

# SKILL ENHANCEMENT & PSYCHOMETRIC ASSESSMENT

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Test Administrator:

Name: **Shivansh Pandey**

Date: **10-08-2025**

# MENTAL HEALTH EVALUATION

*Round 1*

**This assessment provides insights into your mental well-being and psychological traits to help guide your personal growth journey.**

*The following pages contain your personalized results from the first round of evaluation.*



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*This assessment is created to guide you toward greater self-awareness and development. It is intended for personal insights only.*



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## Mental Health Evaluation - Round 1

**Name:** Shivansh Pandey

**ID:** YVZ-7047-7866

**Age:** 24

10-08-2025

**Sex:** male

**Report generated on:**

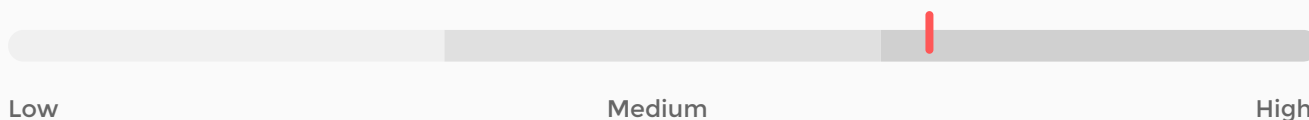
### About the Test:

The assessment combines five tools to offer insights into personality, stress, resilience, and decision-making. BFI-10 covers core traits, PSS gauges stress levels, DSS reveals decision styles, CD-RISC measures resilience, and TOSJS evaluates ethical judgment in tax scenarios.

Based on how you answered the questions, your results are as follows:

### PERSONALITY TRAITS

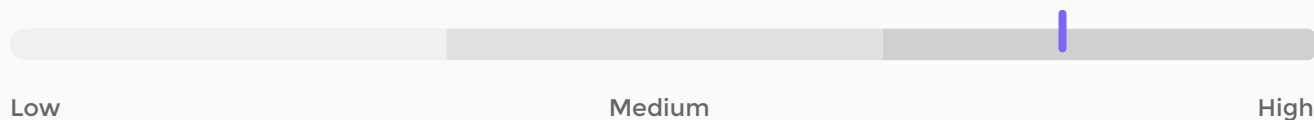
#### Extraversion



You tend to be calmly engaged & situationally social

You appear composed, adaptable, and selectively social. You balance being engaging when required with maintaining personal space when needed. You are thoughtful, diplomatic, and responsive to social cues, making you an effective communicator without being overly extroverted.

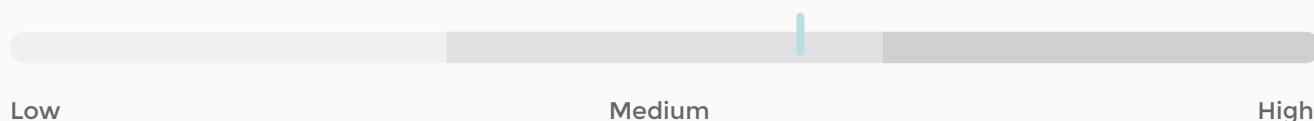
## Agreeableness



You tend to be highly cooperative & empathetic

You demonstrate compassion, emotional warmth, and a team-oriented mindset. You are likely empathetic, trusting, supportive, and nurturing toward others. You value harmony and collaboration and often prioritize the emotional well-being of people around you.

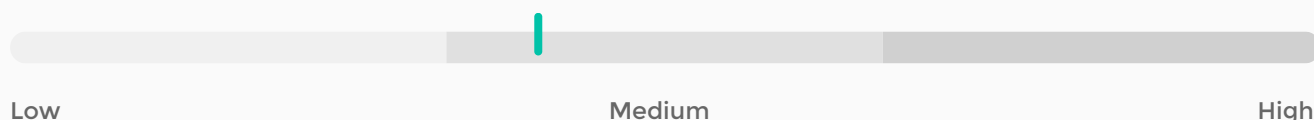
## Conscientiousness



You tend to be efficient & practically balanced

You are steady, efficient, and practically structured. You demonstrate responsibility and focus while remaining adaptable to changing circumstances. You value balance between planning and flexibility, ensuring tasks are handled thoughtfully without rigidity.

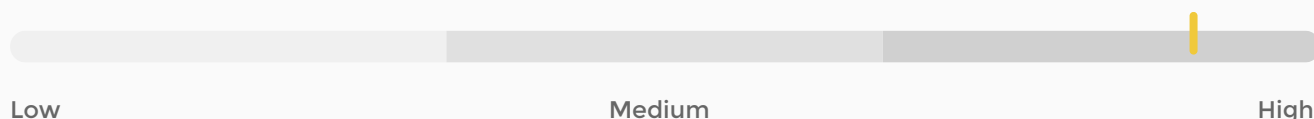
## Neuroticism



You tend to be sensitive & deeply reflective

You are emotionally sensitive, deeply introspective, and highly reflective. You engage closely with your inner emotional world and are attuned to both internal and external changes. Your emotional openness allows you to experience and process deeper levels of self-awareness and connection.

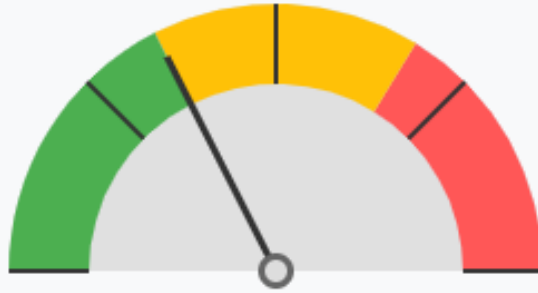
## Openness



You tend to be innovative & open-minded

You are curious, innovative, and highly receptive to new ideas and experiences. You seek opportunities to learn, explore, and grow, showing adaptability, cultural awareness, and creative problem-solving. You are naturally inclined toward imagination and broad conceptual thinking.

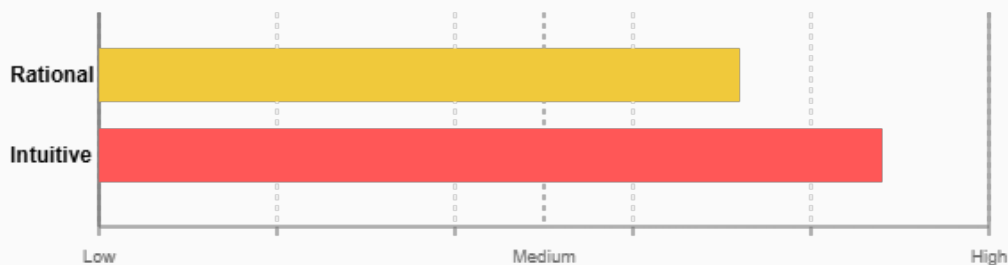
## Perceived Stress Scale (PSS)



You seem to adapt well, with occasional emotional load

You adapt well to stress with occasional emotional fluctuations. You are generally steady and self-aware but may experience moments of strain requiring rest or realignment. Your awareness of when to step back and recharge supports ongoing emotional balance and growth.

## Decision Making Style Assessment



### Intuitive Style

#### Rational

You balance analytical thinking with flexibility in your decision-making approach. You can evaluate information systematically while remaining adaptable to changing circumstances.

## Intuitive

You trust your instincts, emotional attunement, and perceptive abilities to make quick, confident decisions. Your capacity to connect deeply with situations enables you to respond rapidly with insight and decisiveness.

## Resilience Assessment



You may be Steady & Adaptively Growing

You demonstrate steadiness and adaptable growth. You handle challenges thoughtfully, maintaining calmness under pressure while remaining emotionally aware and solution-focused. Your willingness to learn and improve supports continued resilience development.

## Workplace Situational Judgement Scale (WSJS)

### Higher Scores

You may be Insightful & System-Oriented

You approach complex scenarios with emotional intelligence, strategic insight, and system-oriented thinking. You prioritize long-term goals, balance flexibility with structure, and respond to challenges with clarity and thoughtful decision-making.



## Final Reflections

- 1. Self-awareness sparks growth:**  
Noticing patterns is the first step toward change.
- 2. There's no perfect score:**  
This is about progress, not perfection.
- 3. Small steps shape big shifts:**  
Tiny actions lead to long-term impact.
- 4. Support builds strength:**  
You don't have to do it all alone.
- 5. Flexibility is power:**  
Adapting doesn't mean losing direction.
- 6. You already have what you need:**  
Resilience, insight, and potential are all within you.



**For collaborations Contact:**  
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