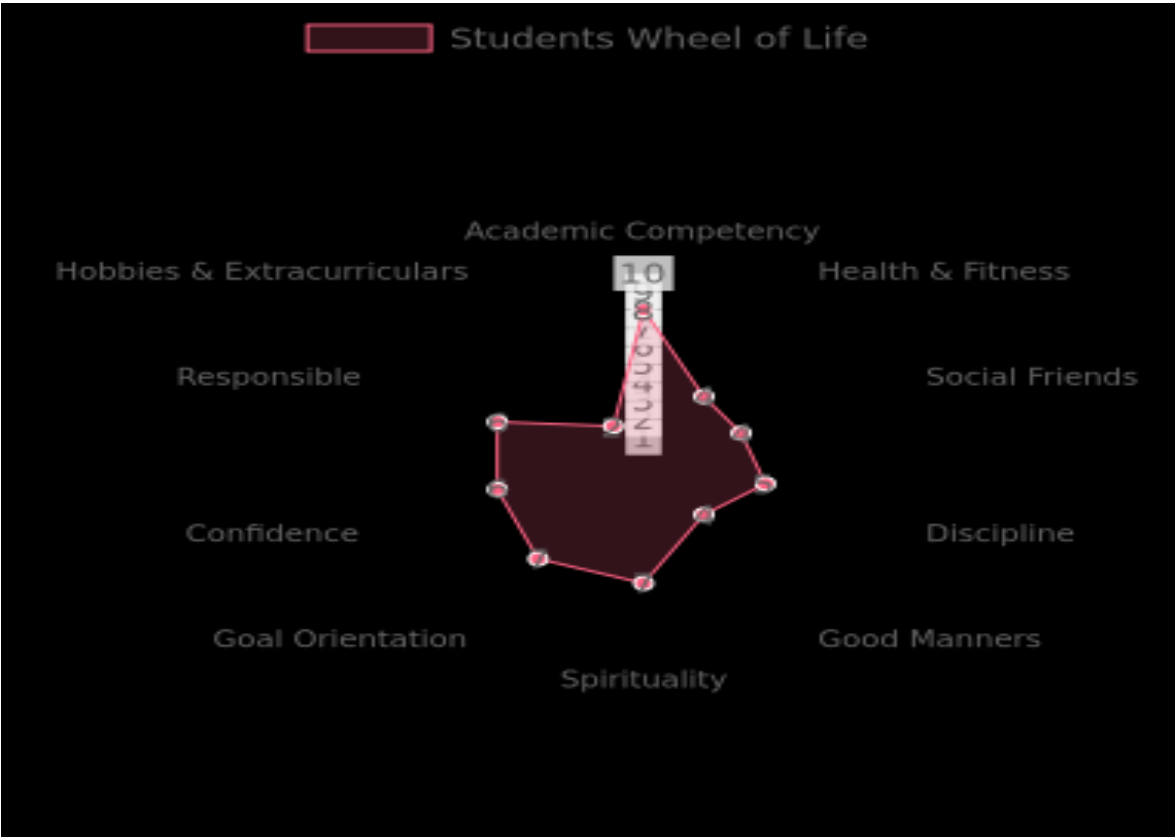
Score : 20 (Category: Strong Proficiency)

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. 8/10

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

Social Friends: Some connections, expand social circle. 4/10

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

Good Manners: Mixed display of etiquette and politeness. 4/10

Spirituality: Engaged in spiritual practices, finding meaning. 7/10

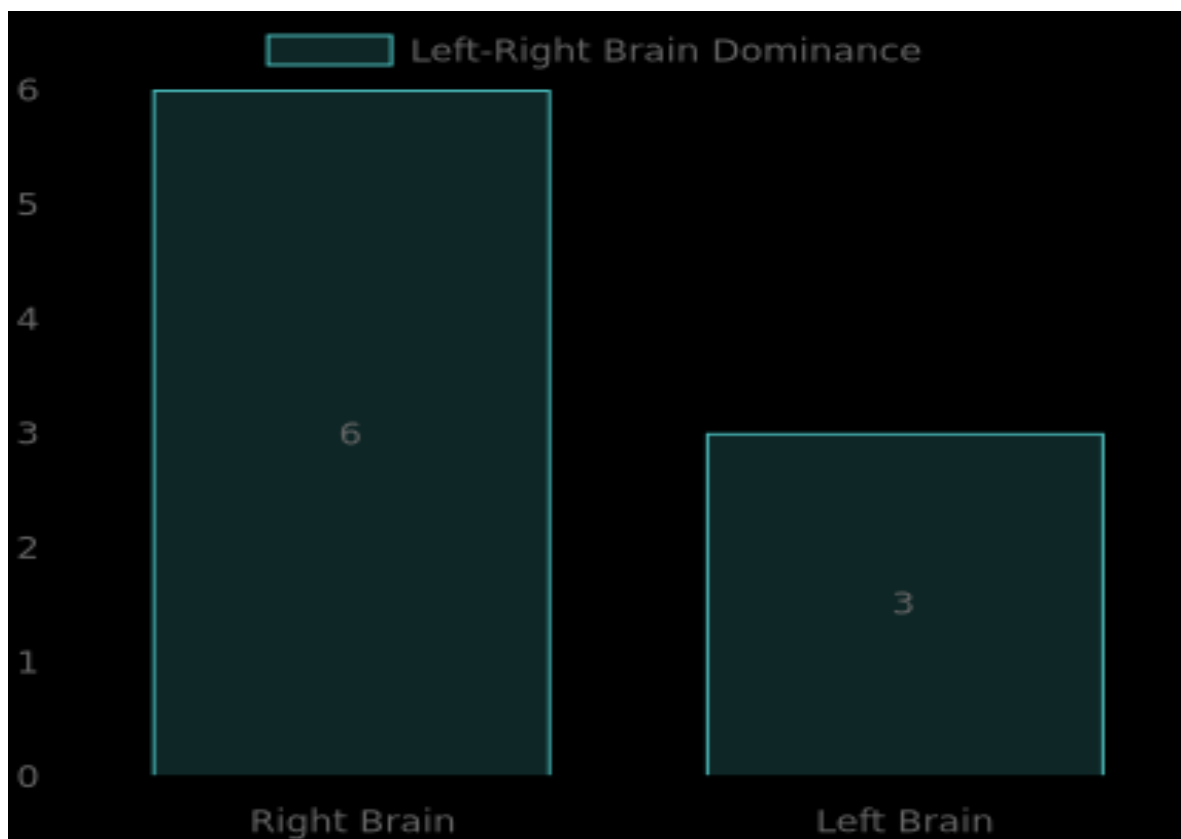
Goal Orientation: Clear goals, making progress. 7/10

Confidence: Some self-assurance, occasional doubts. 6/10

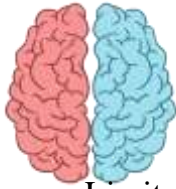
Responsible: Meeting some commitments, improvement needed. 6/10

Hobbies & Extracurriculars: Limited engagement, lack of interests. 2/10

5. RIGHT-LEFT BRAIN DOMINANCE



RIGHT-LEFT BRAIN DOMINANCE



Left Brain Dominance:

Score : 3 (Category: Limited Dominance)

Feedback:

Analytical Thinking: Minimal logical problem-solving ability.

Language Skills: Difficulty with verbal communication and grammar.

Math and Logic: Struggles with numbers and reasoning.

Structured Planning: Challenges in organizing tasks and goals.

Sequential Processing: Difficulty following linear sequences.

Right Brain Dominance:



Score : 6 (Category: Developing Dominance)

Feedback:

Creativity: Some ability for imaginative and original thinking.

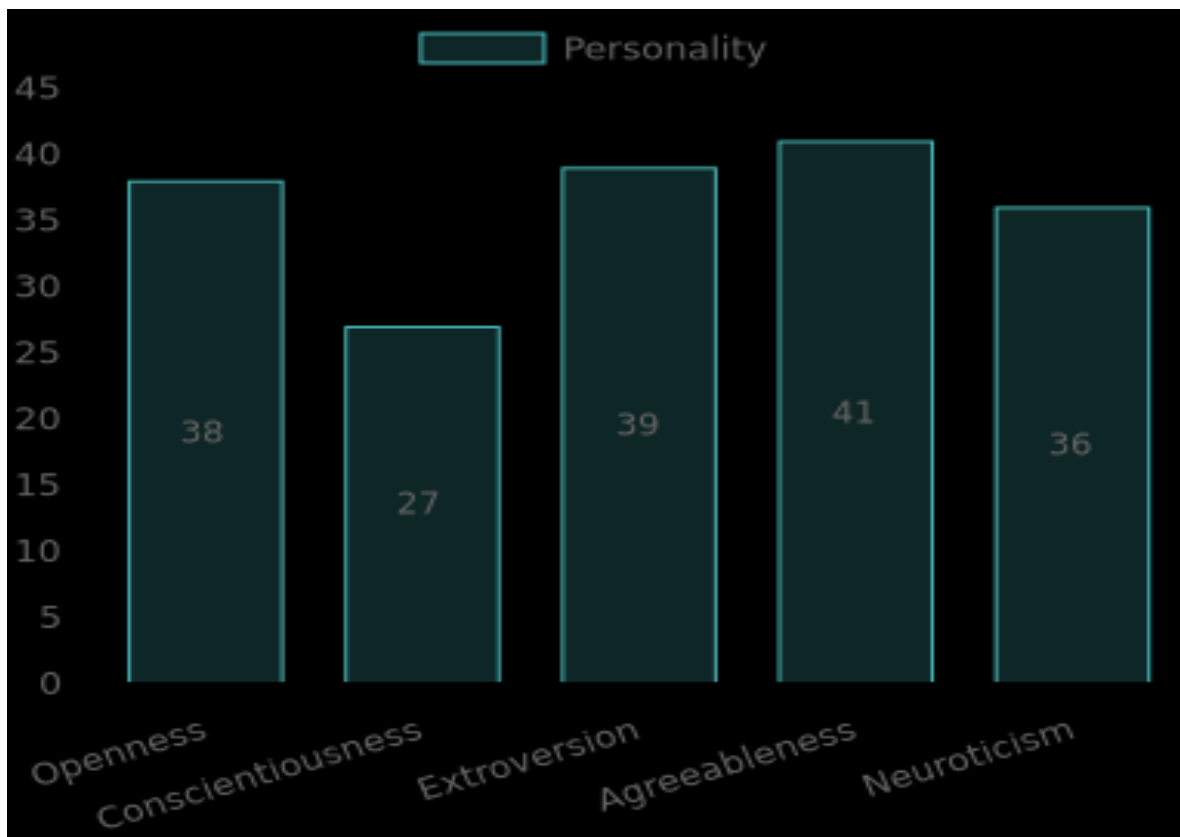
Visual Perception: Adequate sensitivity to shapes and colors.

Intuition: Beginning to rely on instincts and hunches.

Holistic Thinking: Can grasp the bigger picture and make connections.

Artistic Abilities: Basic skills in artistic expression.

6. PERSONALITY TRAITS DOMINANCE



PERSONALITY TRAITS DOMINANCE

1 Extroversion:



Score : 39 (Category: Excelling)

Feedback:

Your extroverted tendencies are noticeable, and you thrive in social settings. You are energized by interactions with others and enjoy being part of groups.

Possible Personality Type: Possible Personality Type: Outgoing, Sociable, Energetic

Career Options:

Pursue roles that involve frequent interaction with people, leadership, and dynamic environments. Public relations, customer service, teaching, or counseling may align well with your personality.



2 Agreeableness:

Score : 41 (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 : 27 (Category: Competing)

Feedback:

You maintain a balanced approach to organization and responsibility, effectively managing your tasks and goals. You can shift between focused, goal-oriented work and more flexible activities.

Possible Personality Type: Possible Personality Type: Balanced, Diligent, Methodical

Career Options:

Consider roles that involve a mix of planning, execution, and adaptability. Project management, administrative roles, data analysis, or research positions could be suitable.

4 Neuroticism:



Score : 36 (Category: Excelling)

Feedback:

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

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

Career Options:

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

PERSONALITY TRAITS DOMINANCE

5. Openness :



Score : 38 (Category: Excelling)

Feedback:

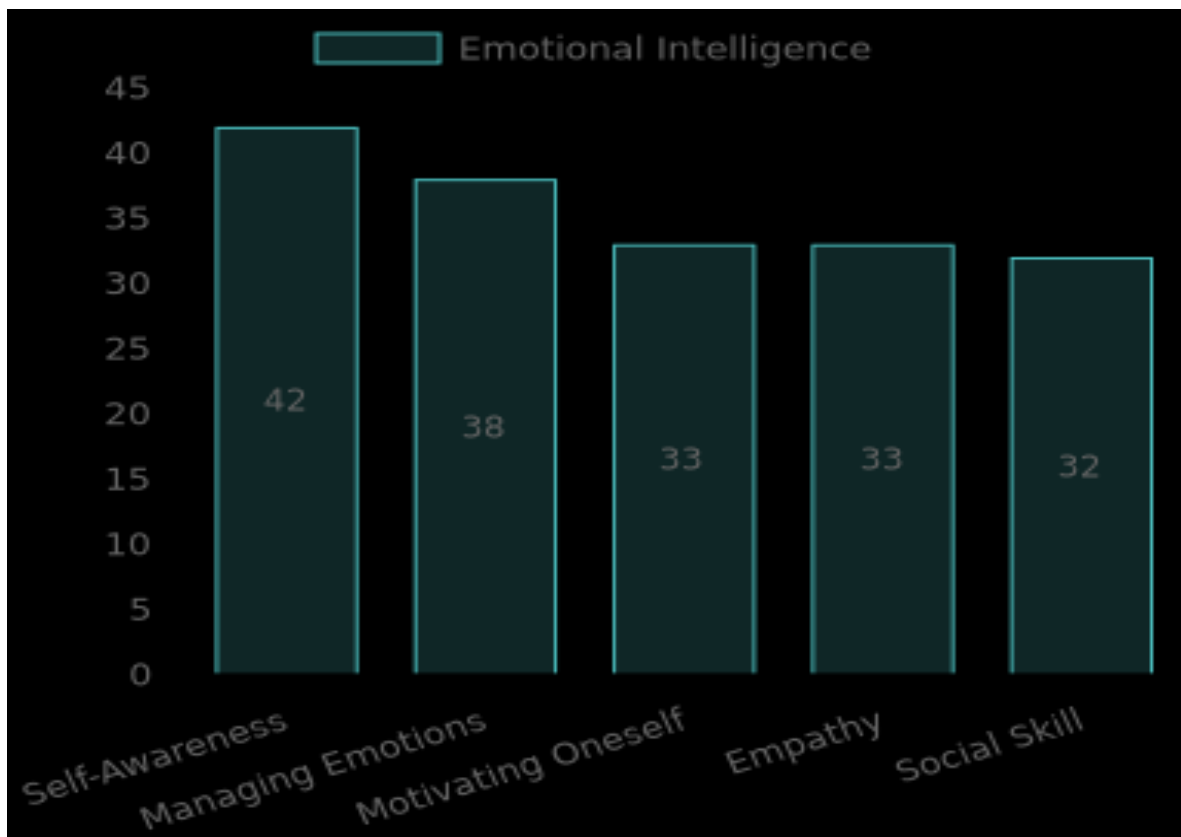
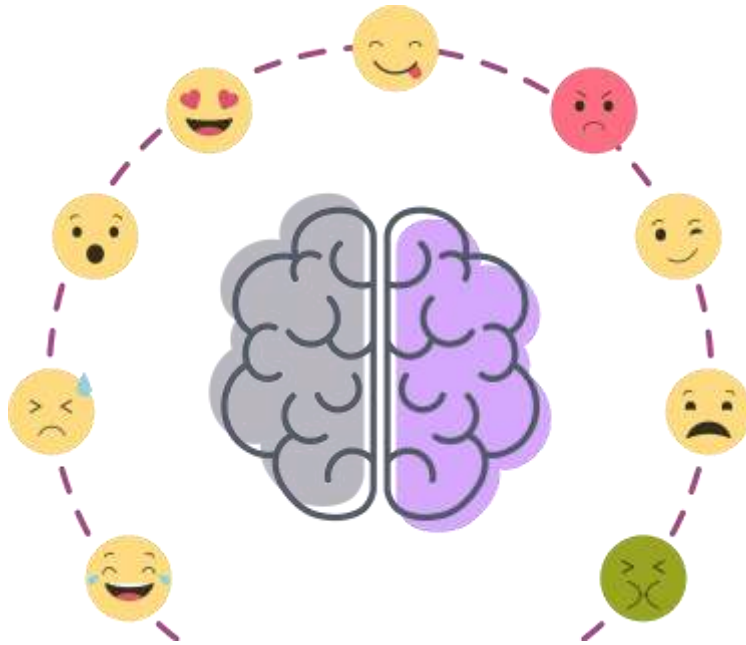
Your open-mindedness and curiosity are evident, as you actively seek out new experiences and ideas. You thrive in dynamic environments and enjoy exploring uncharted territory.

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



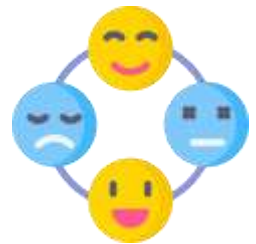
1. Self-Awareness

Score : 42 (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 : 38 (Category: Competing)

Feedback:

You're on the right track in managing your emotions, and there's room for growth. You're displaying a moderate level of emotional control, but there's potential to enhance your strategies for coping with stress and handling strong emotions. By further developing your emotional management techniques, you'll be better equipped to navigate situations with greater ease and contribute positively to your personal and professional interactions.

3. Motivating Oneself



Score : 33 (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 : 33 (Category: Competing)

Feedback:

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

5. Social Skill



Score : 32 (Category: Competing)

Feedback:

Your social skills are at a satisfactory level, and you demonstrate an ability to engage with others in various situations. As you continue to refine your social skills, focus on active listening and empathy to better understand others' perspectives. By consistently working on your communication and interpersonal abilities, you can create more fulfilling connections and navigate social dynamics more effectively.

8. LEARNING STYLE



LEARNING STYLE

1. Visual



Score : 27 (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 : 23 (Category: Moderate)

Feedback:

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

3. Kinaesthetic

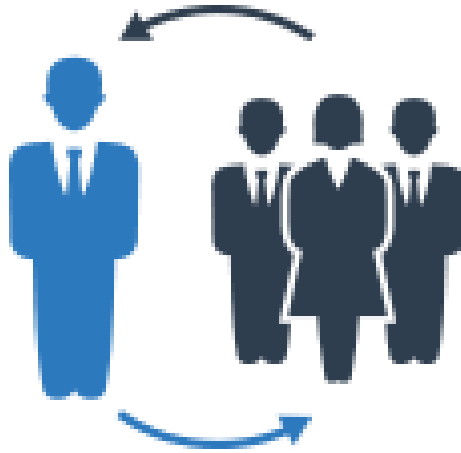


Score : 23 (Category: Moderate)

Feedback:

You have a balanced approach to learning, valuing both hands-on experiences and other methods. Practical applications, experiments, and physical engagement support your learning style. Integrating kinesthetic methods with visual and auditory aids can lead to comprehensive understanding.

9. LEADERSHIP SKILLS



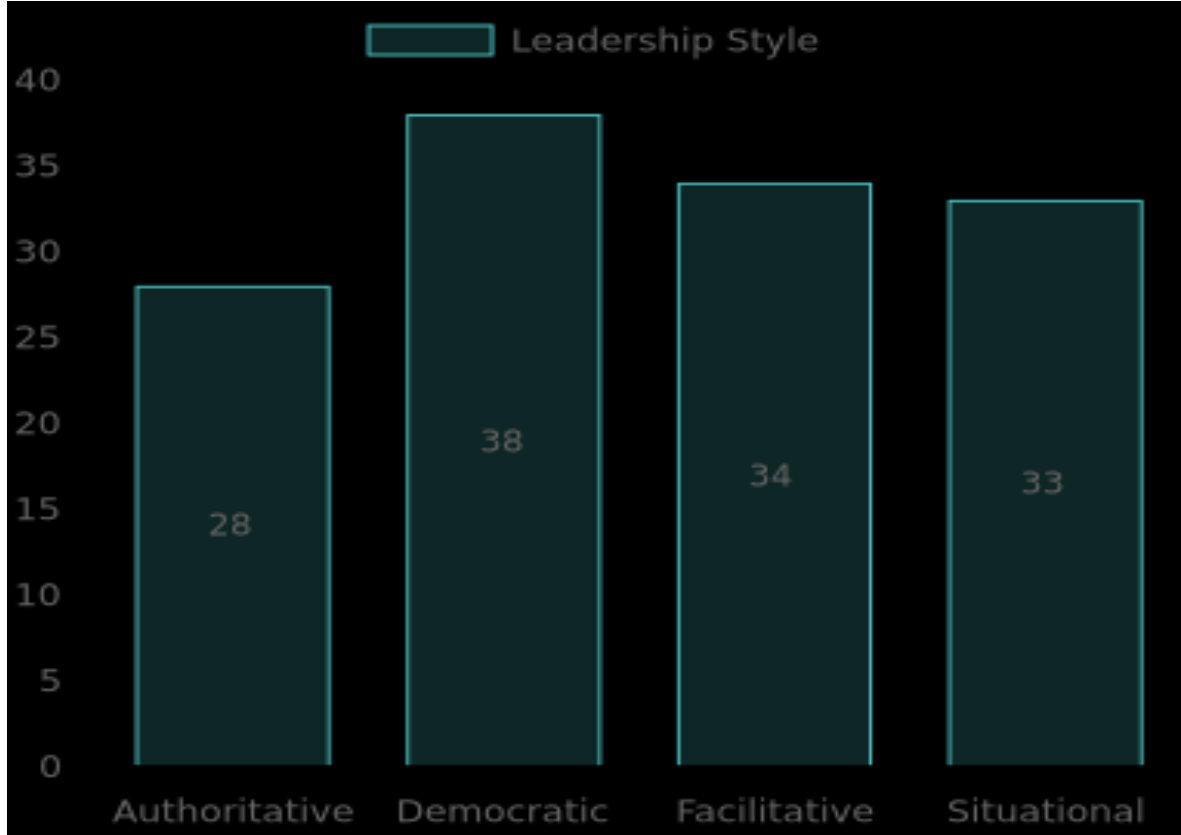
Leadership Skills

Score : 75 (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 : 28 (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 : 38 (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 : 34 (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 : 33 (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

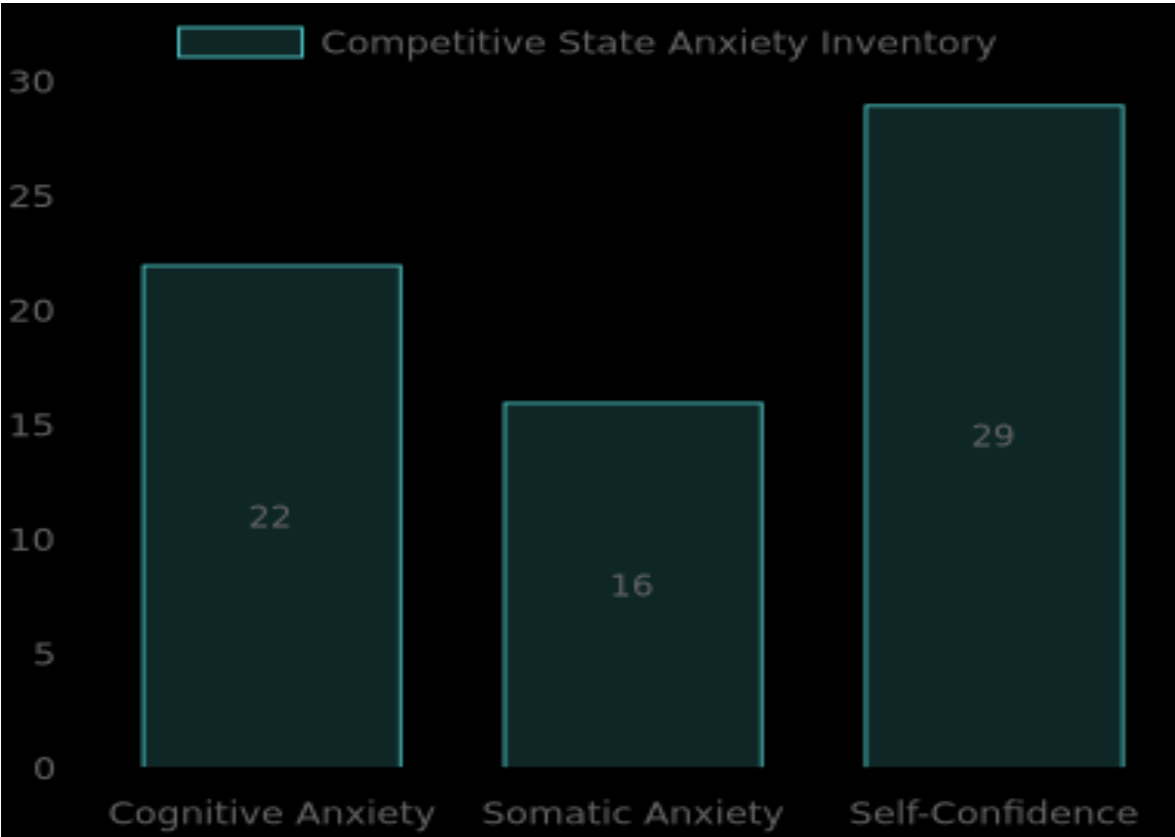


Score :38 (Category: Moderate-Low Dependency)

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 : 22 (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 : 16 (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 : 29 (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.