

# ***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.

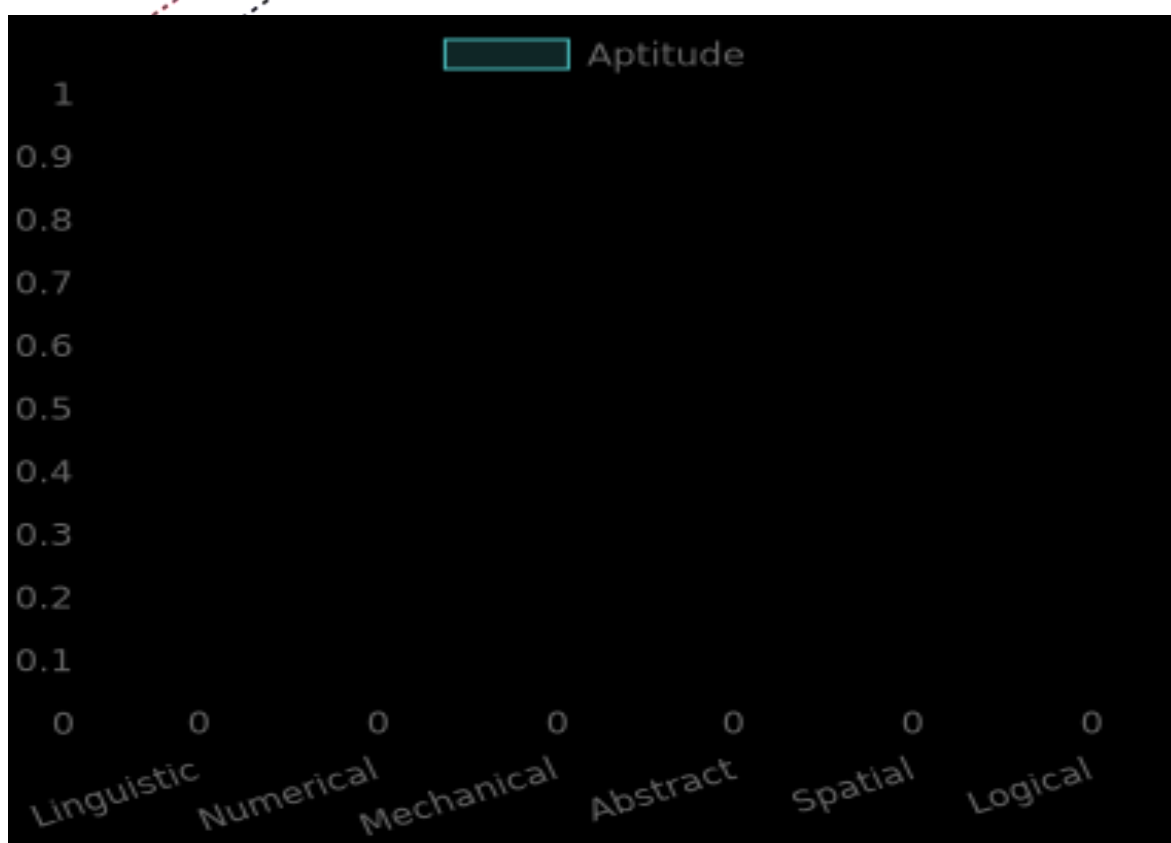
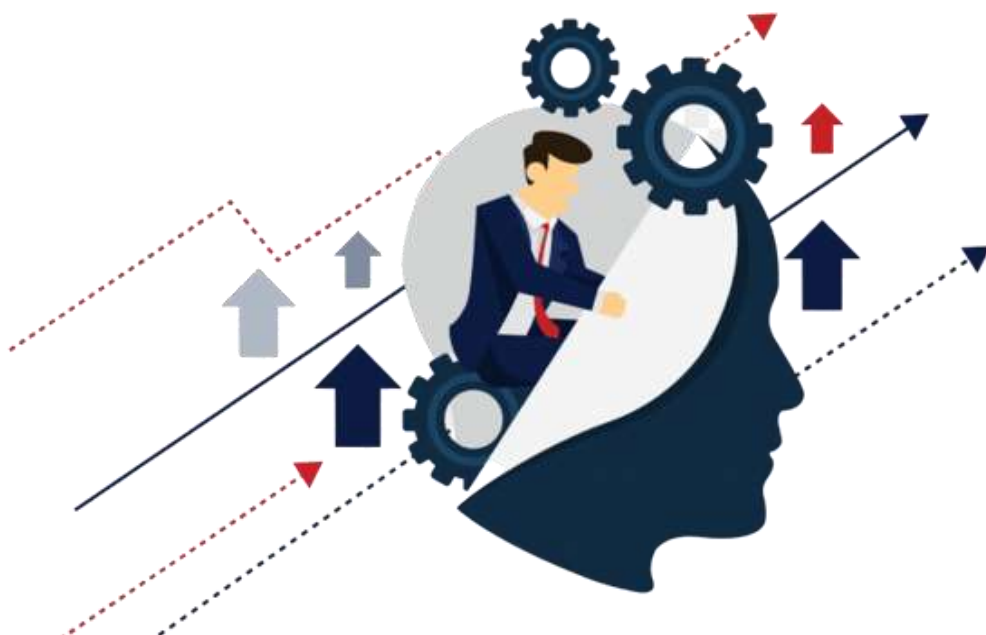


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# 1. APTITUDE





# APTITUDE

## 1. Linguistic Reasoning:



**Score :** 0 ( Category: Developing )

**Feedback:**

Your commitment to improving your verbal reasoning skills is admirable. While your current score falls in the lower range, remember that progress takes time and effort. Keep practicing and learning, and you'll undoubtedly see growth in your abilities.

**Career Suggestions:**

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

## 2. Numerical Reasoning



**Score :** 0 ( 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:** 0 ( Category: Developing )

**Feedback:**

Your interest in mechanical reasoning is evident, and while your current score reflects a starting point, remember that learning takes time. Keep exploring mechanical concepts and practicing to enhance your understanding.

**Career Suggestions:**

Consider roles that involve basic mechanical tasks, such as assembly line work, equipment operation, or assistant positions in maintenance. These roles can provide hands-on experience and opportunities for skill development.



## 4. Abstract Reasoning

**Score:** 0 ( 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 :** 0 ( Category: Developing )

**Feedback:**

Your interest in developing your spatial reasoning skills is evident. While your current score reflects a starting point, remember that improvement takes practice and effort. Continue working on enhancing your spatial awareness and visualization abilities.

**Career Suggestions:**

Consider roles that require basic spatial skills, such as assembly line work, basic drafting, or introductory positions in fields like architecture and design. These roles can provide a foundation for further skill development.

## 6. Logical Reasoning



**Score :** 0 ( Category: Developing )

**Feedback:**

Your willingness to engage with logical reasoning is evident, even though your current score is in the lower range. Remember that logical reasoning skills can be developed over time with practice and learning. Keep exploring and honing your skills.

**Career Suggestions:**

Start by focusing on roles that require basic problem-solving skills, such as administrative or entry-level positions in various industries. Building a strong foundation in logical thinking will serve as a stepping stone for future growth.

## 2. MULTIPLE INTELLIGENCE





## MULTIPLE INTELLIGENCE

### 1. Linguistic Intelligence

**Score:** 8 ( Category: Basic Proficiency )

**Feedback:**

Your linguistic intelligence falls within the basic proficiency range. This suggests that you have a foundation in language skills, but there is room for improvement. Consider focusing on expanding your vocabulary, refining your grammar, and practising effective communication. Engaging in more reading, writing, and active participation in discussions can help you enhance your linguistic abilities and become a more effective communicator.

**Career Suggestions:**

- **Content Creator:** Start a blog, YouTube channel, or social media account where you can gradually improve your language skills by creating content.
- **Editorial Assistant:** Work as an entry-level editorial assistant to gain practical experience in proofreading and basic editing.
- **Copywriter:** Explore entry-level copywriting positions that involve crafting short, persuasive texts.



## 2 Logical/Mathematical Intelligence

**Score:** 8 ( Category: Basic Proficiency )

**Feedback:**

Your logical/mathematical intelligence falls within the foundational understanding range. This indicates that you have a basic grasp of logical reasoning and mathematical concepts. To further develop your skills, consider engaging in activities that challenge your problem-solving abilities, such as puzzles, brain teasers, and basic mathematical exercises. Strengthening your logical thinking will not only enhance your cognitive skills but also benefit you in various academic and professional pursuits.

**Career Suggestions:**

- **Data Entry Specialist:** Begin with a role that requires basic data analysis and entry, where you can build your foundational skills in handling numerical information.
- **Accounting Clerk:** This role involves basic mathematics and bookkeeping, helping you improve your mathematical proficiency over time.
- **Administrative Assistant:** Handling schedules, appointments, and basic problem-solving can be a suitable starting point to enhance your logical abilities.



**Picture Smart**

### 3 Visual/Spatial Intelligence

**Score:** 8 ( Category: Basic Proficiency )

**Feedback:**

Your Visual/Spatial intelligence falls within the basic proficiency range. This suggests that you have a foundation in visual and spatial skills, but there is room for improvement. Consider enhancing your ability to visualize and manipulate objects in your mind, as well as improving your spatial awareness. Engaging in activities such as drawing, puzzles, map reading, and design can help you further develop your Visual/Spatial intelligence and set the stage for potential career paths that require strong visualization skills.

**Career Suggestions:**

- **Architectural Drafter:** Entry-level positions that involve creating technical drawings and plans for buildings and structures.
- **Graphic Design Assistant:** Assist graphic designers with basic design tasks, such as layout and image editing.
- **Cartographic Technician:** Work on basic map creation and GIS data entry tasks.

## 4 Interpersonal Intelligence



**Score:** 8 ( Category: Basic Proficiency )

**Feedback:**

Your interpersonal intelligence falls within the developing skills range. This suggests that you are beginning to understand and connect with others on a personal level, but there is room for growth. Consider actively seeking opportunities to engage in group activities, collaborate with peers, and practice active listening. Developing strong interpersonal skills can open doors to careers in customer service, team coordination, or entry-level management positions.

**Career Suggestions:**

- **Customer Service Representative:** You can enhance your skills by interacting with customers and addressing their needs effectively.
- **Team Coordinator:** Start by taking on roles where you facilitate group projects and help team members collaborate more efficiently.
- **Entry-Level Management:** Begin building your leadership skills by overseeing small teams or projects.





Music Smart

### 5 Musical Intelligence

**Score:** 8 ( Category: Basic Proficiency )

**Feedback:**

Your musical intelligence falls within the limited aptitude range. While you may enjoy listening to music, there is an opportunity to develop your musical skills further. Consider exploring different genres of music, learning to play a musical instrument, and paying closer attention to the various elements of music such as rhythm, melody, and harmony. Engaging in music lessons, attending concerts, and practising active listening can help you expand your musical intelligence.

**Career Suggestions:**

- **Music Appreciation Educator:** Share your love for music with others by teaching the basics of music appreciation.
- **Music Blogger/Reviewer:** Write about your experiences and insights on music, helping others discover new artists and genres.
- **Music Event Organizer:** Organize small-scale music events, gatherings, or open mic nights in your community.

### 6 Naturalistic Intelligence



Nature Smart

**Score:** 8 ( 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.



Body Smart

### 7 Body/Kinaesthetic Intelligence

**Score:** 8 ( Category: Basic Proficiency )

**Feedback:**

Your Body/Kinesthetic intelligence falls within the basic proficiency range. This suggests that you have a foundation in physical coordination and movement, but there is potential for improvement. Consider exploring activities that enhance your body awareness, coordination, and physical skills. Engaging in sports, dance, yoga, or other physical disciplines can help you develop and refine your kinesthetic abilities. As you continue to practice and learn, you can gradually build a stronger connection between your mind and body.

**Career Suggestions:**

- **Fitness Trainer/Instructor:** Start a career as a fitness trainer or instructor to help others improve their physical abilities and coordination.
- **Yoga Instructor:** Become a yoga instructor and guide individuals in enhancing their body awareness and flexibility.
- **Recreational Sports Coach:** Coach recreational sports teams to nurture basic physical skills in participants.
- **Dance Enthusiast:** Explore dance classes or clubs to develop your dance skills and share your passion with others.

### 8 Intrapersonal Intelligence



**Self Smart**

**Score:** 8 ( Category: Basic Proficiency )

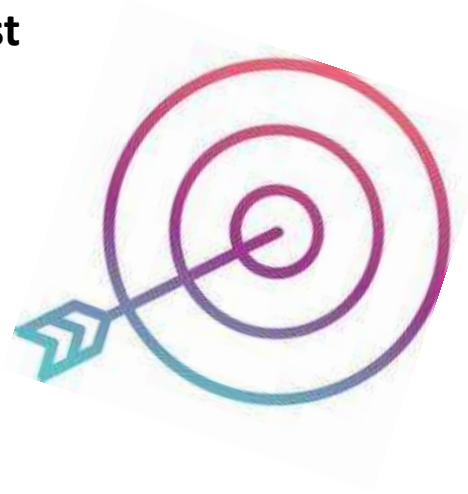
**Feedback:**

Your intrapersonal intelligence indicates a basic level of self-awareness. You are beginning to recognize your emotions and motivations, but there is room for growth. Consider engaging in self-reflection exercises, journaling, and mindfulness practices to deepen your understanding of your inner world. Developing stronger intrapersonal skills can enhance your overall well-being and help you make more informed decisions in various aspects of your life.

**Career Suggestions:**

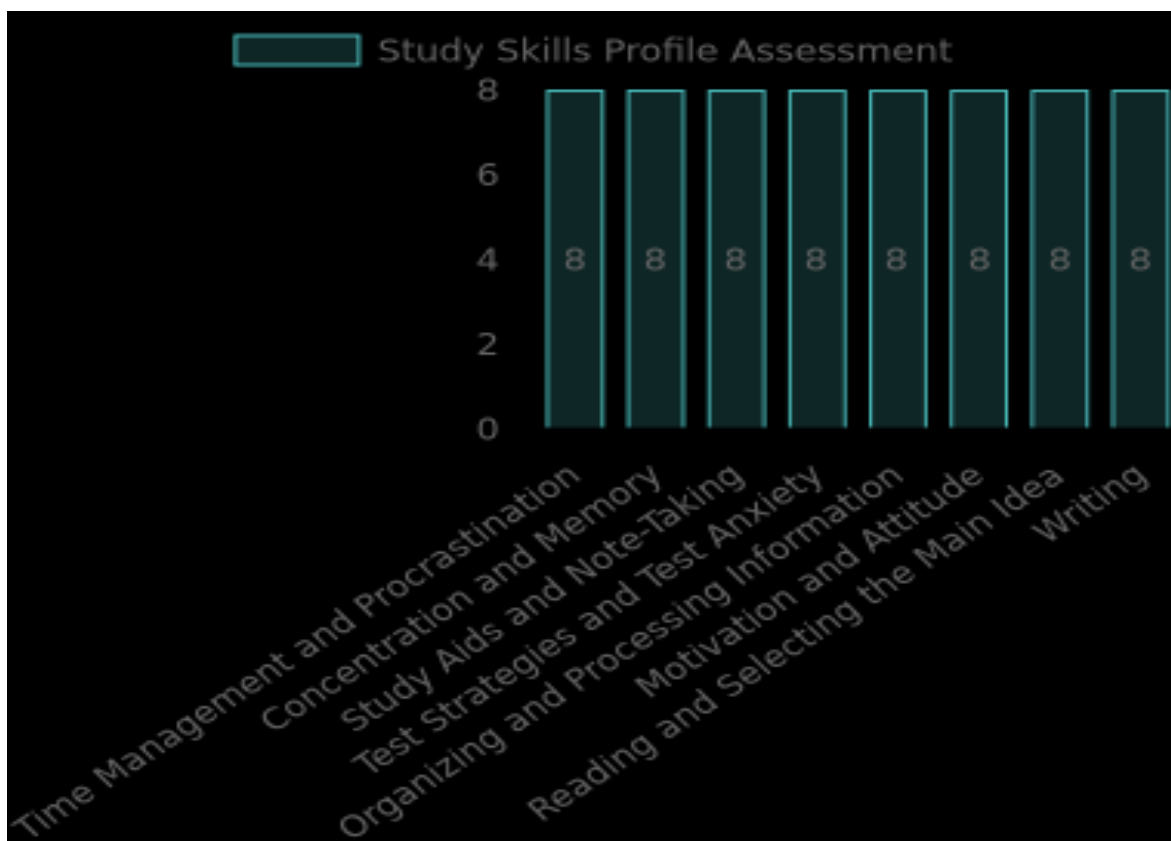
- **Self-Help Writer:** Share your journey of self-discovery and personal growth to inspire others.
- **Administrative Assistant:** Use organizational skills to support others while continuing to develop your self-awareness.
- **Receptionist:** Enhance your communication skills and interact with various people daily, promoting self-awareness through social interaction.

## Career Priority List



1. Editor
2. Environmental Scientist
3. Actor/Actress
4. Career Counselor
5. Fashion Designer
6. Music Producer
7. Computer Scientist
8. Journalist
9. Counselor/Psychologist
10. Copywriter

### 3. STUDY SKILL PROFILE ASSESSMENT





# STUDY SKILL PROFILE



## 1. Time Management and Procrastination

**Score :** 8 ( Category: Basic Proficiency )

**Feedback:**

Your current time management and procrastination strategies may benefit from significant improvement. Consider exploring effective techniques and resources to enhance your productivity and overcome procrastination tendencies.

## 2. Concentration and Memory



**Score :** 8 ( Category: Basic Proficiency )

**Feedback:**

Your current score suggests there is ample room for improvement in terms of concentration and memory. Focusing on dedicated techniques and strategies can help you enhance these cognitive skills and boost your overall learning experience.



## 2. Study Aids and Note-Taking

**Score :** 8 ( Category: Basic Proficiency )

**Feedback:**

Your score indicates room for improvement in terms of effective study aids and note-taking strategies. Exploring various techniques and incorporating them into your routine can significantly enhance your learning process.

# STUDY SKILL PROFILE



## 4. Test Strategies and Test Anxiety

**Score :** 8 ( Category: Basic Proficiency )

**Feedback:**

Opportunities exist for developing effective test strategies and managing test anxiety. Embrace targeted techniques and resources to build your confidence and refine your approach to exams.

## 5. Organizing and Processing Information

**Score :** 8 ( Category: Basic Proficiency )

**Feedback:**

Opportunities for improvement lie ahead in your organizational and information-processing abilities. Consider adopting effective techniques and strategies to streamline your approach.



## 6. Motivation and Attitude

**Score :** 8 ( Category: Basic Proficiency )

**Feedback:**

Your motivation and attitude towards your goals could benefit from some nurturing. Seek ways to ignite your passion and maintain a positive mindset to drive your success.

## STUDY SKILL PROFILE



### 7. Reading and Selecting the Main Idea

**Score :** 8 ( Category: Basic Proficiency )

**Feedback:**

Your current performance indicates potential areas for improvement in reading comprehension and identifying main ideas. Consider focusing on dedicated practice and skill-building exercises to enhance your abilities in this crucial aspect of comprehension.

### 8. Writing



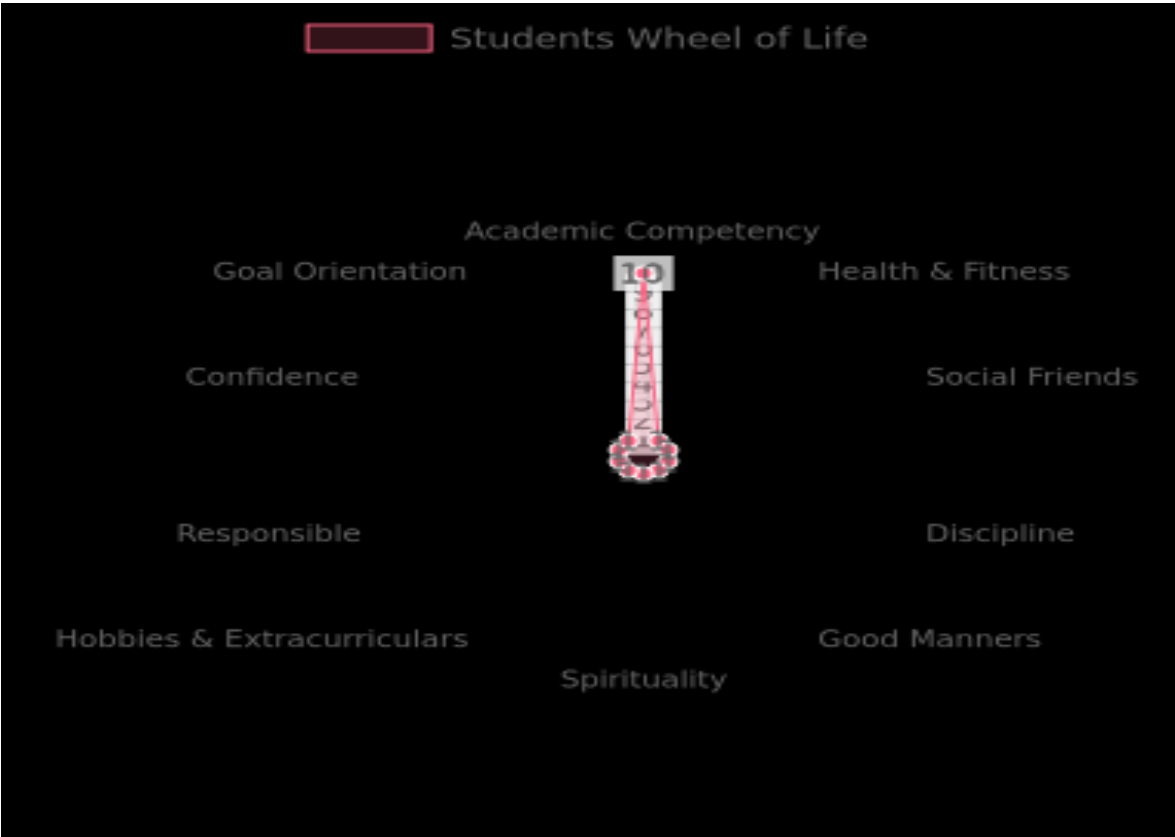
**Score :** 8 ( Category: Basic Proficiency )

**Feedback:**

Your writing skills show potential for growth. Focusing on fundamental aspects such as grammar, sentence structure, and organization can significantly improve your overall writing effectiveness.

# 4. WHEEL OF LIFE

## STUDENT’S WELLNESS DIMENSIONS



# WHEEL OF LIFE: STUDENT'S WELLNESS DIMENSIONS

## Feedback:

## Score:

Academic Competency: Exceptional understanding, excelling.

10/10 ( Exceptional Mastery )

Health & Fitness: Poor physical health, lack of exercise.

1/10 ( Basic Proficiency )

Social Friends: Limited social interactions, few connections.

1/10 ( Basic Proficiency )

Discipline: Lack of self-control and organization.

1/10 ( Basic Proficiency )

Good Manners: Frequent lapses in etiquette and politeness.

1/10 ( Basic Proficiency )

Spirituality: Minimal engagement, lack of personal connection.

1/10 ( Basic Proficiency )

Goal Orientation: Undefined goals, lack of direction.

1/10 ( Basic Proficiency )

Confidence: Low self-esteem, self-doubt.

1/10 ( Basic Proficiency )

Responsible: Inconsistent commitment to responsibilities.

1/10 ( Basic Proficiency )

Hobbies & Extracurriculars: Limited engagement, lack of interests.

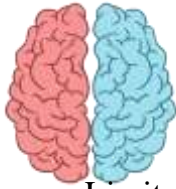
1/10 ( Basic Proficiency )

# 5. RIGHT-LEFT BRAIN DOMINANCE





# RIGHT-LEFT BRAIN DOMINANCE



## Left Brain Dominance:

**Score :** 0 ( 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 :** 0 ( Category: Limited Dominance )

### **Feedback:**

Creativity: Minimal capacity for imaginative thinking.

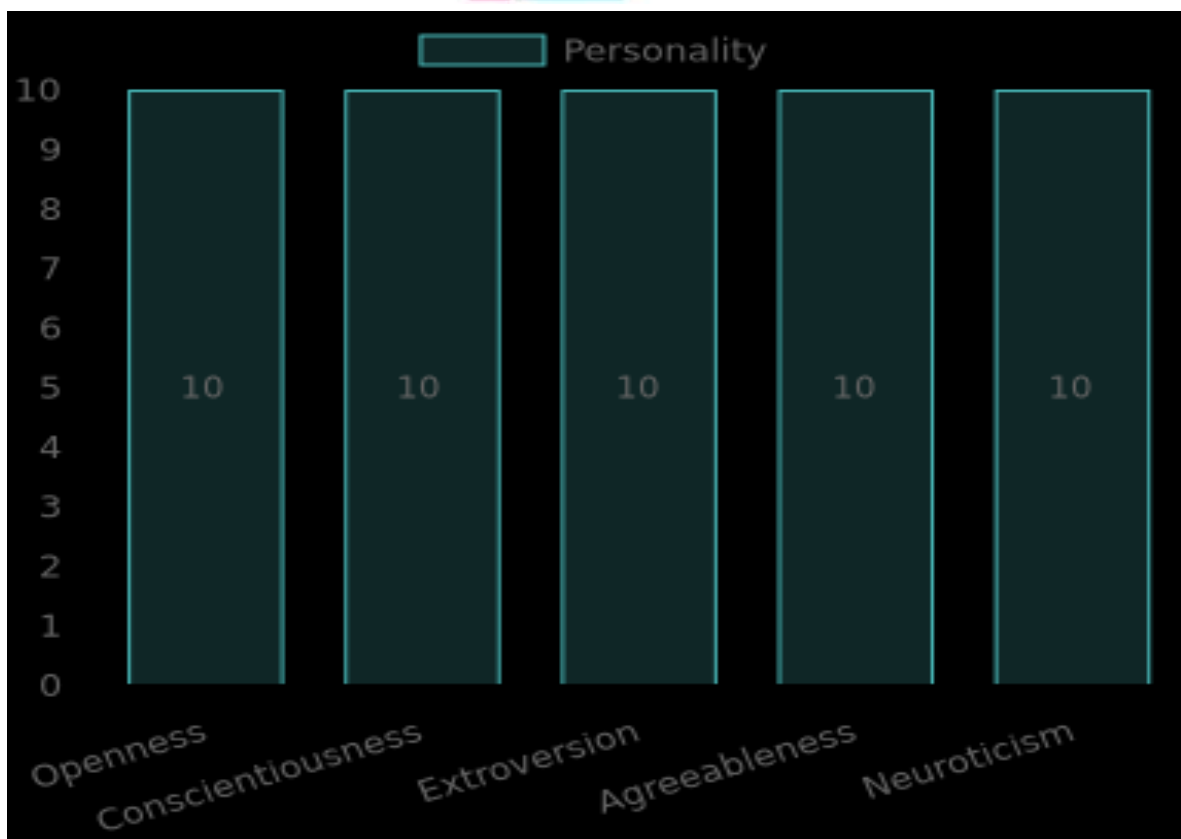
Visual Perception: Difficulty noticing shapes and colors.

Intuition: Struggles to rely on instincts or gut feelings.

Holistic Thinking: Trouble seeing the big picture and making connections.

Artistic Abilities: Challenges in artistic expression.

## 6. PERSONALITY TRAITS DOMINANCE



# PERSONALITY TRAITS DOMINANCE

## 1 Extroversion:



**Score :** 10 ( Category: Developing )

### Feedback:

Your score indicates that you tend to be more introverted, preferring solitary activities and introspection. You might find social interactions draining and may feel more comfortable in quieter, less stimulating environments.

**Possible Personality Type:** Possible Personality Type: Introverted, Reflective, Thoughtful

### Career Options:

Roles that require deep analysis, creativity, and independent work such as writing, research, programming, graphic design, or artistry.

## 2 Agreeableness:



**Score :** 10 ( Category: Developing )

### Feedback:

Your score indicates that you prioritize individual goals and assertiveness over conforming to others' expectations. You may prefer direct communication and may not be as concerned with maintaining harmony in social interactions.

**Possible Personality Type:** Possible Personality Type: Independent, Assertive, Objective

### Career Options:

Roles that require decisive decision-making, negotiation, and analytical thinking, such as entrepreneurship, law, research, or engineering.

## PERSONALITY TRAITS DOMINANCE

### 3 Conscientiousness:



**Score :** 10 ( Category: Developing )

**Feedback:**

Your score suggests that you have a more relaxed attitude toward organization and planning. You might prefer flexibility and spontaneity over strict routines, and you may find it challenging to stick to long-term goals.

**Possible Personality Type:** Possible Personality Type: Unstructured, Free-Spirited, Creative

**Career Options:**

Roles that allow for creative expression, flexible schedules, and minimal routine could be appealing. Consider careers in the arts, entrepreneurship, entertainment, or freelancing.

### 4 Neuroticism:



**Score :** 10 ( Category: Developing )

**Feedback:**

Your score suggests that you have a strong emotional resilience and are adept at managing stress and negative emotions. You tend to stay calm under pressure and approach challenges with a composed demeanor. research, or law enforcement.

**Possible Personality Type:** Possible Personality Type: Resilient, Calm, Emotionally Stable

**Career Options:**

Roles that require composure, crisis management, and analytical thinking such as emergency services, project management, scientific research, or law enforcement.

## PERSONALITY TRAITS DOMINANCE

### 5. Openness :



**Score :** 10 ( Category: Developing )

**Feedback:**

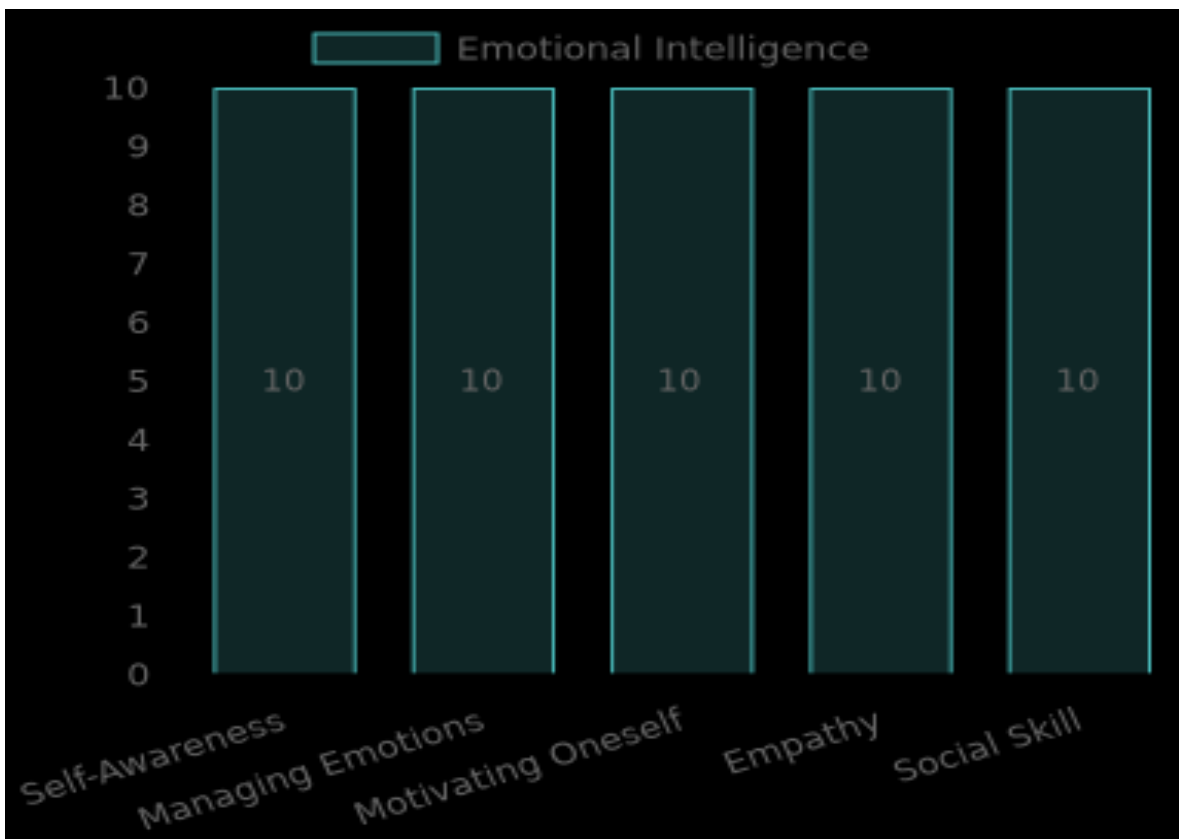
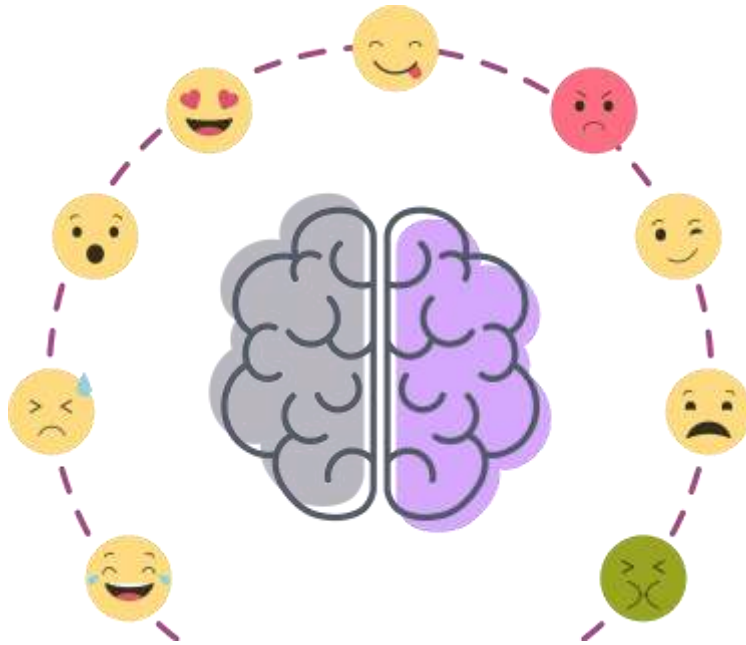
Your score suggests a preference for familiar and traditional ways of thinking. You tend to feel more comfortable with established routines and may be less inclined to embrace novel or unconventional ideas.

**Possible Personality Type:** Possible Personality Type: Conventional, Practical, Routine-Oriented

**Career Options:**

Roles that involve structured tasks, attention to detail, and established procedures such as accounting, administration, data analysis, or quality control.

## 7. EMOTIONAL INTELLIGENCE





# EMOTIONAL INTELLIGENCE



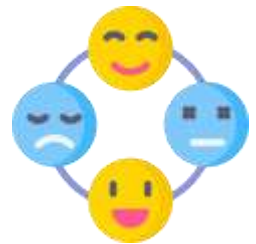
## 1. Self-Awareness

**Score :** 10 ( Category: Developing )

**Feedback:**

You're taking steps towards self-awareness! While your score indicates that there's room for growth, your recognition of the importance of self-awareness is a positive starting point. Consider setting aside time for introspection and exploration of your emotions, thoughts, and behaviours. As you make a conscious effort to understand yourself better, you'll open doors to improved decision-making and more fulfilling relationships.

## 2. Managing Emotions



**Score :** 10 ( Category: Developing )

**Feedback:**

Your emotional management skills could benefit from significant improvement. It's important to work on building better strategies for handling your emotions and responses to various situations. Begin by developing a greater awareness of your emotional triggers and seeking out healthy coping mechanisms. As you progress, you'll find that you're better equipped to handle challenges and contribute positively to your emotional well-being.

## 3. Motivating Oneself



**Score :** 10 ( Category: Developing )

**Feedback:**

Your self-motivation appears to be limited at the moment. It's important to focus on building a stronger foundation of self-discipline, resilience, and goal-setting. While challenges may feel daunting, remember that developing the ability to motivate yourself is a gradual process. Begin by identifying what drives you and exploring strategies to maintain enthusiasm and determination. With persistence, you can make significant strides towards becoming more self-motivated.

# EMOTIONAL INTELLIGENCE

## 4. Empathy



**Score :** 10 ( Category: Developing )

**Feedback:**

Your empathy skills are currently limited, but there's room for growth. Becoming more attuned to the emotions of others can greatly enhance your relationships and overall emotional intelligence. Practice active listening, ask open-ended questions, and focus on understanding the perspectives and feelings of those around you. By working on your empathy, you can create more meaningful connections and contribute positively to the people in your life.

## 5. Social Skill



**Score :** 10 ( Category: Developing )

**Feedback:**

Your social skills appear to be at a lower level. It's important to invest time and effort into improving your ability to connect with others. Focus on building active listening skills, understanding nonverbal cues, and showing empathy in your interactions. By progressively working on your social skills, you can create more harmonious relationships and contribute positively to various social contexts.

# 8. LEARNING STYLE



# LEARNING STYLE

## 1. Visual



**Score :** 10 ( Category: Mild )

### **Feedback:**

While you have a mild preference for visual learning, you also benefit from various learning modes. Combining visual aids with verbal explanations and interactive activities can help you grasp and retain information more effectively.



## 2. Auditory

**Score :** 10 ( Category: Mild )

### **Feedback:**

With a mild preference for auditory learning, you have the flexibility to benefit from various learning modes. Your ability to actively participate in discussions and listen to explanations aligns well with your learning style. To optimize your learning, continue to engage in discussions and actively listen to lectures. Additionally, don't hesitate to combine auditory learning with visual aids or interactive activities when necessary to enhance your overall comprehension and retention of information.

## 3. Kinaesthetic

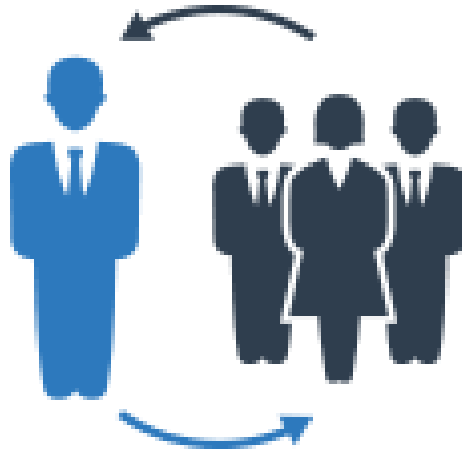


**Score :** 10 ( Category: Mild )

### **Feedback:**

While you have a mild preference for kinesthetic learning, you also benefit from diverse learning modes. Incorporating interactive activities, movement, and practical applications alongside visual and auditory elements can enhance your understanding.

## 9. LEADERSHIP SKILLS



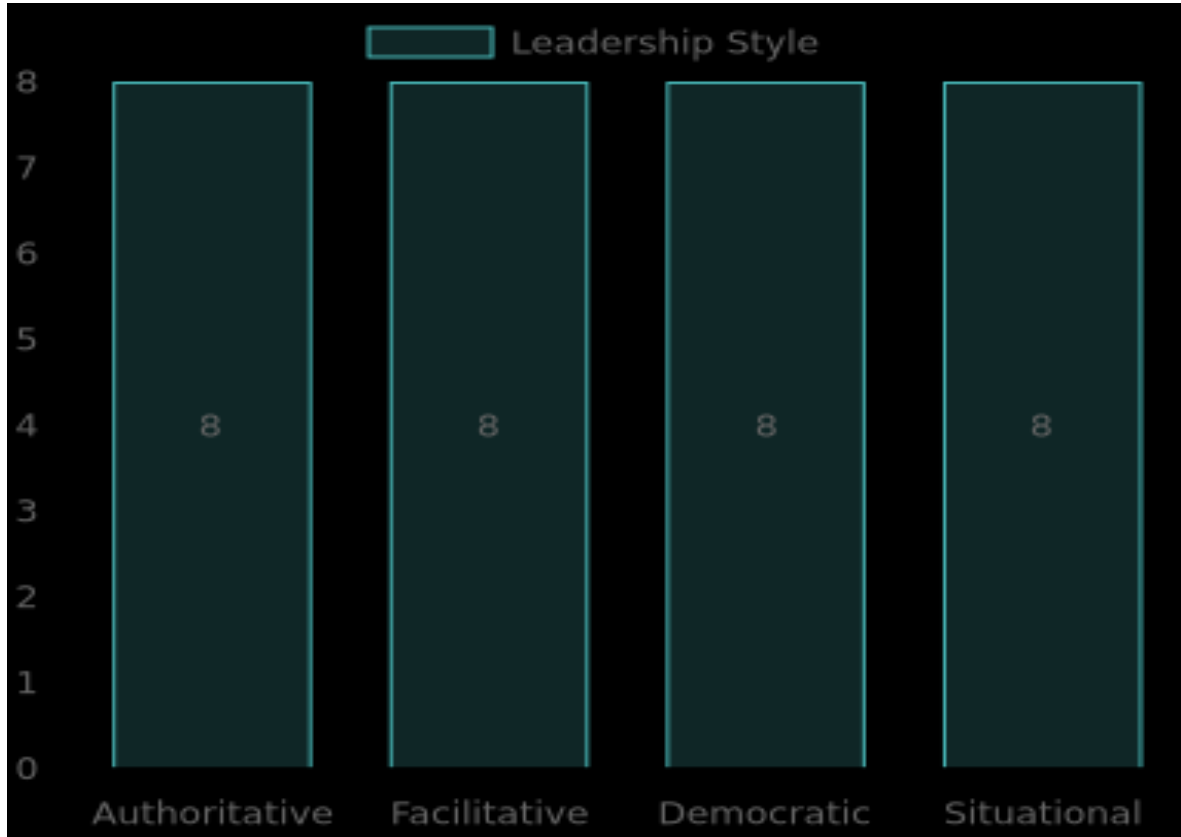
### Leadership Skills

**Score :** 20 ( Category: Developing )

### Feedback:

Your leadership skills require substantial improvement. Your score indicates challenges in various fundamental areas of leadership, including communication, decision-making, and team dynamics. It's crucial to seek opportunities for leadership development, receive guidance, and actively work on strengthening your abilities to effectively lead and inspire your team.

# 10. LEADERSHIP STYLE



# LEADERSHIP STYLE

## Authoritative



**Score :** 8 ( Category: Basic Proficiency )

**Feedback:**

Your ability to exhibit an authoritative leadership style within this range shows a foundation for growth. You might be in the early stages of developing this style, which can be advantageous when leading in situations that require clear direction and decisions. Continue honing your skills by further understanding the balance between assertiveness and collaboration, which are essential components of this leadership approach.



## Democratic

**Score :** 8 ( Category: Basic Proficiency )

**Feedback:**

You exhibit a foundational understanding of the principles of democratic leadership. Your willingness to involve team members in decision-making and value their input is commendable. By fostering an environment where ideas are freely exchanged, you set the stage for collaborative problem-solving and open communication.

# LEADERSHIP STYLE



## Facilitative

**Score :** 8 ( Category: Basic Proficiency )

**Feedback:**

Your score in this range indicates an opportunity for growth in the facilitative leadership style. You might be in the early stages of understanding the value of collaboration and empowerment. Embrace this as a chance to develop your skills in fostering open communication and involving team members in decision-making. By embracing a more inclusive approach, you can create a supportive and innovative work environment.



## Situational

**Score :** 8 ( Category: Basic Proficiency )

**Feedback:**

Your score in this range presents an opportunity to explore and develop your understanding of the situational leadership style. This style involves adapting your leadership approach based on the specific needs of your team members and the situation at hand. As you further explore this style, focus on assessing your team members' capabilities and adjusting your guidance accordingly. This approach will help you provide the right level of support and direction as they grow.



## 11. CYBER DEPENDENCY



**Score :**20 ( Category: Low Dependency )

**Feedback:**

Your cyber dependency score is in the low range, indicating a strong ability to function independently of digital tools. You are self-reliant and can navigate various tasks without heavy reliance on technology. This suggests that you are well-prepared to handle situations with limited access to digital resources and can adapt easily to disruptions.

# 12. COMPETITIVE STATE ANXIETY INVENTORY



# COMPETITIVE STATE ANXIETY

## Cognitive Anxiety



**Score :** 9 ( Category: Low )

### Feedback:

Congratulations! Your cognitive anxiety score falls within the low range, indicating that you generally have a strong ability to manage your worries and concerns. You likely approach challenges with a clear and focused mindset, allowing you to think more objectively and make sound decisions.

## Somatic Anxiety



**Score :** 9 ( Category: Low )

### Feedback:

Your score falls within the low range for somatic anxiety. This suggests that you experience minimal physical symptoms associated with anxiety. You likely have a good handle on managing stress, which is great for your overall well-being. Your ability to keep your body relaxed in stressful situations indicates a strong level of emotional resilience.

## Confidence



**Score :** 9 ( Category: Low )

### Feedback:

Very Low Self-Confidence: You have the potential to build greater self-confidence. Remember, every step you take towards believing in yourself will lead to personal growth and increased resilience. Start acknowledging your achievements, no matter how small, and watch your confidence grow.

### ***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.