

Psychometric Tests

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

REPORT



NAME

Agnes

AGE

15

GENDER

ADDRESS

CONTACT NO

EMAIL ID

agnesanto1@gmail.com

SCHOOL

High School

COUNSELLOR

Dr. Antony Augusthy

CONTACT NO

+ 91 9833086018

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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.

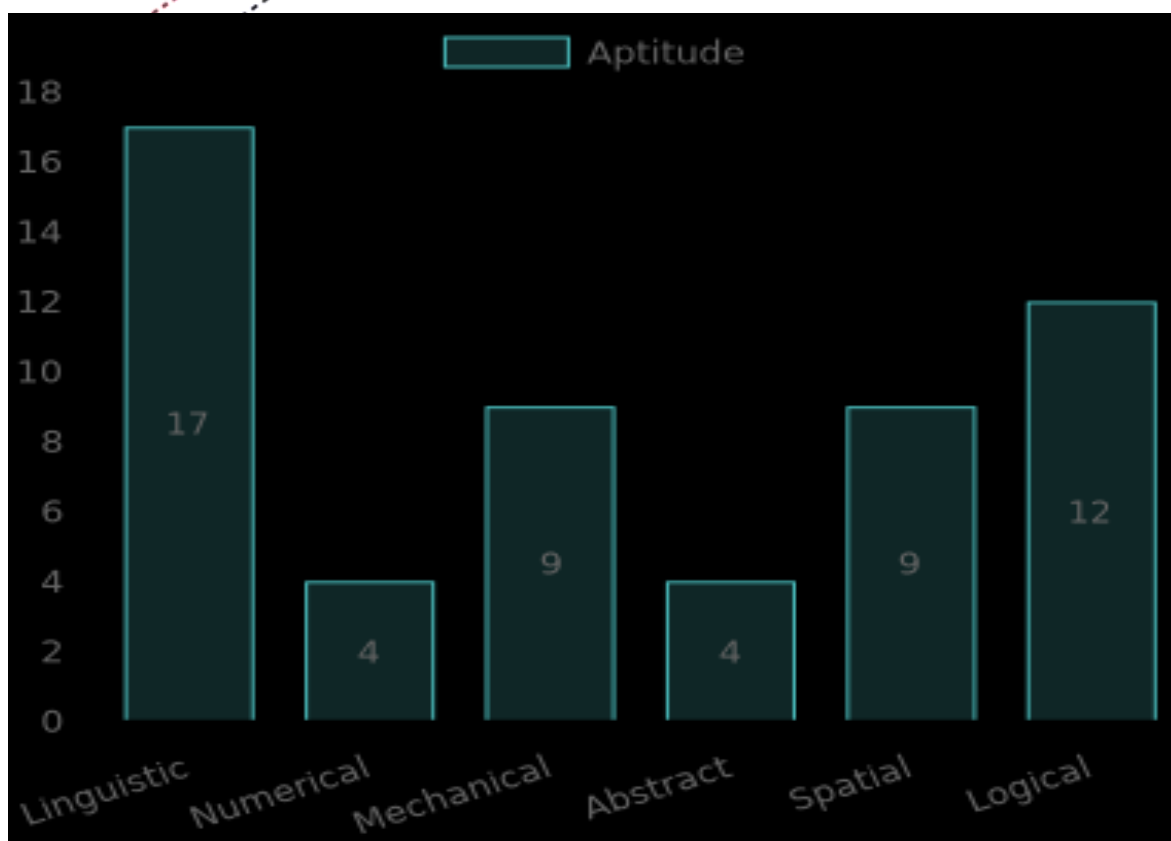
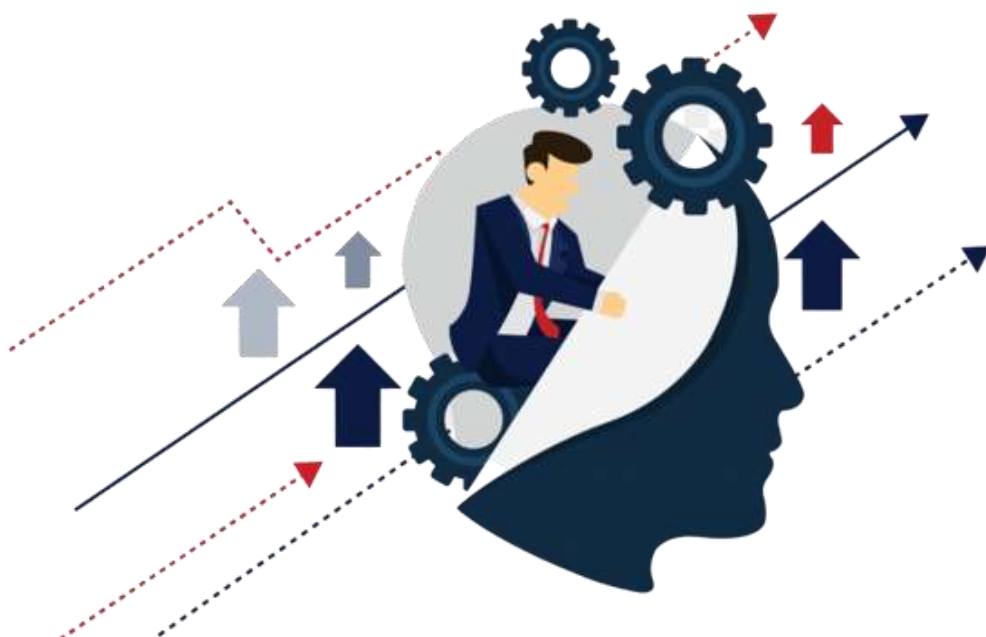


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1. APTITUDE



APTITUDE

1. Linguistic Reasoning:



Score : 17 (Category: Outstanding)

Feedback:

Congratulations on achieving an exceptional score in verbal reasoning! Your mastery of language and comprehension sets you apart and reflects your dedication to excellence.

Career Suggestions:

Your exceptional verbal reasoning skills position you for roles that require high-level communication, strategic thinking, and leadership. Consider careers in law, academia, content strategy, or public speaking, where your ability to convey complex ideas is highly valuable.

2. Numerical Reasoning



Score : 4 (Category: Developing)

Feedback:

Your dedication to improving your numerical reasoning skills is evident. While your current score reflects a starting point, remember that progress takes time and effort. Continue practicing and learning to see significant improvements.

Career Suggestions:

Consider roles that require basic numeracy skills, such as data entry, administrative support, or entry-level positions in customer service. These roles can provide a foundation for further skill development and growth.

APTITUDE

3. Mechanical Reasoning



Score: 9 (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: 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 : 9 (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: 32 (Category: Exceptional Mastery)

Feedback:

Exceptional! Your linguistic intelligence score places you in the highest category of mastery. Your command of language is outstanding, and you have the potential to excel in various language-intensive fields. Consider exploring professions such as writing, journalism, linguistics, teaching, or even diplomatic roles that require strong communication and language skills. Your ability to convey complex ideas, evoke emotions through words, and connect with others through language is truly remarkable.

Career Suggestions:

- **Linguist:** Explore a career in linguistics, where your exceptional language mastery can be applied to study, analyze, and document languages.
- **Professor/Teacher:** Consider becoming a professor or teacher in language-related subjects, sharing your knowledge and expertise with others.
- **Diplomat/Translator:** Pursue diplomatic roles or become a professional translator, using your exceptional language skills to bridge communication gaps between cultures and languages.
- **Novelist/Poet:** Write novels, poetry, or literary works at the highest level of creativity and sophistication, showcasing your mastery of language.
- **Speechwriter:** Work as a speechwriter for politicians, executives, or public figures, crafting compelling speeches that resonate with audiences.



2 Logical/Mathematical Intelligence

Score: 26 (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: 30 (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: 31 (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: 27 (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: 21 (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: 34 (Category: Exceptional Mastery)

Feedback:

Exceptional! Your Body/Kinesthetic intelligence dominance places you in the highest category of mastery. Your ability to use your body effectively is extraordinary and can open up numerous opportunities. You might consider pursuing careers in professional sports, dance choreography, physical therapy, or any creative field that requires intricate physical movement. Your expertise in kinesthetic intelligence can lead to innovative approaches to problem-solving, performance, and physical expression.

Career Suggestions:

- Olympic Athlete: With your exceptional mastery, aim for Olympic-level competition in sports where your skills shine.
- Cirque du Soleil Performer: Audition for Cirque du Soleil or similar high-level performance troupes that demand extraordinary physical prowess.
- Physical Therapy Specialist: Become a specialist in a specific area of physical therapy, working with elite athletes or patients with complex needs.
- Stunt Performer: Explore a career as a stunt performer in the film and television industry, executing daring physical feats.

8 Intrapersonal Intelligence



Self Smart

Score: 36 (Category: Exceptional Mastery)

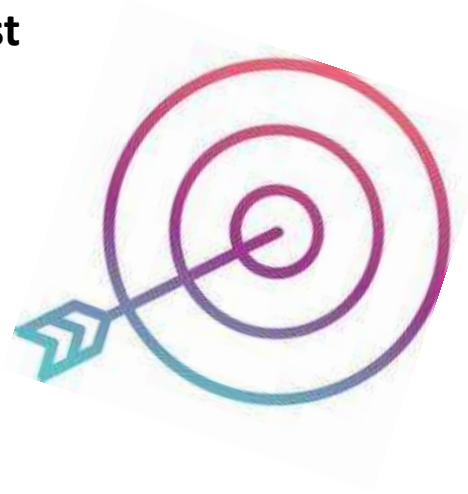
Feedback:

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. Life Coach
2. Content Creator
3. Songwriter
4. Philosopher
5. Poet
6. Dancer
7. Fine Artist
8. Music Producer
9. Mathematician
10. Zoologist

3. STUDY SKILL PROFILE ASSESSMENT



STUDY SKILL PROFILE



1. Time Management and Procrastination

Score : 27 (Category: Exceptional Mastery)

Feedback:

Your mastery of time management and triumph over procrastination are remarkable. Your disciplined approach and effective strategies are yielding impressive results. Keep up the exceptional work as you enjoy heightened productivity and focus in your endeavours.

2. Concentration and Memory



Score : 26 (Category: Exceptional Mastery)

Feedback:

Congratulations, your exceptional score reflects a strong command over concentration and memory. Your diligent efforts have paid off, enabling you to excel in absorbing and retaining information. Continue fine-tuning your skills to maximize your cognitive potential and achieve remarkable academic and personal growth.



2. Study Aids and Note-Taking

Score : 29 (Category: Exceptional Mastery)

Feedback:

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

STUDY SKILL PROFILE



4. Test Strategies and Test Anxiety

Score : 26 (Category: Exceptional Mastery)

Feedback:

Impressive proficiency in test strategies and adeptly handling test anxiety are evident in your performance. Your dedicated preparation and effective techniques are positioning you for excellence in exams. Stay the course for continued success.

5. Organizing and Processing Information

Score : 26 (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 : 23 (Category: Strong Proficiency)

Feedback:

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

STUDY SKILL PROFILE



7. Reading and Selecting the Main Idea

Score : 28 (Category: Exceptional Mastery)

Feedback:

Your adeptness at reading and identifying the main idea is truly impressive. Your consistent efforts have yielded remarkable results. As you further immerse yourself in diverse texts, your ability to swiftly discern and comprehend main ideas will only continue to flourish, allowing for advanced comprehension and critical analysis.

8. Writing

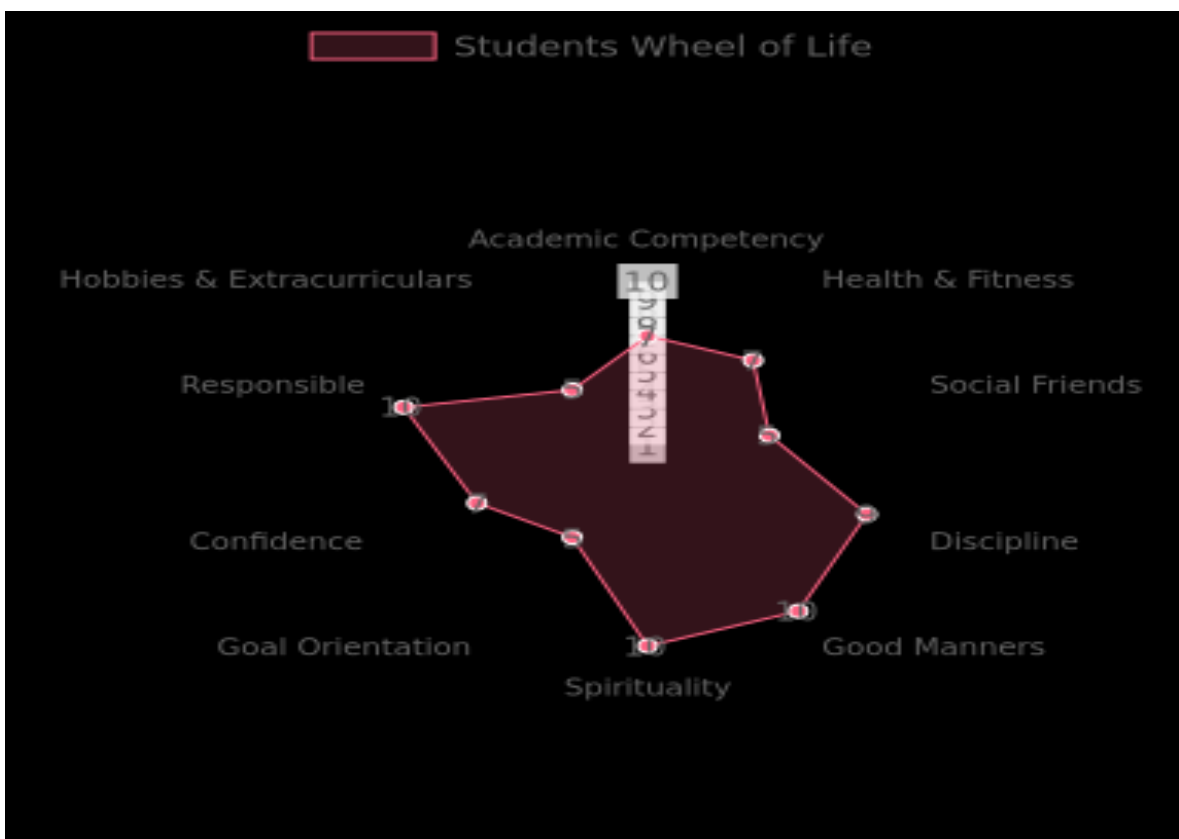


Score : 27 (Category: Exceptional Mastery)

Feedback:

Congratulations on your exceptional writing prowess! Your command of language, effective communication, and captivating storytelling set you apart. Maintain your dedication to excellence, experimenting with different genres and techniques to further elevate your writing to new heights.

4. WHEEL OF LIFE STUDENT'S WELLNESS DIMENSIONS



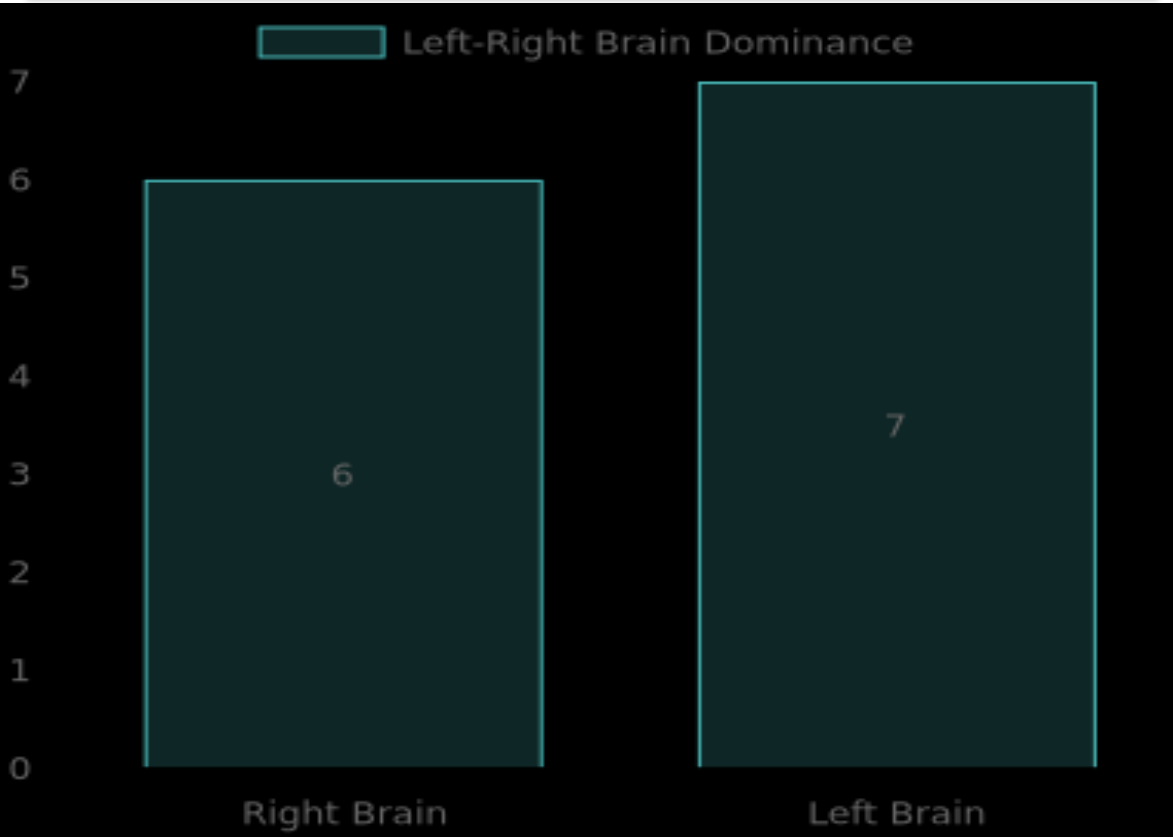
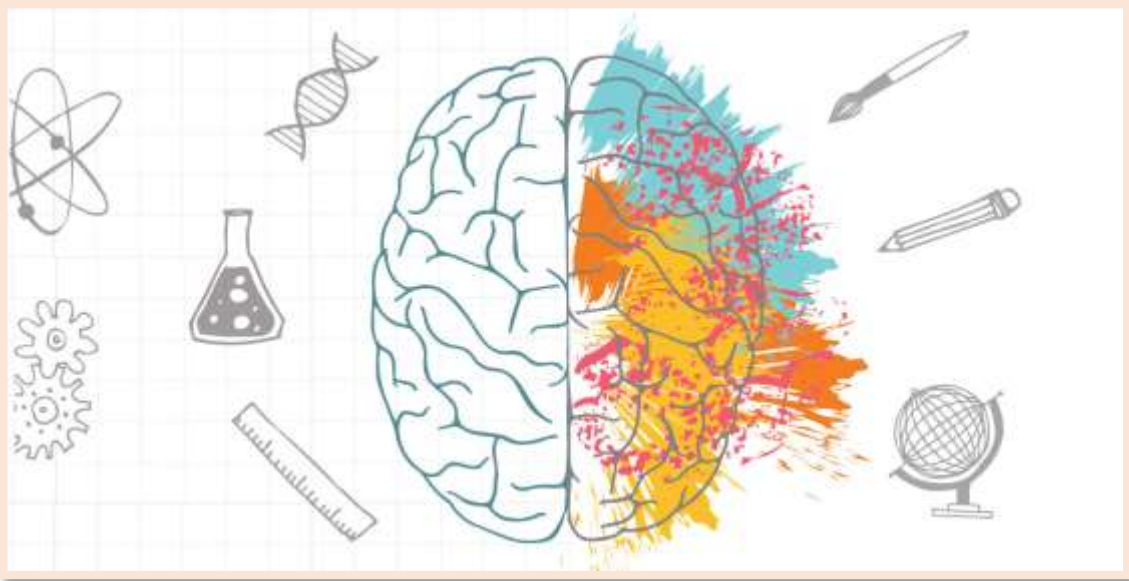
WHEEL OF LIFE: STUDENT'S WELLNESS DIMENSIONS

Feedback:

Score:

Academic Competency: Proficient understanding, active learning.	7/10 (Strong Proficiency)
Health & Fitness: Healthy habits, balanced approach.	7/10 (Strong Proficiency)
Social Friends: Some connections, expand social circle.	5/10 (Developing Skills)
Discipline: Excellent self-control, well-organized.	9/10 (Exceptional Mastery)
Good Manners: Exemplary etiquette and politeness.	10/10 (Exceptional Mastery)
Spirituality: Deeply connected, meaningful engagement.	10/10 (Exceptional Mastery)
Goal Orientation: Some goals set, need clearer focus.	5/10 (Developing Skills)
Confidence: Strong self-assurance, minimal self-doubt.	7/10 (Strong Proficiency)
Responsible: Highly accountable, proactive responsibility.	10/10 (Exceptional Mastery)
Hobbies & Extracurriculars: Engaging occasionally, explore more.	5/10 (Developing Skills)

5. RIGHT-LEFT BRAIN DOMINANCE



RIGHT-LEFT BRAIN DOMINANCE



Left Brain Dominance:

Score : 7 (Category: Balanced Dominance)

Feedback:

Analytical Thinking: Strong logical problem-solving abilities.

Language Skills: Proficient verbal communication and grammar.

Math and Logic: Comfortable with numbers and reasoning.

Structured Planning: Effectively organizes tasks and goals.

Sequential Processing: Easily follows linear sequences.

Right Brain Dominance:



Score : 6 (Category: Developing Dominance)

Feedback:

Creativity: Some ability for imaginative and original thinking.

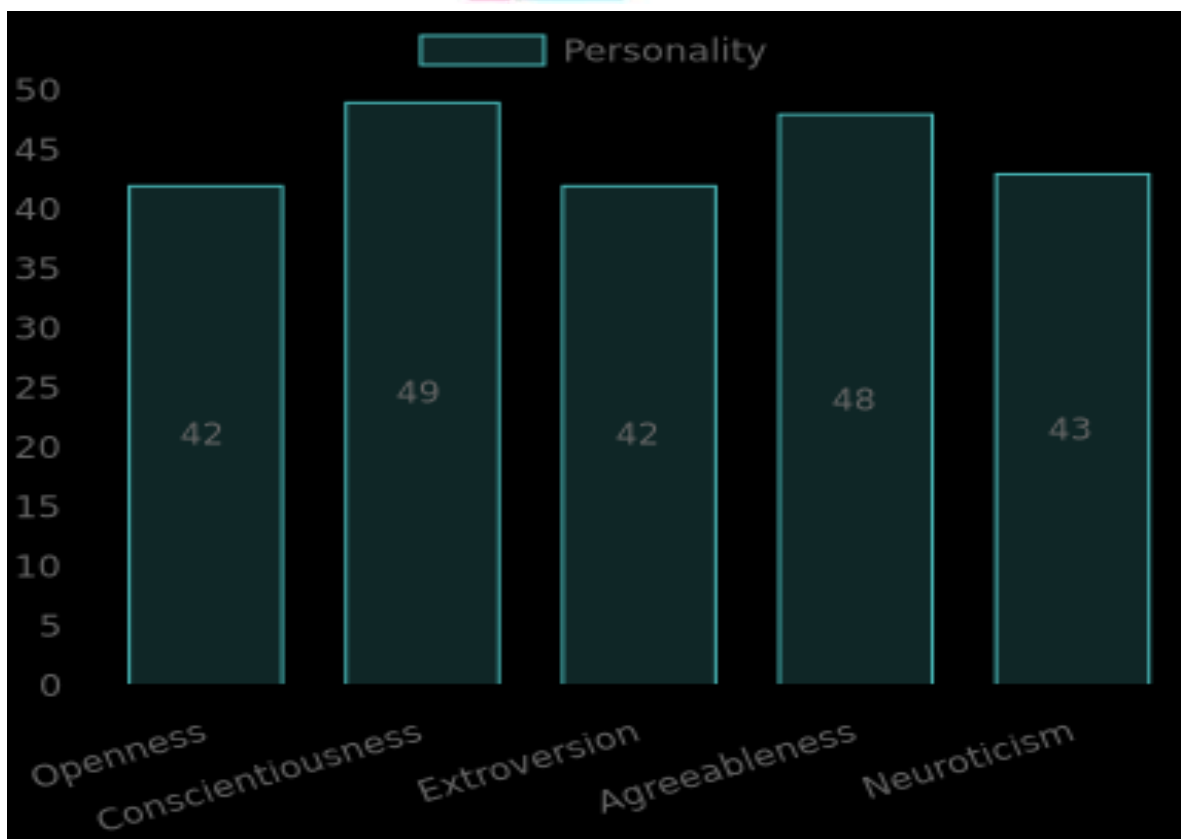
Visual Perception: Adequate sensitivity to shapes and colors.

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 : 42 (Category: Outstanding)

Feedback:

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

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

Career Options:

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



2 Agreeableness:

Score : 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 : 49 (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 : 43 (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 : 42 (Category: Outstanding)

Feedback:

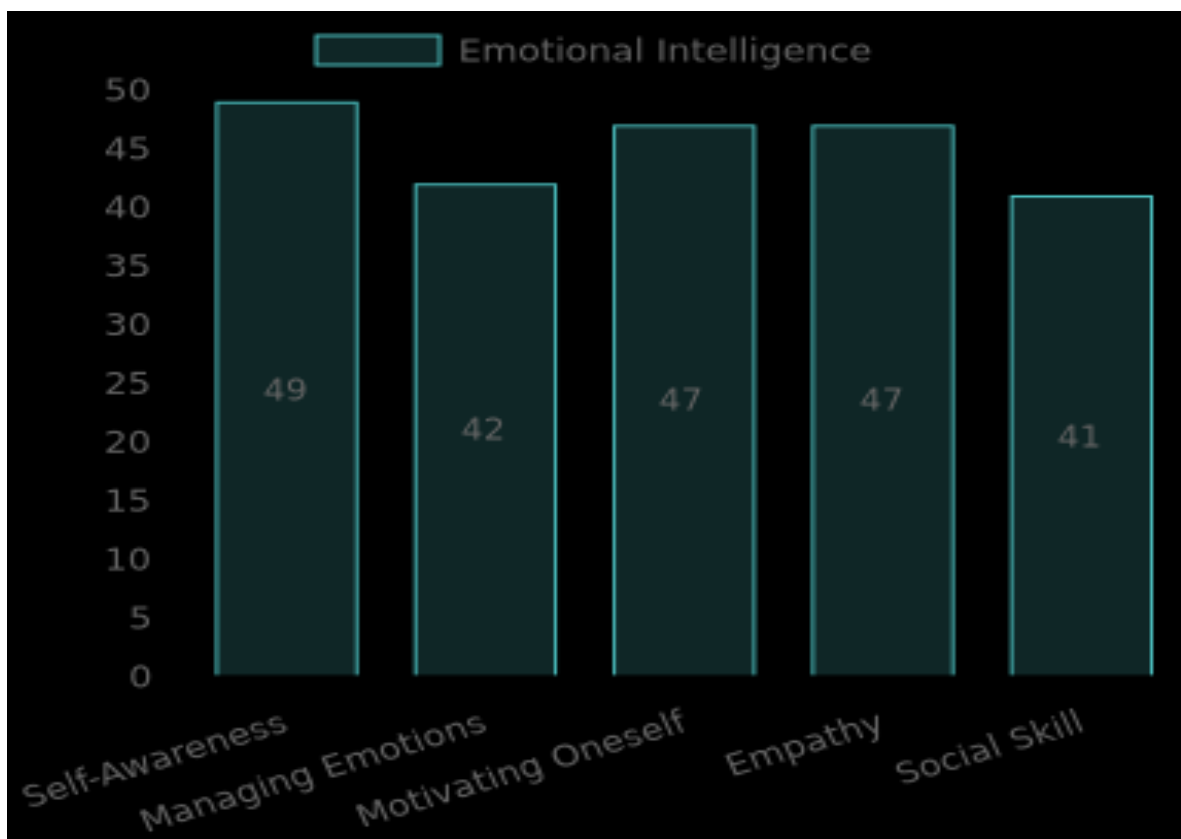
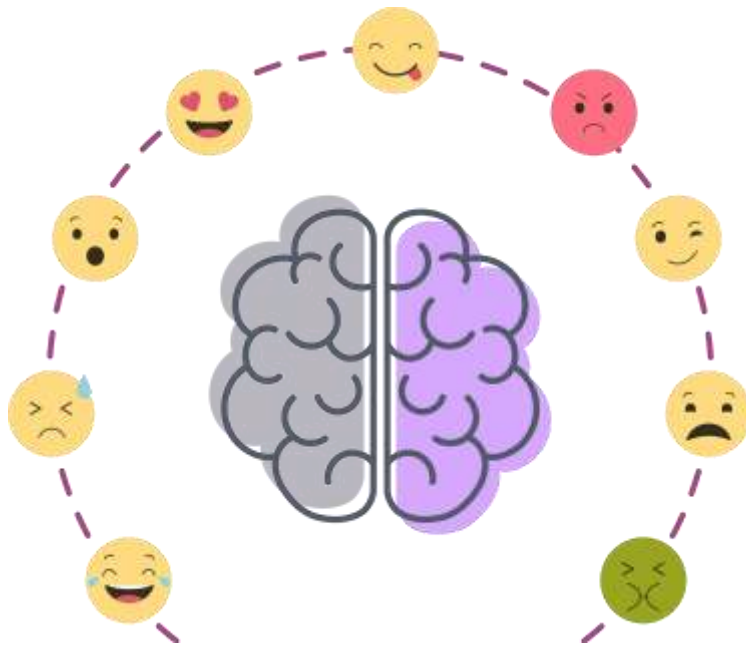
Your high openness underscores a profound appreciation for creativity, intellectual pursuits, and unconventional thinking. You find inspiration in a wide array of experiences and are drawn to pushing boundaries.

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



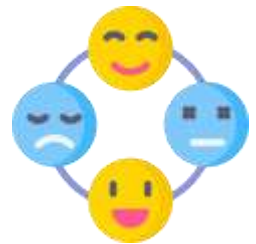
1. Self-Awareness

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 : 42 (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 : 47 (Category: Outstanding)

Feedback:

Congratulations! Your ability to motivate yourself is exceptional. You exhibit a high level of self-discipline, resilience, and a strong sense of purpose. Your proactive approach to setting and achieving goals is truly inspiring. Your intrinsic motivation serves as a powerful driving force, enabling you to overcome challenges and consistently achieve excellent results. Keep up the remarkable work, as your self-motivation positively influences both your personal and professional life.

EMOTIONAL INTELLIGENCE

4. Empathy



Score : 47 (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

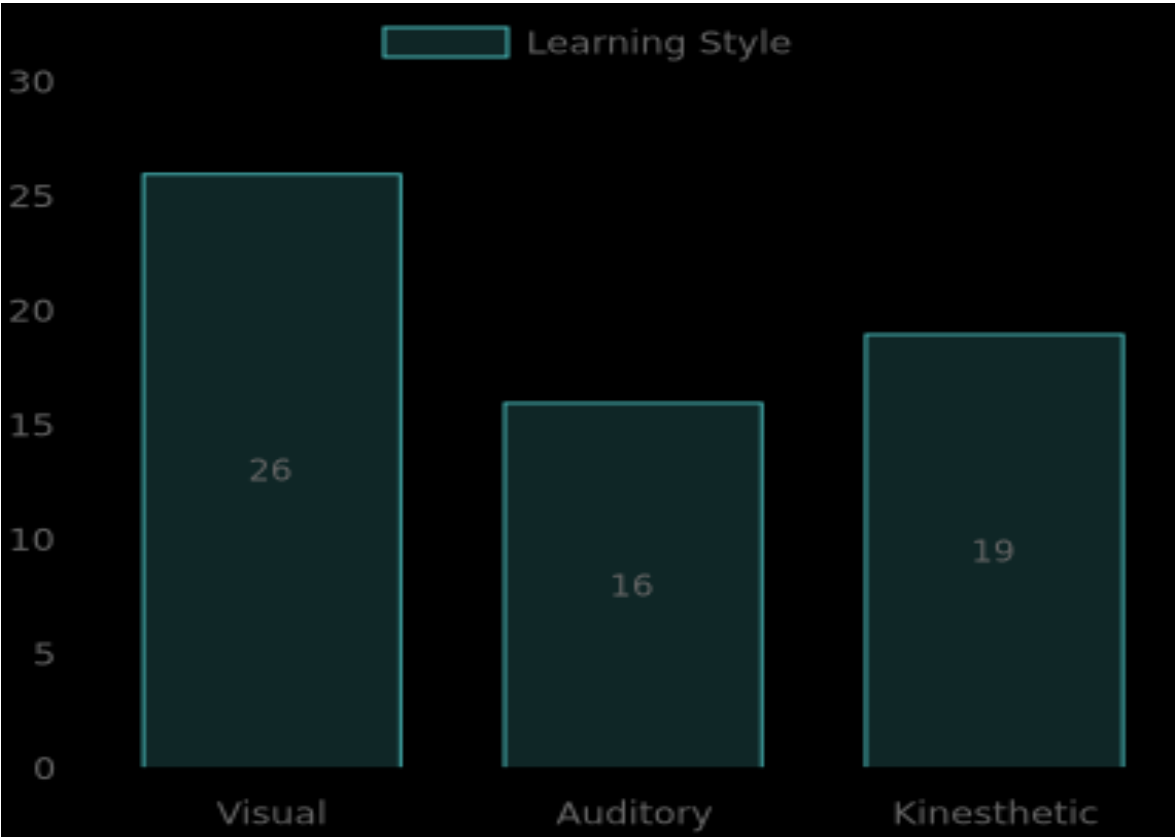


Score : 41 (Category: Excelling)

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 : 26 (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 : 16 (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

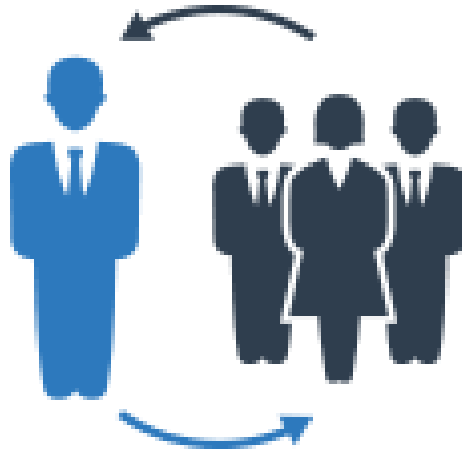


Score : 19 (Category: Moderate)

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



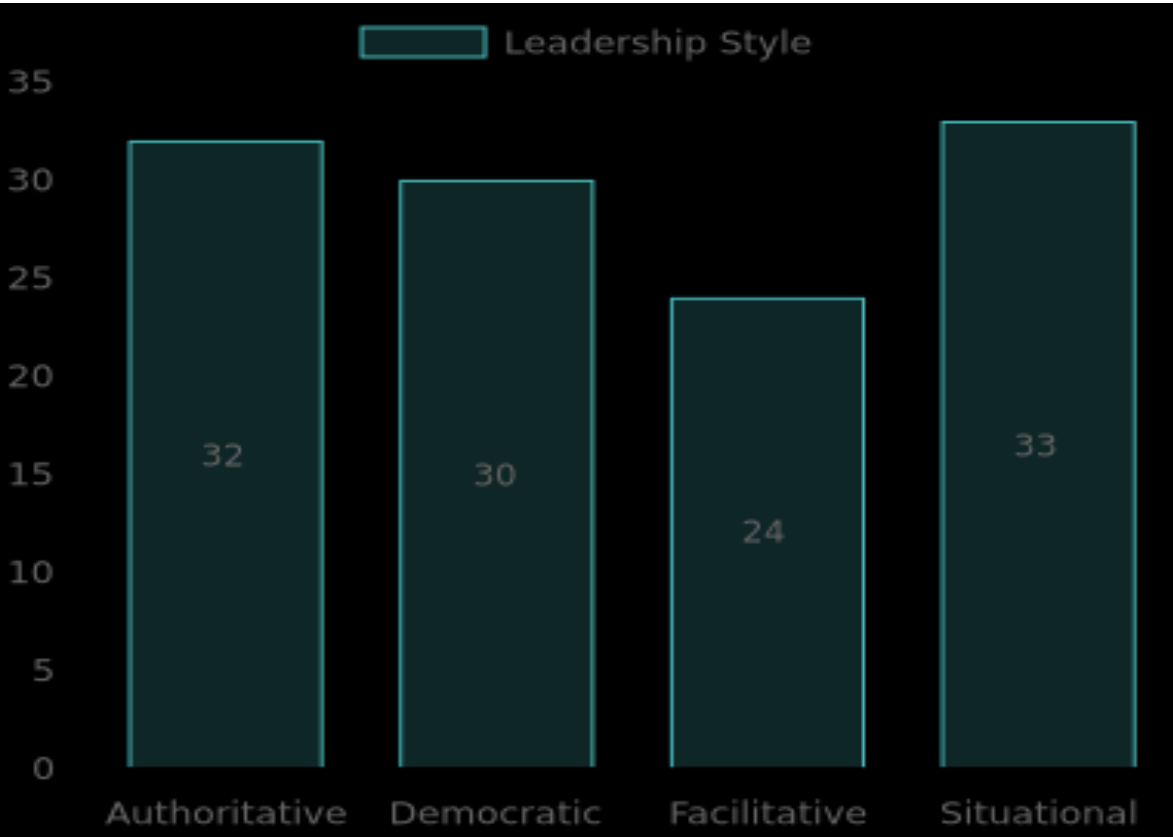
Leadership Skills

Score : 85 (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 : 32 (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 : 30 (Category: Strong Proficiency)

Feedback:

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

LEADERSHIP STYLE



Facilitative

Score : 24 (Category: Strong Proficiency)

Feedback:

Your score within this range reflects a solid grasp of the facilitative leadership style. You're effective at encouraging team participation, leveraging diverse perspectives, and making decisions collaboratively. This approach helps create a culture of ownership and engagement among your team members. Keep honing your skills by ensuring that discussions remain constructive and that everyone's contributions are acknowledged and respected.



Situational

Score : 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

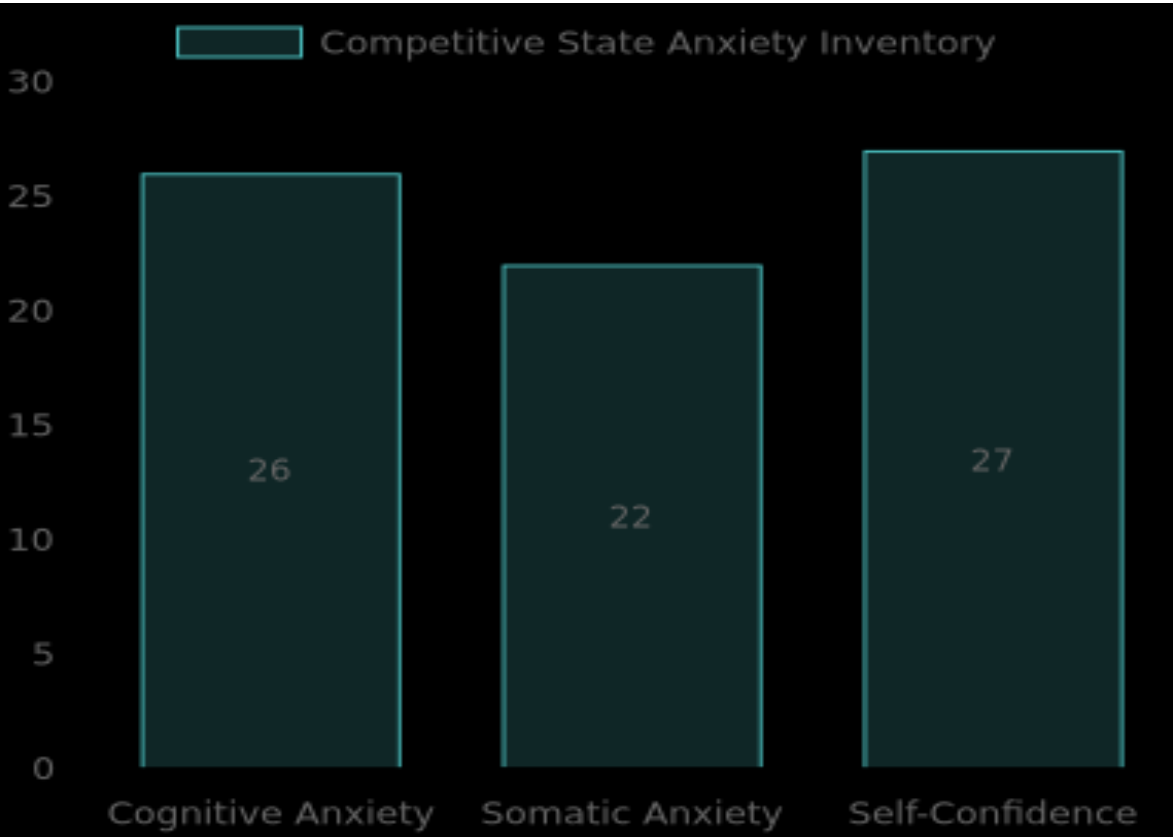


Score :24 (Category: Moderate-Low Dependency)

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 : 26 (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 : 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 : 27 (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.

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