

# ***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.



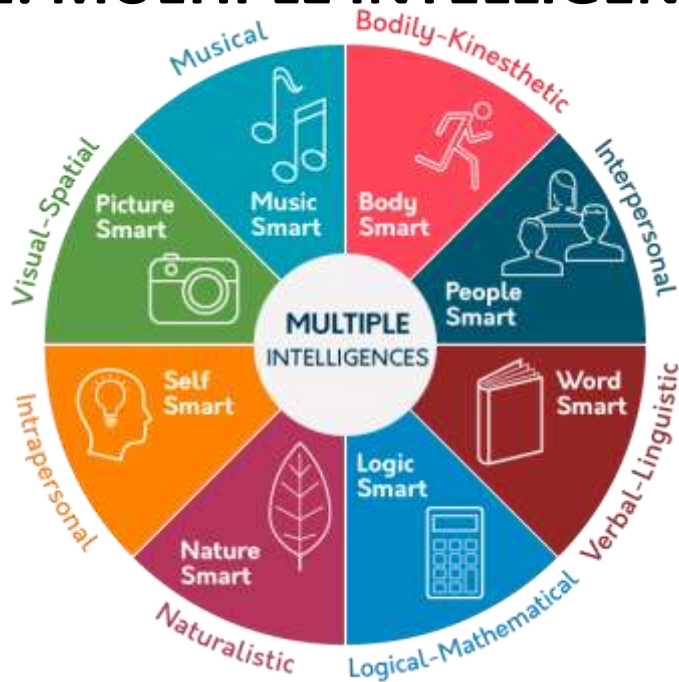
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# 1. MULTIPLE INTELLIGENCE





## 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:** 33 ( Category: Exceptional Mastery )

**Feedback:**

Exceptional! Your logical/mathematical intelligence places you in the highest category of mastery. Your aptitude for logical reasoning and mathematical thinking is outstanding. Consider pursuing careers in fields such as mathematics, theoretical physics, computer science, cryptography, or any discipline that requires complex problem-solving and analytical skills. Your ability to dissect intricate systems and formulate innovative solutions is a rare and valuable talent.

**Career Suggestions:**

- **Mathematician:** Conduct advanced mathematical research, develop mathematical theories, and contribute to solving complex real-world problems.
- **Theoretical Physicist:** Explore the fundamental laws of the universe, formulate new theories, and conduct groundbreaking research.
- **Cryptographer:** Work on securing data and communications systems, utilizing your mastery of mathematical algorithms and encryption techniques.
- **Quantum Computing Scientist:** Push the boundaries of computing by working on quantum algorithms and applications in a rapidly evolving field.
- **Artificial Intelligence Researcher:** Lead in the development of AI systems, machine learning algorithms, and deep learning models, using your exceptional logical and mathematical intelligence.



**Picture Smart**

### 3 Visual/Spatial Intelligence

**Score:** 31 ( 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:** 26 ( 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:** 28 ( 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:** 27 ( 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:** 28 ( 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



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

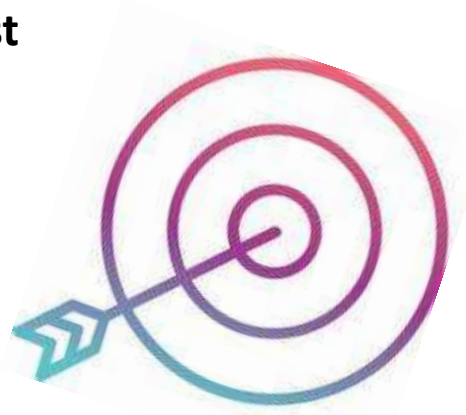
**Feedback:**

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

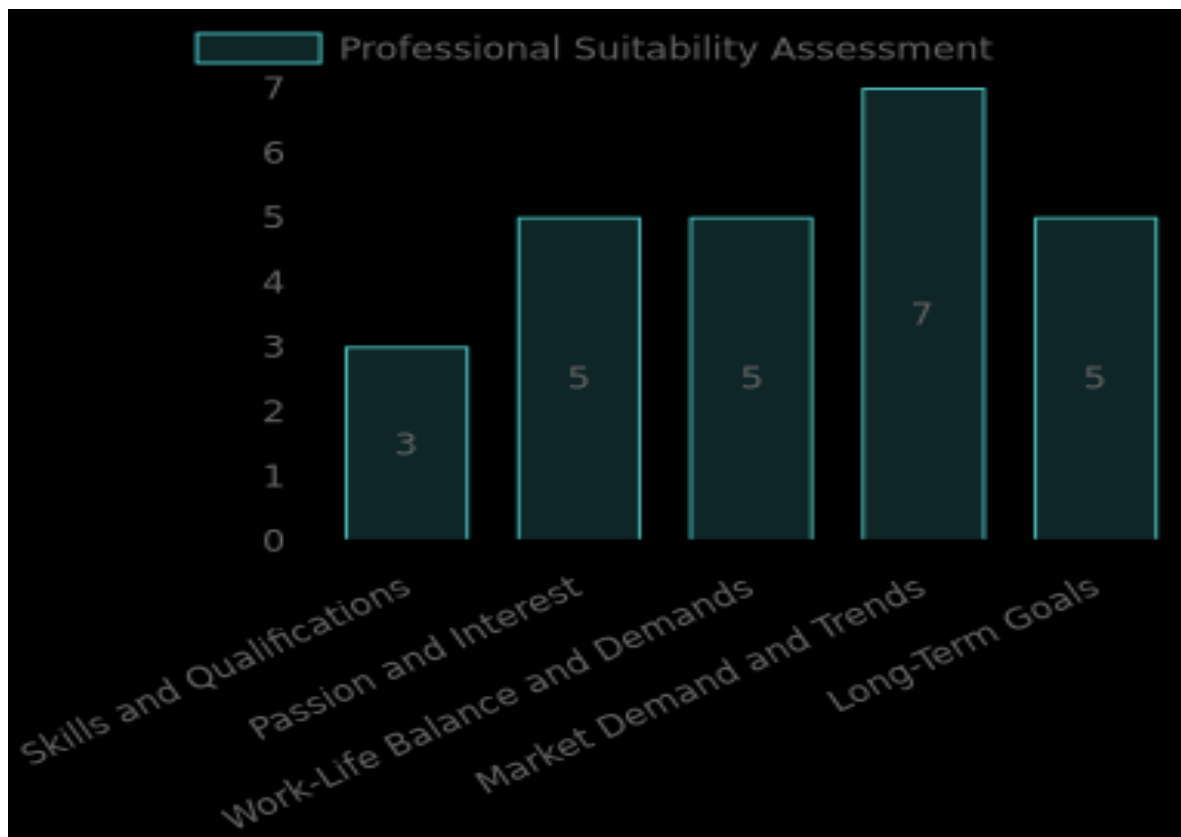


1. Math /Science Teacher-Professor
2. Actor / Actress
3. Craftsman
4. Mechanic
5. Stunt Performer
6. Anthropologist
7. Librarian
8. Philosopher
9. Scientist/ Inventor/ Researcher
10. Writer

Other: dr



## 2. PROFESSIONAL SUITABILITY ASSESSMENT



# PROFESSIONAL SUITABILITY ASSESSMENT

## Skills and Qualifications:

**Score :** 3 ( Category: Progressing )

### Feedback:

While you have some skills and qualifications, they might not fully align with the demands of the profession. Exploring additional training or related skills could be beneficial.



## Passion and Interest:

**Score :** 5 ( Category: Competing )

### Feedback:

You have some level of passion and interest in the profession. By nurturing and deepening these aspects, you'll find increased satisfaction and drive in your career.



## Work-Life Balance and Demands:

**Score :** 5 ( Category: Competing )

### Feedback:

You have a general sense of the work-life balance and demands, though further exploration and preparation are recommended to align your expectations effectively.



# PROFESSIONAL SUITABILITY ASSESSMENT

## Long-Term Goals:

Score : 5 ( Category: Competing )

### Feedback:

You're beginning to envision long-term goals that align with the profession. As you solidify these aspirations, your career path will gain clarity.



## Market Demand and Trends:

Score : 7 ( Category: Excelling )

### Feedback:

You have a solid grasp of market dynamics, and with ongoing exploration, you'll stay ahead of trends that can shape your career journey.



### 3. INTEGRITY ASSESSMENT

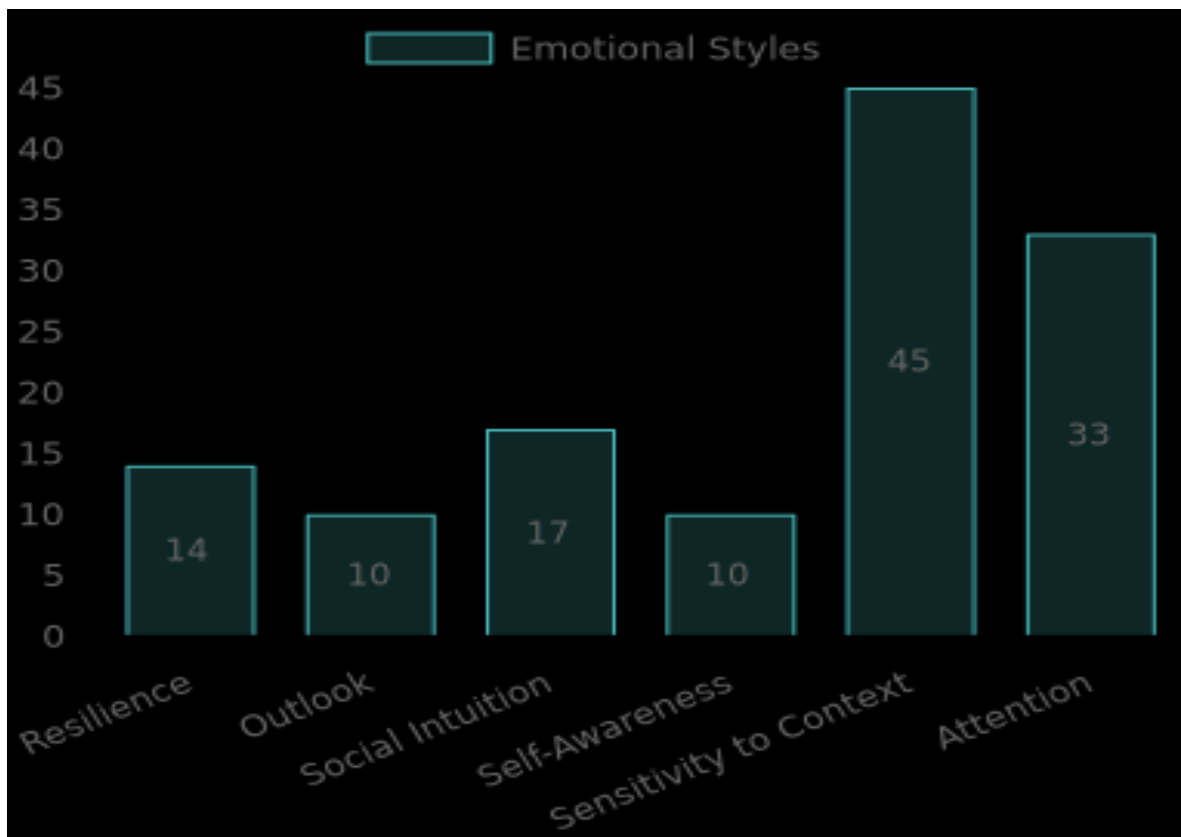


**Score:** 23 ( Category: Progressing )

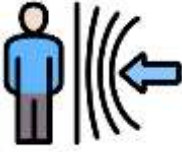
**Feedback:**

Your integrity assessment score indicates a basic level of ethical conduct. There are areas where your actions could be better aligned with your values, highlighting an opportunity for growth in consistently making ethical choices. By actively working on enhancing your ethical decision-making, you can contribute to a more trustworthy environment.

## 4. EMOTIONAL STYLES



# EMOTIONAL STYLES



## Dimension I - Resilience

**Score:** 14 ( Category: Developing )

**Interpretation:**

Your total score suggests a limited level of resilience. Building your emotional strength and coping strategies will be crucial to effectively handle challenges and stressors. Consider seeking guidance and support to develop techniques that will empower you to bounce back more effectively.

## Dimension 2 - Outlook



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

**Interpretation:**

Your total score suggests a limited outlook on life. It's important to consider how your perspective might impact your responses to challenges. Exploring ways to cultivate positivity and resilience can lead to a more fulfilling and optimistic life.



# EMOTIONAL STYLES



## Dimension 3 - Social Intuition

**Score:** 17 ( Category: Progressing )

**Interpretation:**

Your total score indicates you're in the process of developing your social intuition. While you're starting to recognize social cues, there's room for growth. Engaging in active listening and observing behaviors will contribute to your progress.

## Dimension 4 - Self-Awareness



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

**Interpretation:**

Your total score suggests minimal self-awareness at the moment. Developing this skill can greatly benefit your personal growth and relationships. Consider engaging in self-reflection exercises, seeking feedback, and exploring resources to increase your self-awareness.

# EMOTIONAL STYLES



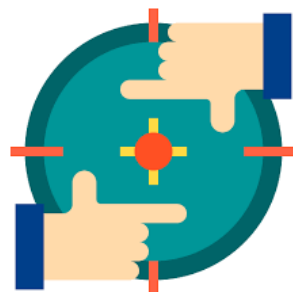
## Dimension 5 - Sensitivity to Context

**Score:** 45 ( Category: Outstanding )

**Interpretation:**

Congratulations! Your total score indicates exceptional sensitivity to context. Your ability to perceive and understand the nuances of different situations is remarkable. Your keen awareness of context allows you to navigate diverse scenarios with finesse and adaptability.

## Dimension 6 -Attention

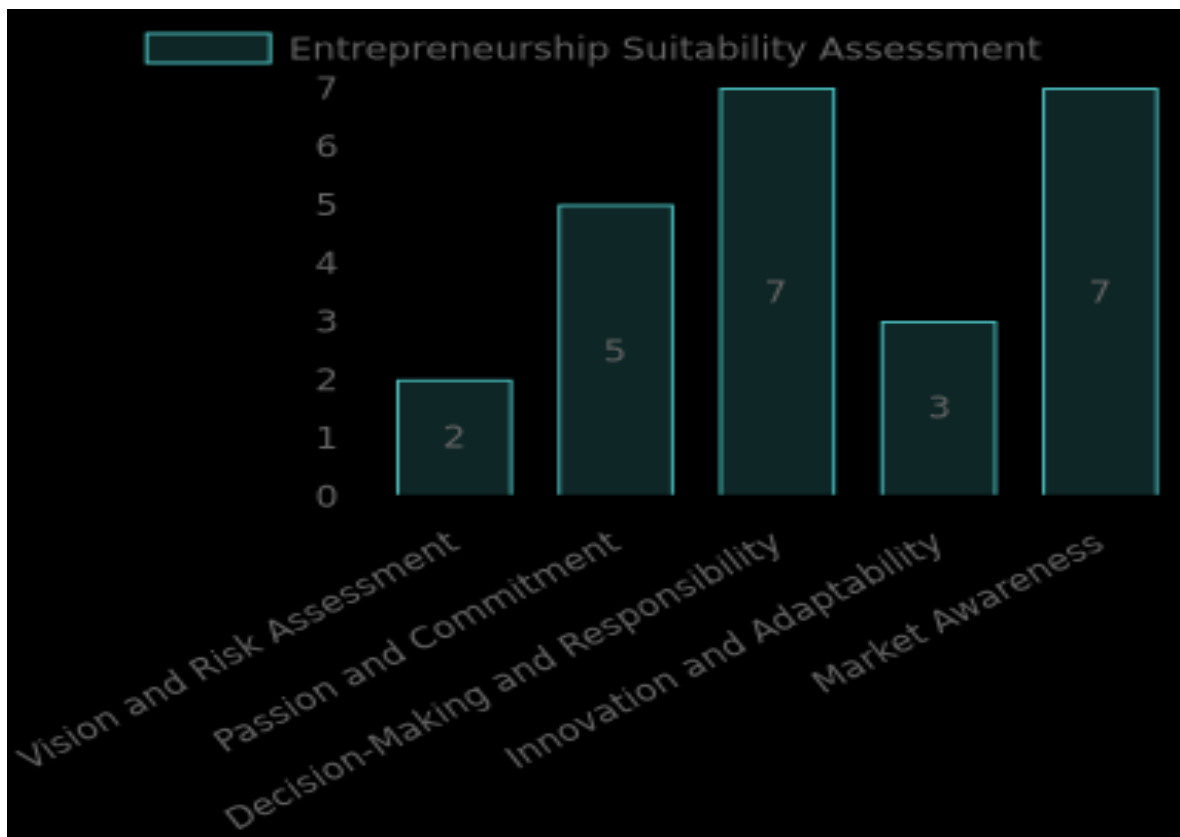


**Score:** 33 ( Category: Competing )

**Interpretation:**

Your total score suggests good attention skills. You possess a reasonable ability to focus on tasks, and with intentional effort, you can further refine your attention to detail and task persistence. Practice and mindfulness can help you excel.

## 5. ENTREPRENEURSHIP SUITABILITY



# ENTREPRENEURSHIP SUITABILITY

## Vision and Risk



**Score:** 2 ( Category: Progressing )

**Interpretation:**

You're unsure about your vision or hesitant to take risks in entrepreneurship.

## Passion and Commitment



**Score:** 5 ( Category: Competing )

**Interpretation:**

You have some passion for entrepreneurship, but your commitment needs reinforcement.



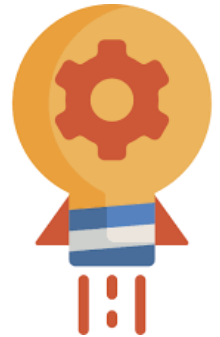
## ENTREPRENEURSHIP SUITABILITY

### Decision-Making and Responsibility

**Score:** 7 ( Category: Excelling )

**Interpretation:**

You're comfortable with decision-making but could bolster your sense of responsibility.



## Innovation and Adaptability

**Score:** 3 ( Category: Progressing )

**Interpretation:**

Innovation and adaptability might not come naturally to you.



# ENTREPRENEURSHIP SUITABILITY

## Market Awareness

**Score:** 7 ( Category: Excelling )

**Interpretation:**

You have a solid grasp of market dynamics but could deepen your knowledge.



## 6. WORK-LIFE BALANCE





## WORK-LIFE BALANCE

### Time Management

**Score:** 6 ( Category: Progressing )

**Interpretation:**

Time management needs significant improvement to achieve equilibrium.

### Boundaries and Communication



**Score:** 9 ( Category: Competing )

**Interpretation:**

Focus on strengthening your boundaries and communication for improved balance.



## WORK-LIFE BALANCE

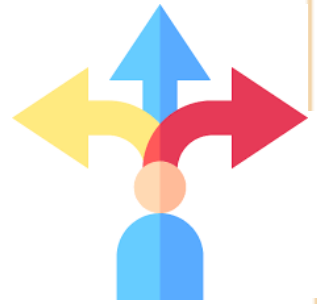
### Well-being and Self-Care

**Score:** 11 ( Category: Competing )

**Interpretation:**

Prioritize self-care activities for better stress management and a healthier work-life balance.

## Flexibility and Adaptability



**Score:** 10 ( Category: Competing )

**Interpretation:**

Embrace changes more effectively to prevent disruptions and enhance your work-life equilibrium.



## WORK-LIFE BALANCE

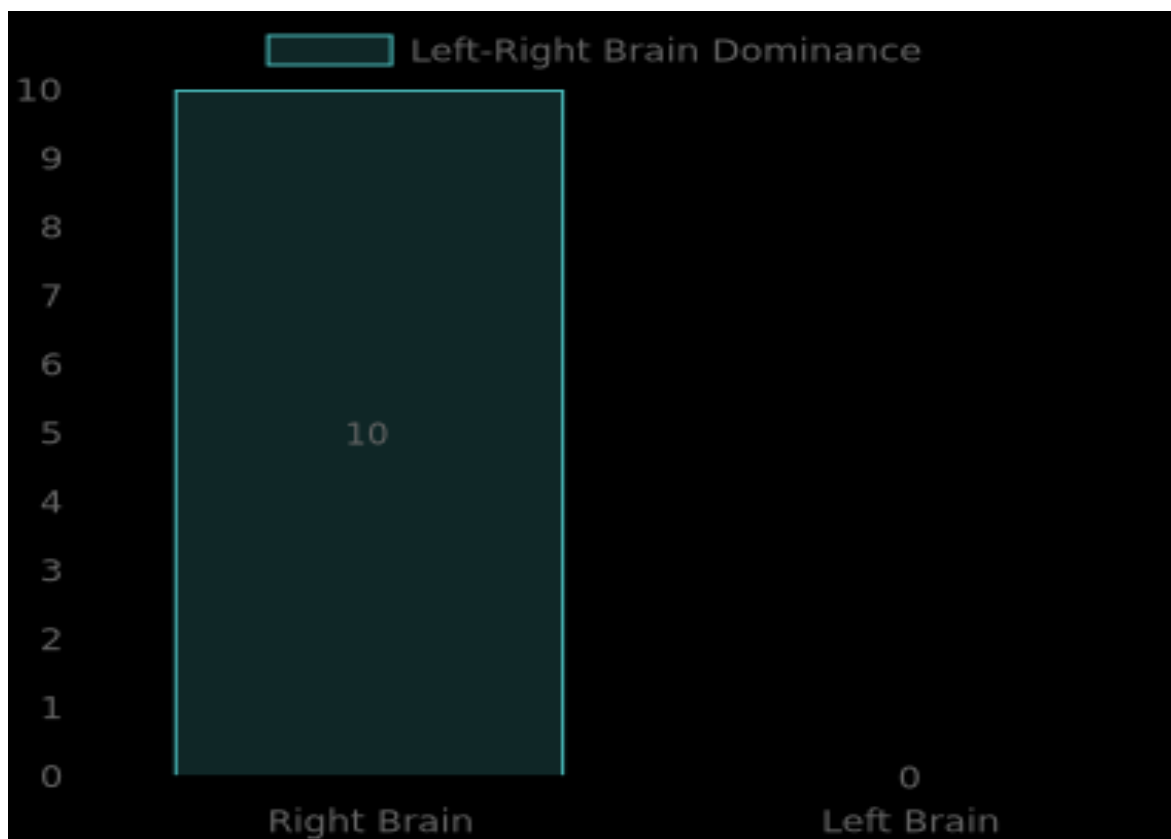
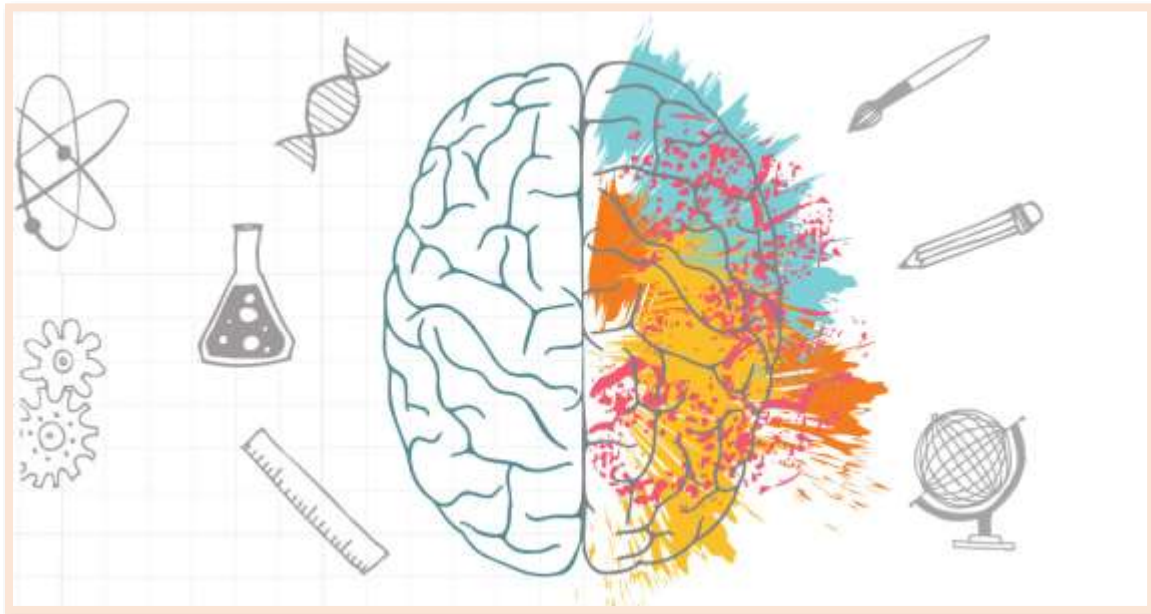
### Relationships and Fulfilment

**Score:** 14 ( Category: Excelling )

**Interpretation:**

You're doing well, but nurturing relationships and personal interests further will enhance your balance.

## 7. 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 :** 10 ( Category: Strong Dominance )

**Feedback:**

Creativity: Exceptional ability for imaginative and original thinking.

Visual Perception: Highly skilled in noticing shapes and colors.

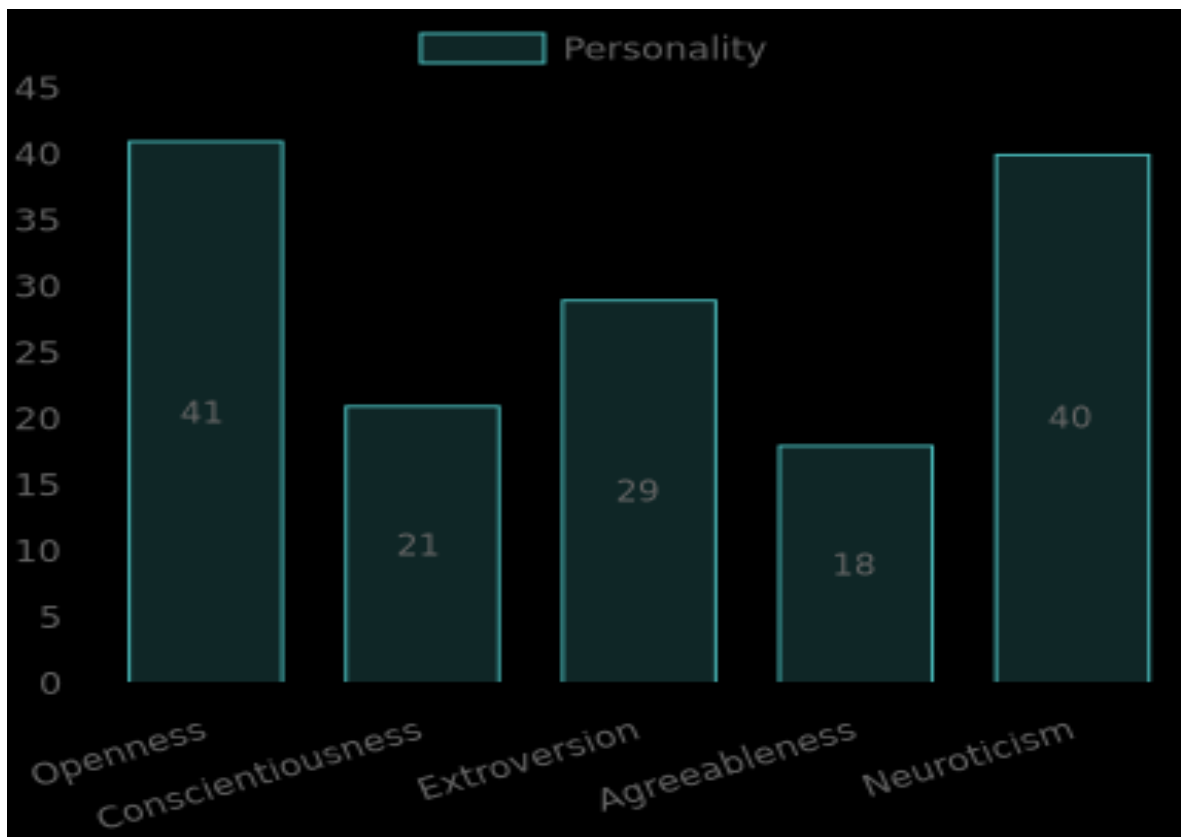
Intuition: Highly intuitive, relies on instincts effectively.

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

Artistic Abilities: Exceptional skills in artistic expression.



## 8. PERSONALITY TRAITS DOMINANCE



# PERSONALITY TRAITS DOMINANCE

## 1 Extroversion:



**Score :** 29 ( Category: Competing )

### Feedback:

You possess a healthy balance between introversion and extroversion, comfortably engaging in both solitary tasks and social interactions. You enjoy spending time with others but also value your personal space.

**Possible Personality Type:** Possible Personality Type: Ambivert, Socially Versatile, Team Player

### Career Options:

Your versatility opens doors to various career paths. Consider roles that involve teamwork, client interaction, and balanced work environments. Sales, marketing, human resources, or event planning could be suitable options.



## 2 Agreeableness:

**Score :** 18 ( Category: Progressing )

### Feedback:

You display a balanced mix of assertiveness and cooperation. While you value your own needs, you are also considerate of others' perspectives and can adapt your communication style accordingly.

**Possible Personality Type:** Possible Personality Type: Pragmatic, Diplomatic, Balanced

### Career Options:

Consider roles that involve problem-solving, project management, and coordination where you can utilize your ability to navigate different viewpoints. Consulting, project management, logistics, or data analysis could be suitable paths.

## PERSONALITY TRAITS DOMINANCE

### 3 Conscientiousness:



**Score :** 21 ( 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 :** 40 ( 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 :** 41 ( Category: Outstanding )

**Feedback:**

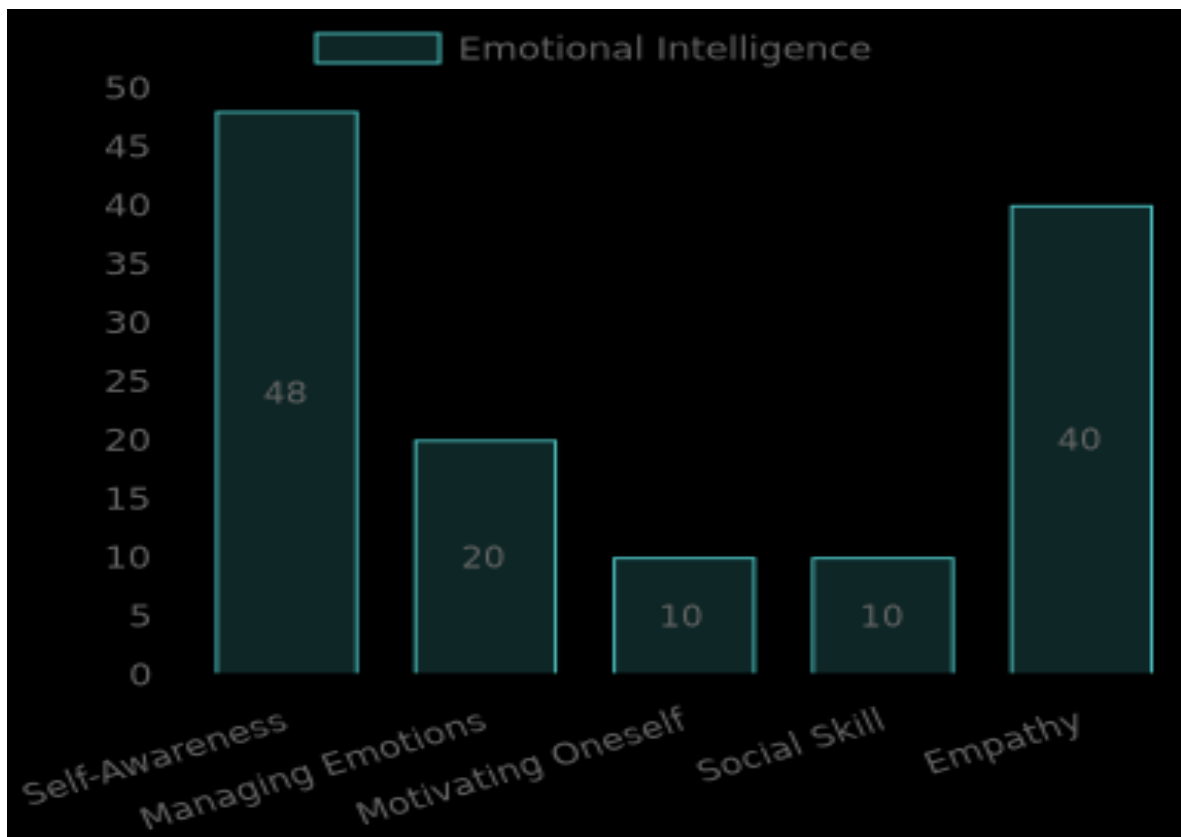
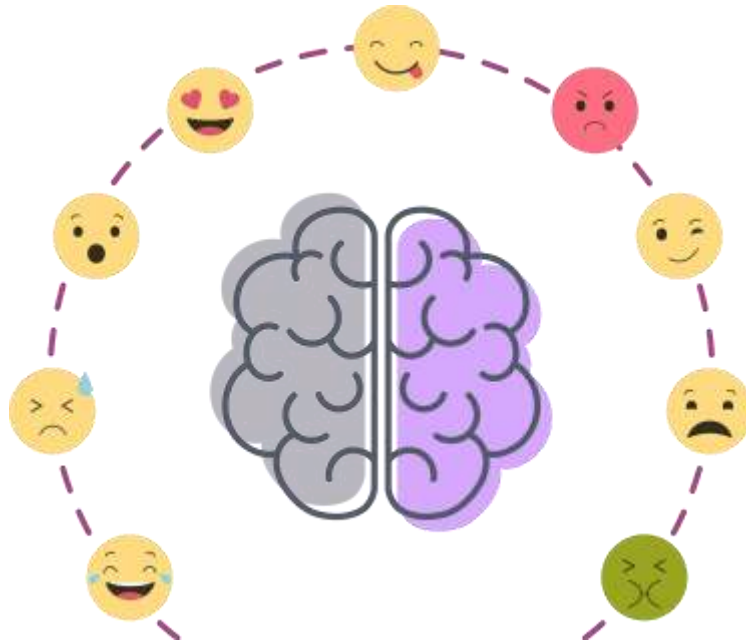
Your high openness underscores a profound appreciation for creativity, intellectual pursuits, and unconventional thinking. You find inspiration in a wide array of experiences and are drawn to pushing boundaries.

**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.

## 9. EMOTIONAL INTELLIGENCE



# EMOTIONAL INTELLIGENCE



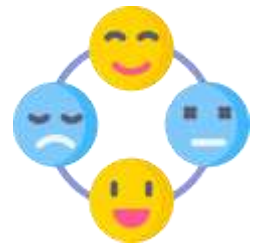
## 1. Self-Awareness

**Score :** 48 ( 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 :** 20 ( Category: Progressing )

**Feedback:**

There's an opportunity to focus on improving your emotional management skills. While you're making efforts to handle your emotions, there's room for growth in effectively regulating your responses in different situations. Consider exploring techniques such as mindfulness, deep breathing, and problem-solving to better manage stress and emotional challenges. With dedication and practice, you can enhance your ability to navigate emotions constructively.

## 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 :** 40 ( Category: Excelling )

**Feedback:**

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

## 5. Social Skill

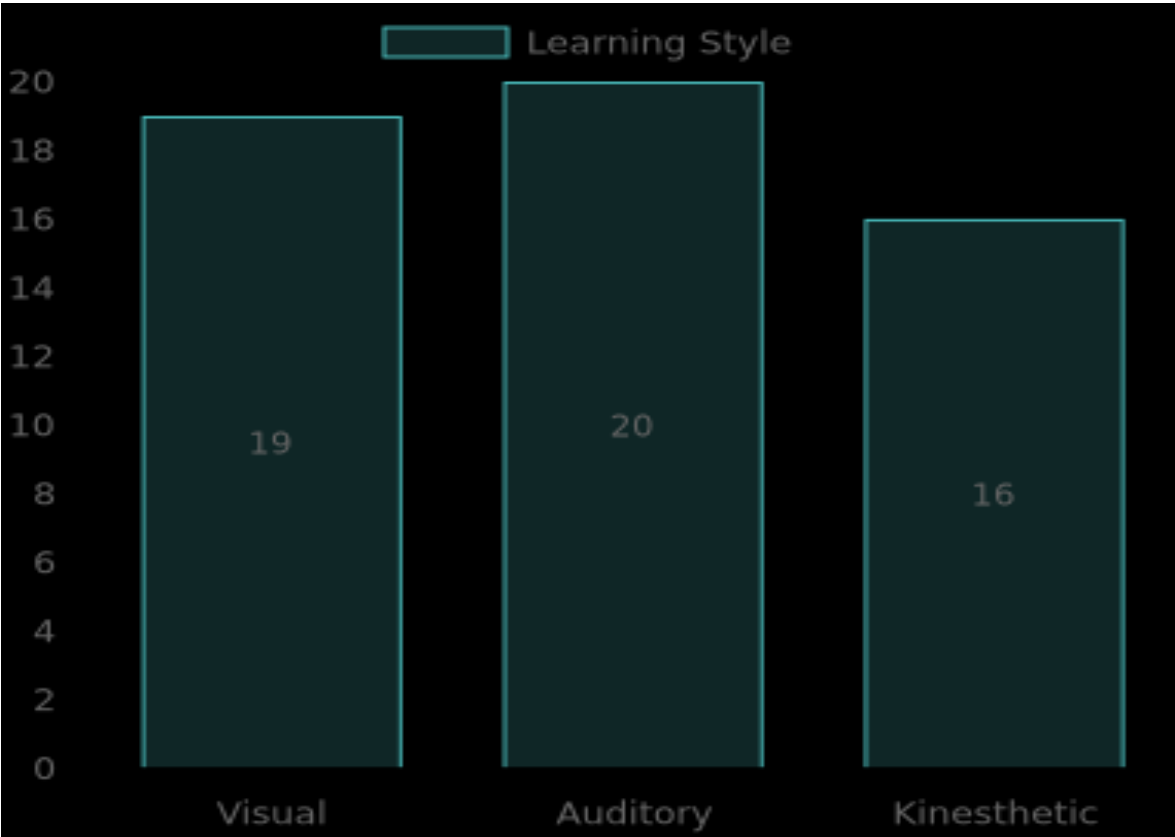


**Score :** 10 ( Category: Developing )

**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.

# 10. LEARNING STYLE





# LEARNING STYLE

## 1. Visual



**Score :** 19 ( Category: Moderate )

**Feedback:**

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



## 2. Auditory

**Score :** 20 ( 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

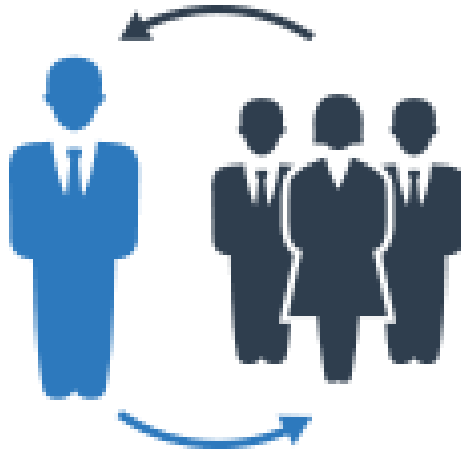


**Score :** 16 ( Category: Moderate )

**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.

## 11. LEADERSHIP SKILLS



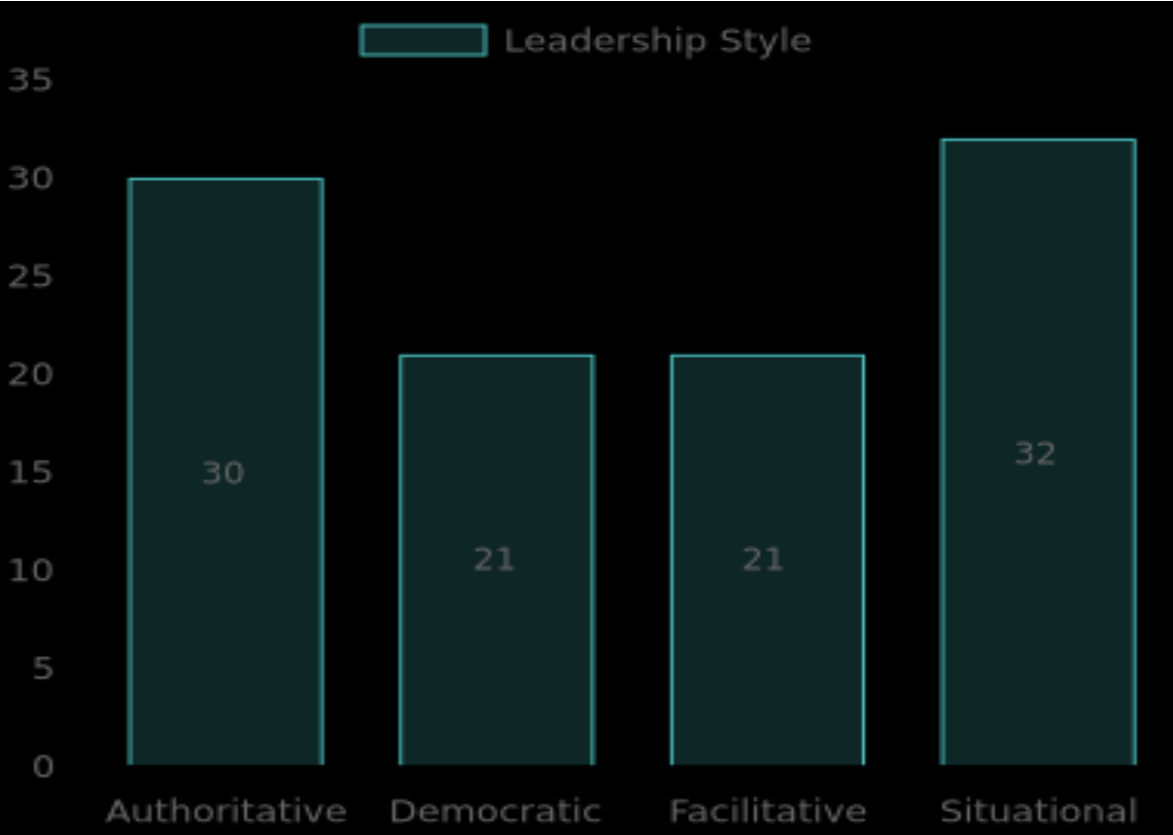
### Leadership Skills

**Score :** 54 ( Category: Competing )

#### Feedback:

You're on the right track, but there's room for improvement in your leadership skills. While you display some effective leadership traits, some areas need attention, such as communication consistency and decision-making. Focus on developing your skills further, seeking mentorship and feedback to help you enhance your leadership abilities.

# 12. LEADERSHIP STYLE



# LEADERSHIP STYLE

## Authoritative



**Score :** 30 ( 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 :** 21 ( 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 :** 21 ( 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 :** 32 ( 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.

### 13. PARENTING STYLE



# PARENTING STYLE

## Authoritarian



**Score :** 31 ( Category: Excelling )

**Feedback:**

Your parenting style falls into the very high authoritarian category. You prioritize strict rules, discipline, and control over your child's actions. While structure is important, it's essential to ensure that your child also feels supported, heard, and valued. Be open to flexibility and empathy in your approach to help your child develop a strong sense of self-esteem and emotional well-being.



## Authoritative

**Score :** 21 ( Category: Competing )

**Feedback:**

Your parenting style falls into the high authoritative category. You excel in creating a structured and supportive environment for your child. You balance clear rules and expectations with warmth and understanding. Keep up the good work, as this approach is known to foster independence, self-esteem, and healthy development in children.

# PARENTING STYLE

## Permissive



**Score :** 40 ( Category: Excelling )

**Feedback:**

Your parenting style falls into the very high permissiveness category, indicating that you prioritize giving your child maximum freedom and minimal restrictions. While it's important to respect your child's autonomy, it's equally crucial to provide guidance and structure to help them develop essential life skills and a sense of responsibility.



## Uninvolved

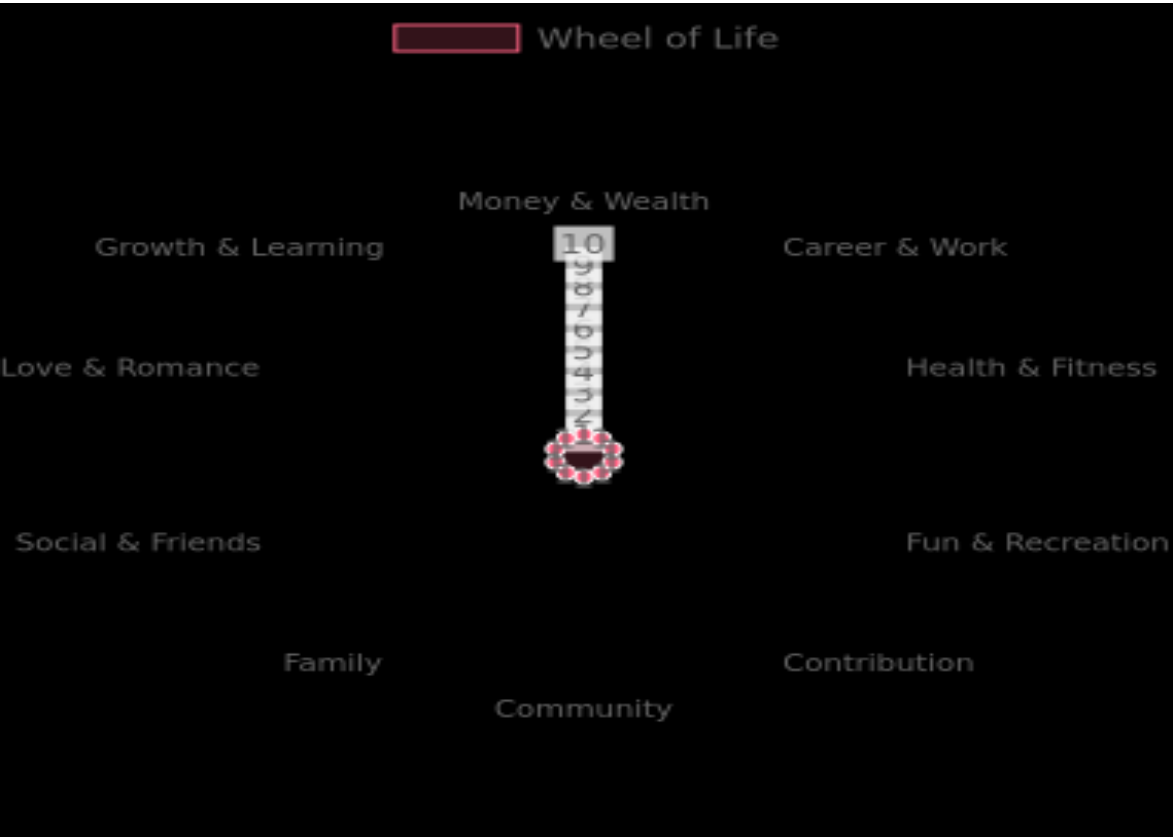
**Score :** 32 ( Category: Excelling )

**Feedback:**

Your parenting style falls into the very high uninvolved category, indicating a significant lack of involvement in your child's life and well-being. It's essential to recognize that your child requires emotional support, guidance, and attention to thrive. Consider seeking help or resources to improve your parenting involvement and create a more nurturing environment for your child.



# 14. WHEEL OF LIFE WELLNESS DIMENSIONS



# WHEEL OF LIFE: WELLNESS DIMENSIONS

## Feedback:

## Score :

Your financial situation requires significant improvement. It's important to take proactive steps to address your financial challenges. Consider creating a budget, seeking financial advice, and exploring opportunities for saving and investing. Focusing on enhancing your financial literacy and setting clear financial goals will help you build a stronger foundation for your future.

1/10  
(Needs Significant Improvement)

Your career and work situation requires significant improvement, as you're currently in the lower percentage range. It's important to evaluate your career goals, assess your current role, and consider opportunities for advancement or skill development.

1/10  
(Needs Significant Improvement)

Your health and fitness routines are in need of significant improvement. It's crucial to address this area for the sake of your overall well-being. Consider consulting a healthcare professional to create a plan that includes regular exercise, balanced nutrition, and a focus on mental health.

1/10  
(Needs Significant Improvement)

# WHEEL OF LIFE: WELLNESS DIMENSIONS

## Feedback:

## Score :

Your engagement in fun and recreational activities needs significant improvement. Allocating time for enjoyable pursuits can greatly enhance your overall happiness. Consider exploring new hobbies or finding ways to incorporate leisure into your routine.

1/10  
(Needs Significant Improvement)

Your level of contribution to others and the community needs significant improvement. There's a notable opportunity for you to make a more positive impact on those around you.

1/10  
(Needs Significant Improvement)

Your engagement with your community needs significant improvement. Consider exploring ways to actively participate in community events and initiatives to foster stronger connections.

1/10  
(Needs Significant Improvement)

# WHEEL OF LIFE: WELLNESS DIMENSIONS

## Feedback:

Your engagement and connection with your family need significant improvement. Investing time and effort in nurturing familial relationships can lead to stronger bonds and greater happiness.

## Score :

1/10  
(Needs Significant Improvement)

Your social interactions and friendships need significant improvement. Investing more time and effort in building and maintaining connections can lead to a richer social life.

1/10  
(Needs Significant Improvement)

Your love and romance aspect needs significant improvement. It's important to invest time and effort into nurturing your romantic relationships and addressing any underlying concerns.

1/10  
(Needs Significant Improvement)

Your commitment to personal growth and learning requires significant improvement. It's important to invest time and effort in expanding your knowledge and skills to reach your full potential.

1/10  
(Needs Significant Improvement)

## 15. CYBER DEPENDENCY

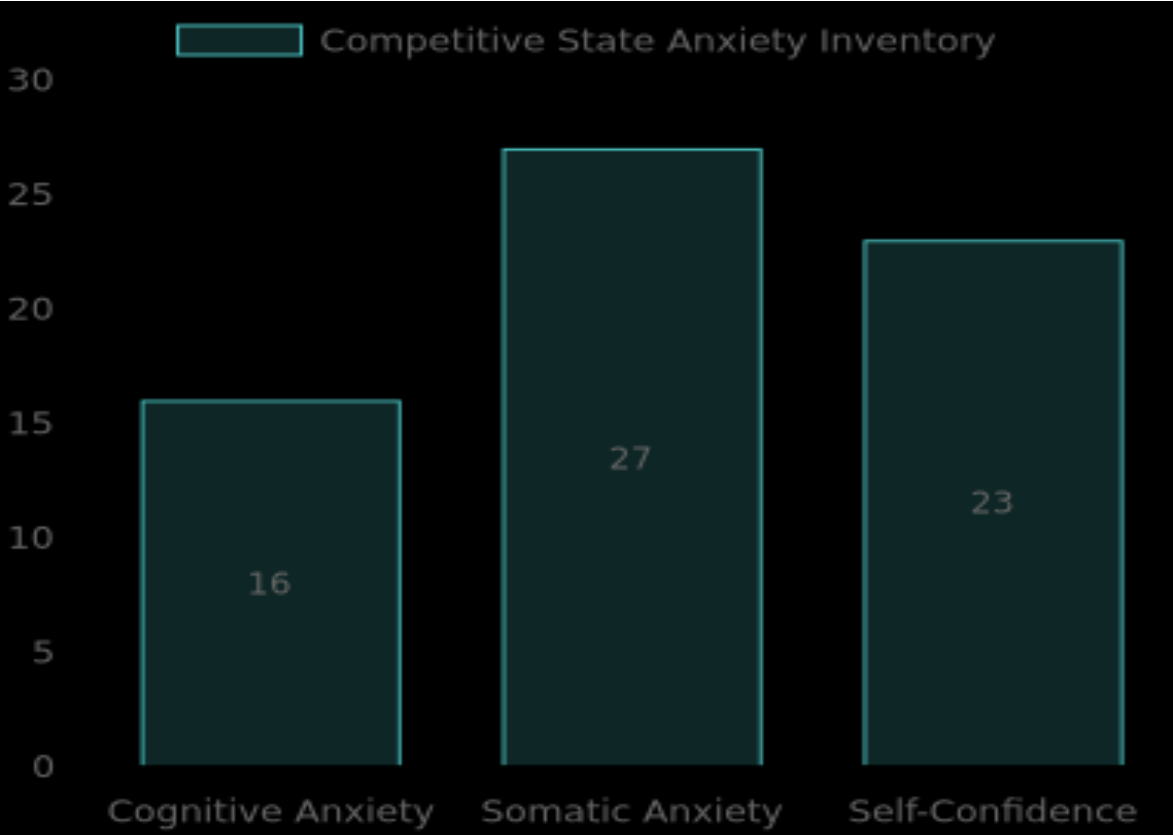


**Score :55 ( Category: Moderate Dependency )**

**Feedback:**

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

# 16. COMPETITIVE STATE ANXIETY INVENTORY



# COMPETITIVE STATE ANXIETY

## Cognitive Anxiety



**Score :** 16 ( Category: Mild )

### Feedback:

You're in the mild cognitive anxiety range, which suggests that you sometimes experience mild worries and concerns that might temporarily affect your thought processes. This is a common experience, and it's important to acknowledge that occasional anxious thoughts are a normal part of life. By recognizing these thoughts and practicing relaxation techniques, you can continue to build your resilience and maintain a balanced perspective.

## Somatic Anxiety



**Score :** 27 ( 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 :** 23 ( Category: Moderate )

### Feedback:

Moderate Self-Confidence: You're well on your way to building strong self-confidence. You have a good understanding of your abilities and areas you can grow in. Keep nurturing your strengths, setting achievable goals, and celebrating your successes. Your self-assured attitude will continue to serve you well.

### ***Disclaimer***

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 participants taking the test.