

# ***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.

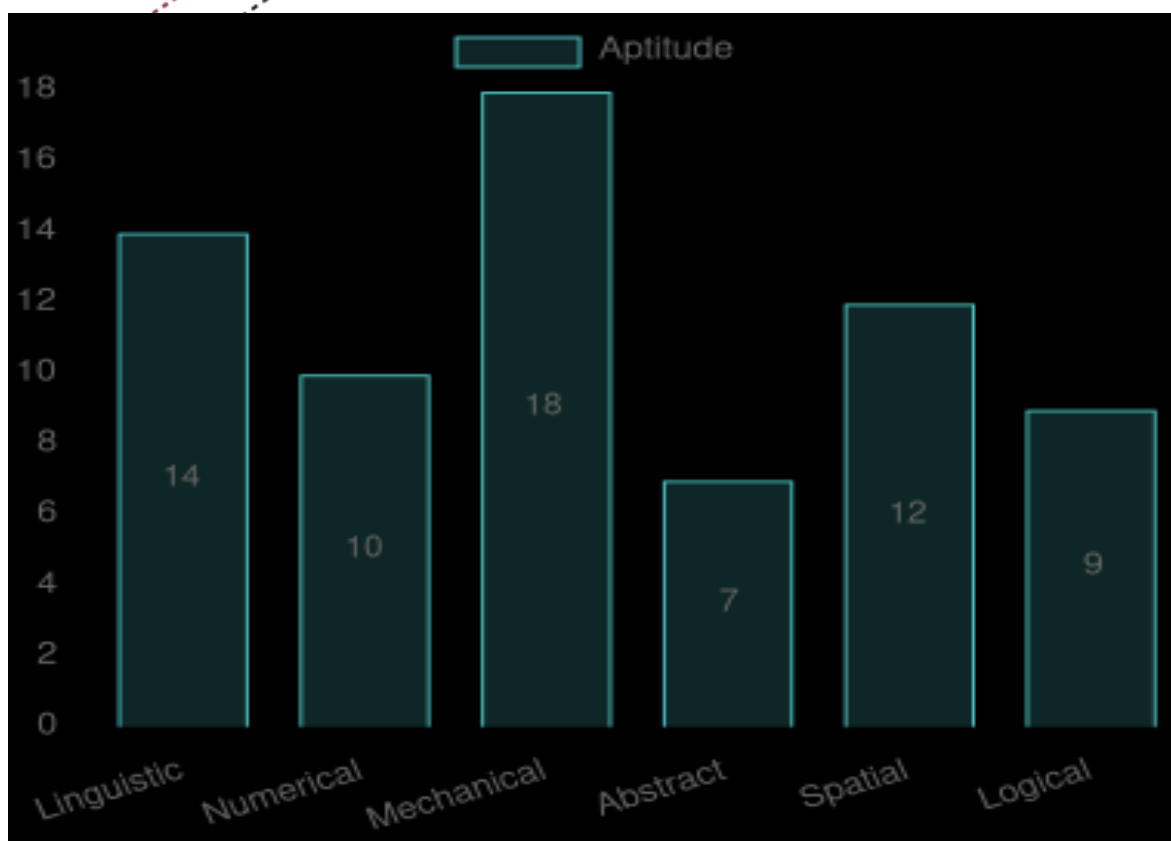
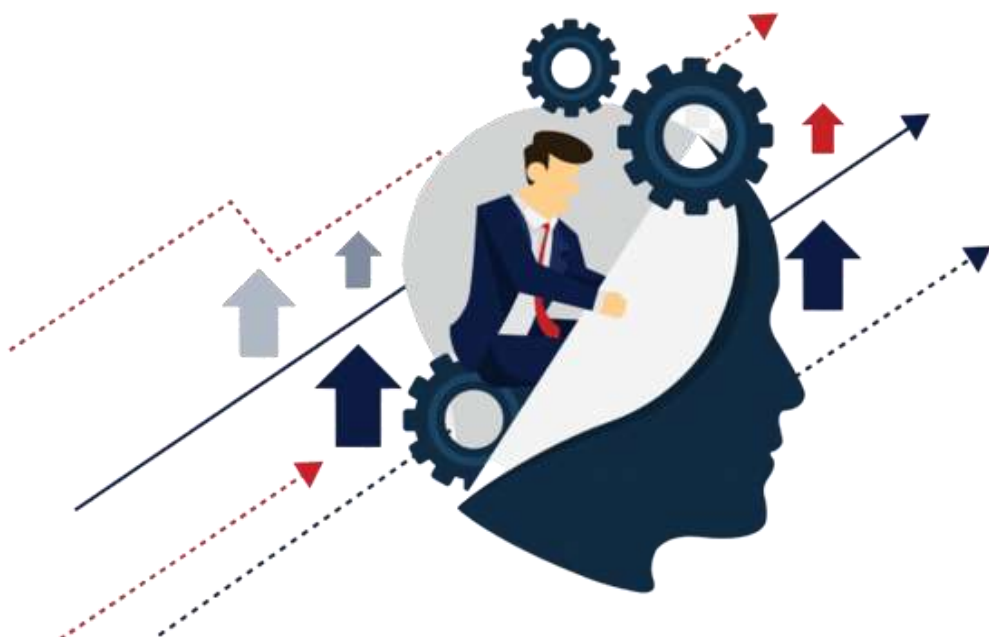


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# 1. APTITUDE





# APTITUDE

## 1. Linguistic Reasoning:



**Score :** 14(80%)

**Feedback:**

Your strong verbal reasoning skills demonstrate your commitment to improvement and learning. Your ability to grasp complex ideas and articulate them clearly is impressive.

**Career Suggestions:**

Pursue roles that involve advanced communication and critical thinking. Careers in public relations, copywriting, journalism, or research analysis could be a natural fit for your skills and interests.

## 2. Numerical Reasoning



**Score :** 10(60%)

**Feedback:**

Your numerical reasoning skills are solid and demonstrate your commitment to improvement. Your ability to work with numbers is commendable, and you have a good foundation to build upon.

**Career Suggestions:**

Consider roles that involve financial analysis, data entry, or junior positions in accounting. Pursue opportunities in administrative or office management roles where your numerical skills are valuable.

# APTITUDE

## 3. Mechanical Reasoning



**Score:** 18(100%)

**Feedback:**

Congratulations on achieving an exceptional score in mechanical reasoning! Your mastery of mechanical concepts and problem-solving skills demonstrate your dedication to excellence.

**Career Suggestions:**

Your exceptional mechanical reasoning skills open doors to careers in engineering, technical design, robotics, or advanced positions in maintenance and manufacturing. Consider roles that require in-depth understanding and application of mechanical principles.



## 4. Abstract Reasoning

**Score:** 7(40%)

**Feedback:**

Your efforts to enhance your abstract reasoning skills are showing results. While there is room for improvement, your progress is notable. Keep up the good work and continue challenging yourself.

**Career Suggestions:**

Consider roles that require attention to detail and some analytical thinking, such as quality control, data analysis, or technical support. These roles demand the ability to identify patterns and make informed decisions based on available information.



# APTITUDE



## 5. Spatial Reasoning

Score 12 (60%)

### 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 9 (60%)

### 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

**Percentage:** 25(75%)

**Feedback:**

Congratulations, your linguistic intelligence falls within the strong proficiency range. You have a solid command of language and can effectively express yourself. Keep refining your skills by exploring different writing styles, experimenting with complex sentence structures, and engaging in advanced language-related activities. Leveraging your linguistic abilities, you could consider pursuing careers in writing, translation, content creation, or public speaking, where your communication skills will be highly valued.

**Career Suggestions:**

- **Journalist:** Pursue a career in journalism, reporting on various topics and using your strong language skills to convey information accurately.
- **Public Relations Specialist:** Work in PR, where effective communication is essential for building and maintaining a positive image for clients.
- **Author:** Consider writing novels, non-fiction books, or essays, leveraging your strong proficiency in language to engage readers.



## 2 Logical/Mathematical Intelligence

**Percentage :** 37(100%)

**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

**Percentage : 31(100%)**

**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



**Percentage :** 28(75%)

**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.





Music Smart

### 5 Musical Intelligence

**Percentage : 19(50%)**

**Feedback:**

Your musical intelligence falls within the developing sensitivity range. You are starting to recognize and appreciate the nuances of music. To enhance your musical abilities, continue exploring different musical styles, practising your listening skills, and experimenting with creating your music. Learning to read musical notation, exploring different instruments, and participating in group musical activities can further develop your musical intelligence.

**Career Suggestions:**

- **Music Teacher (Beginner Levels):** Teach beginners to play musical instruments or provide introductory music theory lessons.
- **Session Musician:** Collaborate with local musicians or bands, contributing your growing musical skills to live performances or recordings.
- **Music Therapist Assistant:** Support certified music therapists in using music to help individuals with various needs, such as emotional expression or rehabilitation.

### 6 Naturalistic Intelligence



Nature Smart

**Percentage : 24(75%)**

**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

Percentage : 35(100%)

### 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**

**Percentage :** 29(75%)

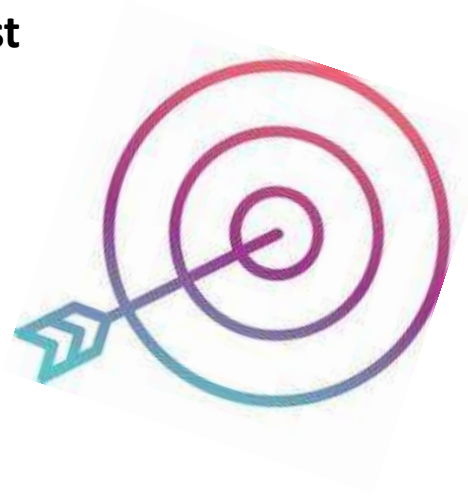
**Feedback:**

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. Actor
2. client
3. x
4. y
5. z
6. x
7. y
8. z
9. x
10. y

### 3. STUDY SKILL PROFILE ASSESSMENT





# STUDY SKILL PROFILE



## 1. Time Management and Procrastination

Score 21(75%)

### Feedback:

Your efforts in time management and combating procrastination are commendable. Continue to fine-tune your approach and leverage proven methods to optimize your productivity and minimize procrastination challenges.

## 2. Concentration and Memory



Score : 26(100%)

### 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 : 12(50%)

### Feedback:

You are making efforts to implement study aids and note-taking practices. By refining these skills and consistently utilizing them, you can enhance your ability to absorb and retain information more efficiently.

# STUDY SKILL PROFILE



## 4. Test Strategies and Test Anxiety

Score 24(75%)

### Feedback:

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

## 5. Organizing and Processing Information

Score : 7(25%)

### 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 : 31(100%)

### Feedback:

Your exceptional motivation and unwavering positive attitude are truly inspiring. Your proactive approach and enthusiasm set a strong foundation for continuous growth and remarkable accomplishments.

## STUDY SKILL PROFILE



### 7. Reading and Selecting the Main Idea

Score :17(75%)

**Feedback:**

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

### 8. Writing

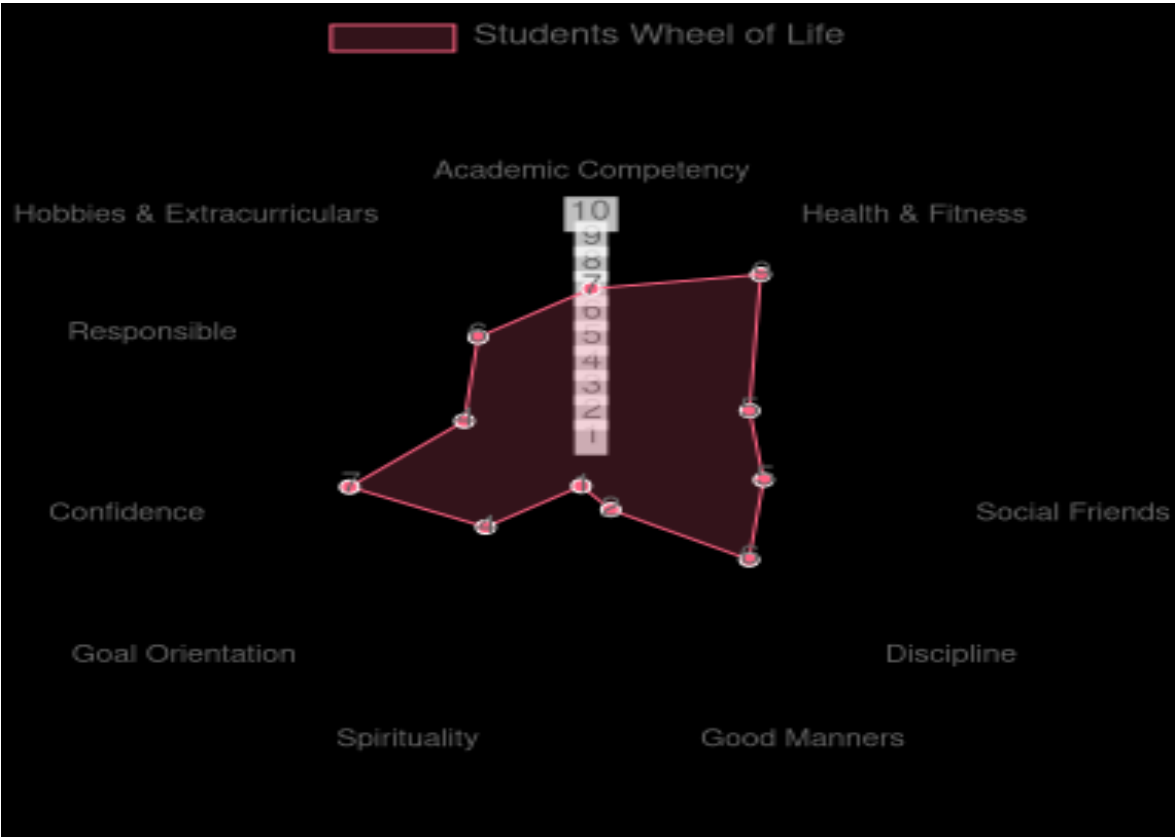
Score : 14(50%)

**Feedback:**



You are demonstrating a foundation in writing, but there is room for refinement. Paying attention to clarity, and coherence, and incorporating more varied vocabulary will contribute to stronger and more engaging compositions.

# 4. WHEEL OF LIFE STUDENT’S WELLNESS DIMENSIONS



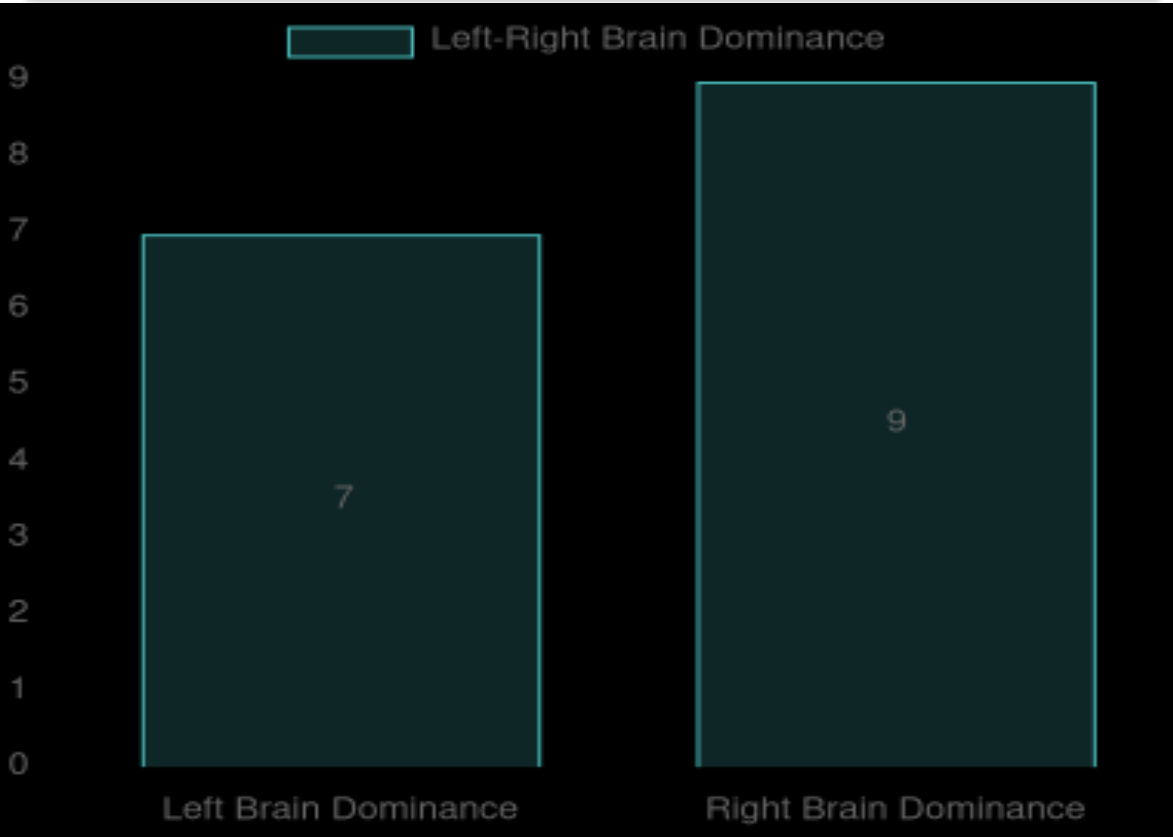
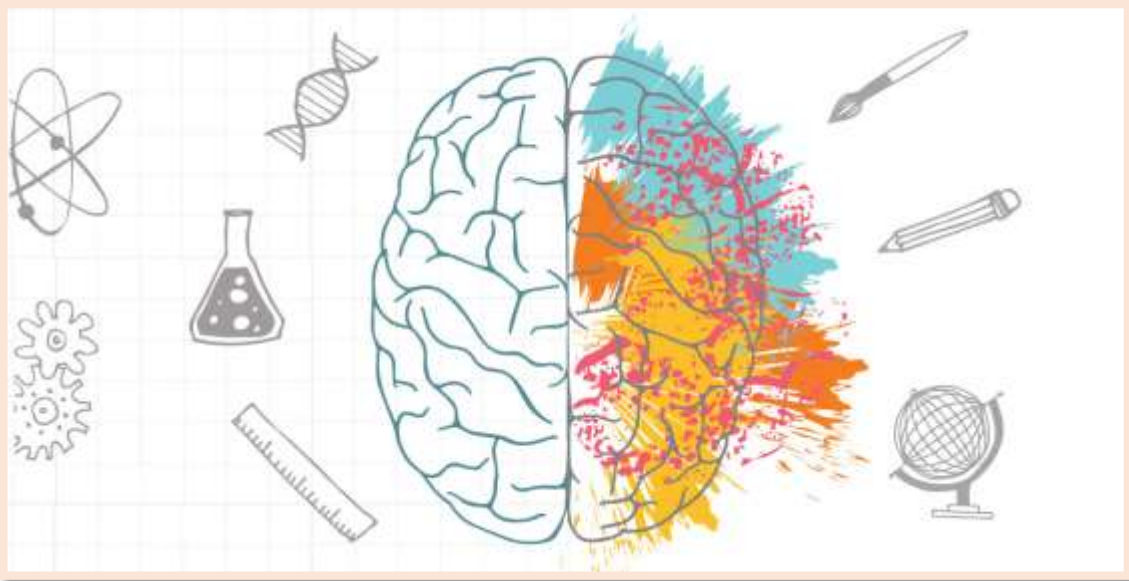
## WHEEL OF LIFE: STUDENT'S WELLNESS DIMENSIONS

### Feedback:

### Score:

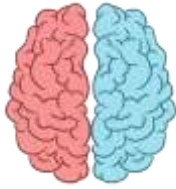
Academic Competency: Proficient understanding, active learning.	7(75%)
Health & Fitness: Optimal well-being, committed exercise.	9(100%)
Social Friends: Some connections, expand social circle.	5(50%)
Discipline: Moderate self-control, some organization.	6(50%)
Good Manners: Frequent lapses in etiquette and politeness.	2(25%)
Spirituality: Minimal engagement, lack of personal connection.	1(25%)
Goal Orientation: Some goals set, need clearer focus.	4(50%)
Confidence: Strong self-assurance, minimal self-doubt.	7(75%)
Responsible: Meeting some commitments, improvement needed.	4(50%)
Hobbies & Extracurriculars: Engaging occasionally, explore more.	6(50%)

# 5. RIGHT-LEFT BRAIN DOMINANCE





# RIGHT-LEFT BRAIN DOMINANCE



## Left Brain Dominance:

Score :7()

### 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 :9()

### Feedback:

Creativity: Exceptional ability for imaginative and original thinking.

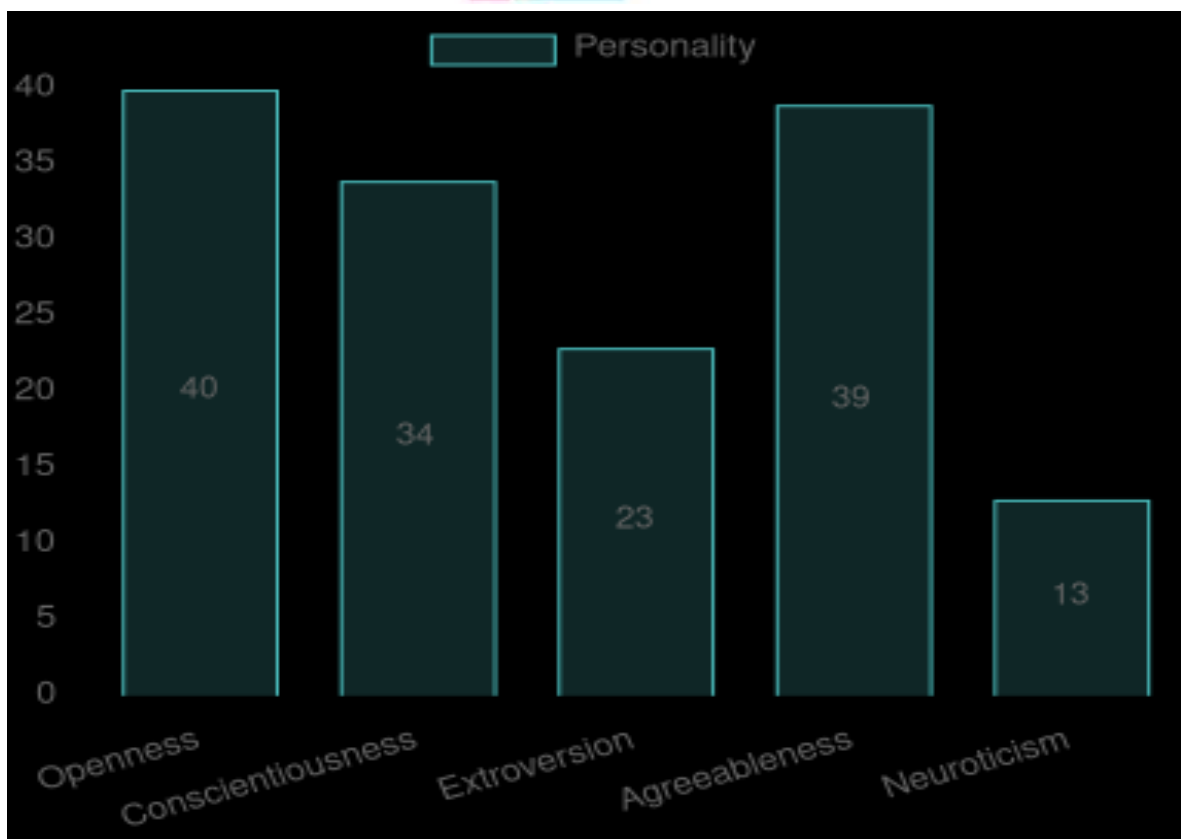
Visual Perception: Highly skilled in noticing shapes and colors.

Intuition: Highly intuitive, relies on instincts effectively.

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

Artistic Abilities: Exceptional skills in artistic expression.

## 6. PERSONALITY TRAITS DOMINANCE



# PERSONALITY TRAITS DOMINANCE

## 1 Extroversion:



**Score :** 23(60%)

**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 :** 39(80%)

**Feedback:**

Your agreeable nature is evident in your interactions, and you excel at maintaining positive relationships. You value cooperation and may prioritize group cohesion over individual achievements.

**Possible Personality Type:** Possible Personality Type: Cooperative, Supportive, Amiable

**Career Options:**

Pursue roles that involve mentoring, coaching, or community engagement. Nonprofit work, counseling, healthcare, or teaching may be fulfilling avenues for you.

## PERSONALITY TRAITS DOMINANCE

### 3 Conscientiousness:



Score : 34(80%)

Feedback:

Your conscientious tendencies are noticeable, and you value structure, planning, and goal attainment. You tend to be reliable, detail-oriented, and committed to your tasks.

**Possible Personality Type:** Possible Personality Type: Dependable, Detail-Focused, Goal-Driven

**Career Options:**

Pursue roles that require precision, organization, and meticulousness. Accounting, quality control, data management, or executive assistance could be well-aligned with your personality.

### 4 Neuroticism:



Score : 13(40%)

Feedback:

You exhibit a balanced approach to emotions, demonstrating an ability to handle stress while acknowledging emotional responses. You are capable of adapting to different situations with a steady outlook. Financial analysis could align well with your abilities.

**Possible Personality Type:** Possible Personality Type: Balanced, Adaptable, Realistic

**Career Options:**

Consider roles that involve problem-solving, conflict resolution, and adaptability. Consulting, marketing, information technology, or financial analysis could align well with your abilities.

## PERSONALITY TRAITS DOMINANCE

### 5. Openness :



**Score :** 40(80%)

**Feedback:**

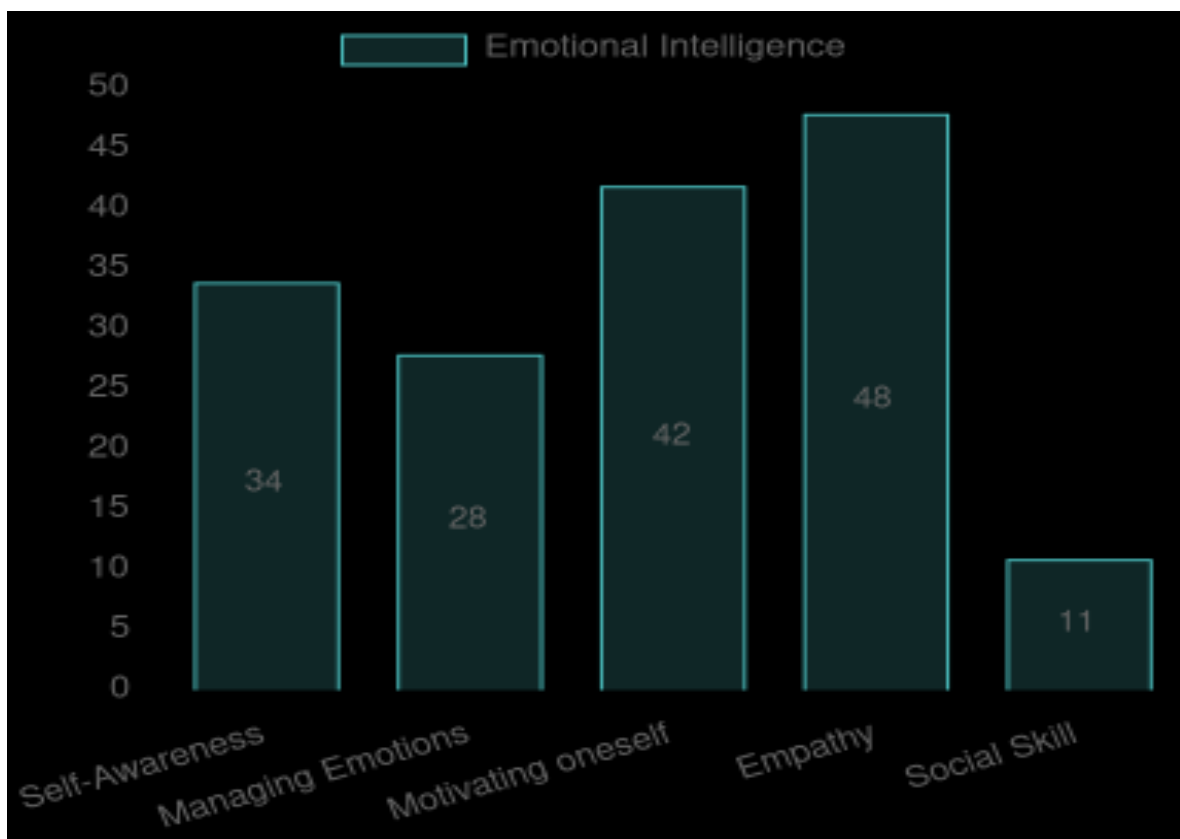
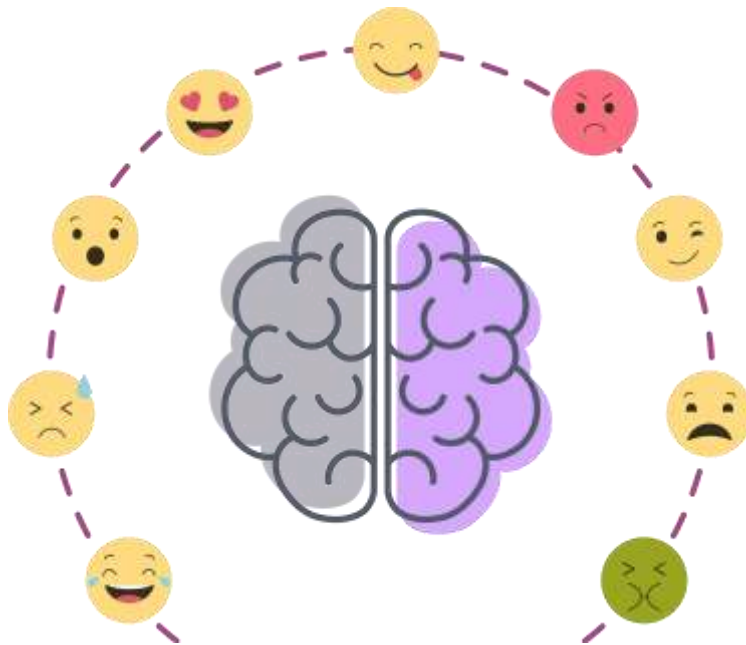
Your open-mindedness and curiosity are evident, as you actively seek out new experiences and ideas. You thrive in dynamic environments and enjoy exploring uncharted territory.

**Possible Personality Type:** Possible Personality Type: Curious, Imaginative, Innovative

**Career Options:**

Pursue roles that emphasize creativity, exploration, and the generation of new ideas. Entrepreneurship, research, creative arts, or roles in emerging technologies may resonate with your disposition.

## 7. EMOTIONAL INTELLIGENCE





# EMOTIONAL INTELLIGENCE



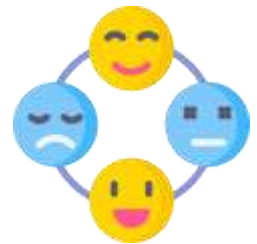
## 1. Self-Awareness

Score : 34(60%)

### Feedback:

You're on the right track! Your self-awareness is developing nicely. You are attuned to your emotions and can often decipher their impact on your decisions. As you continue to explore your thought patterns and motivations, you'll find more growth opportunities. By deepening your understanding of your own experiences, you're positioning yourself to navigate challenges with greater insight and resilience.

## 2. Managing Emotions



Score : 28(40%)

### 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 : 42(80%)

### Feedback:

You possess a very strong ability to motivate yourself. Your determination and commitment to your goals are evident, and you consistently demonstrate a proactive attitude towards challenges. Your ability to stay focused and maintain a positive mindset greatly contributes to your achievements. Continue harnessing your inner drive and using it to overcome obstacles, as it is a key factor in your continued success.

# EMOTIONAL INTELLIGENCE

## 4. Empathy



**Score :** 48(100%)

**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

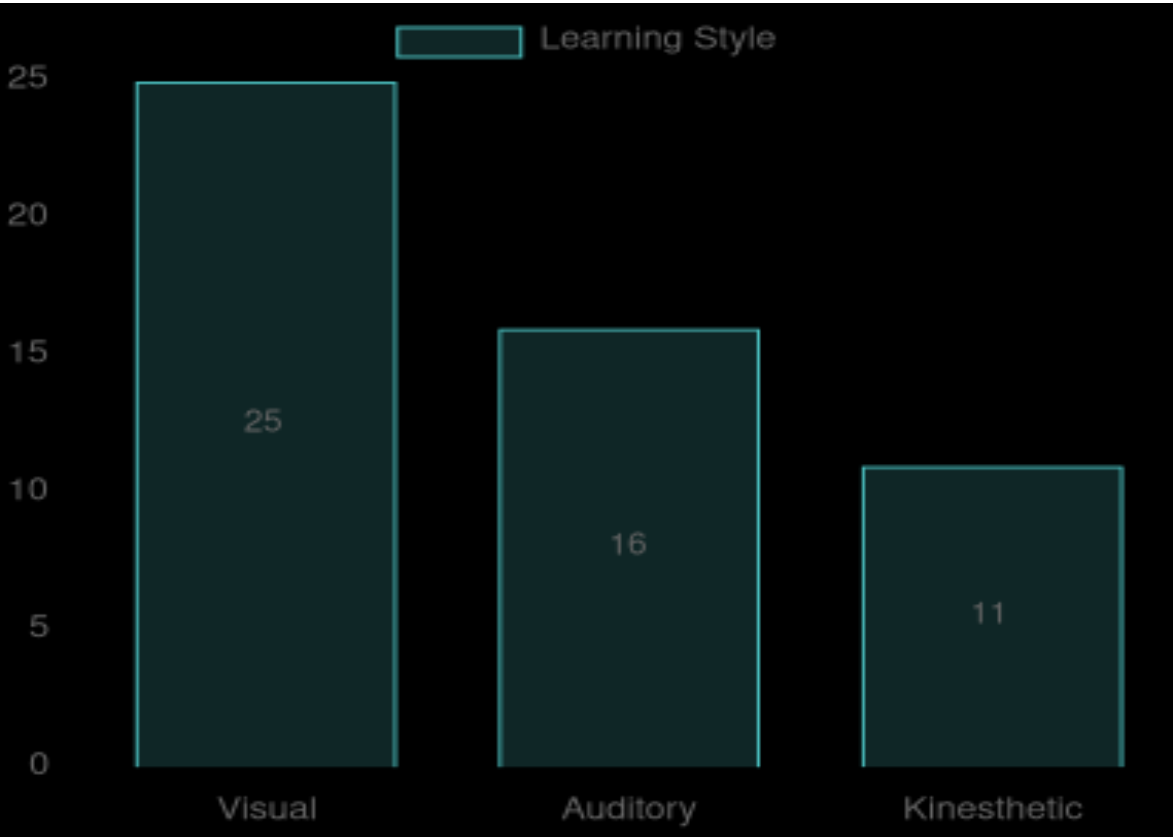


**Score :** 11(20%)

**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 : 25(100%)

### 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(75%)

### 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

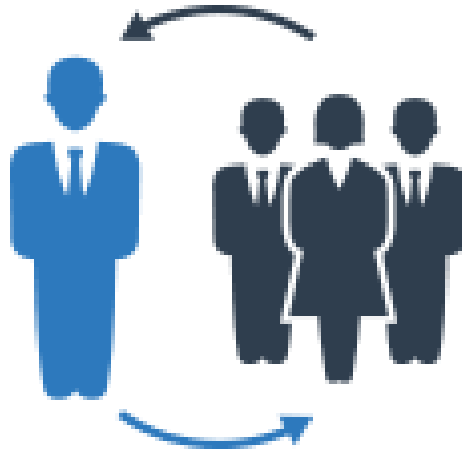


Score : 11(50%)

### 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



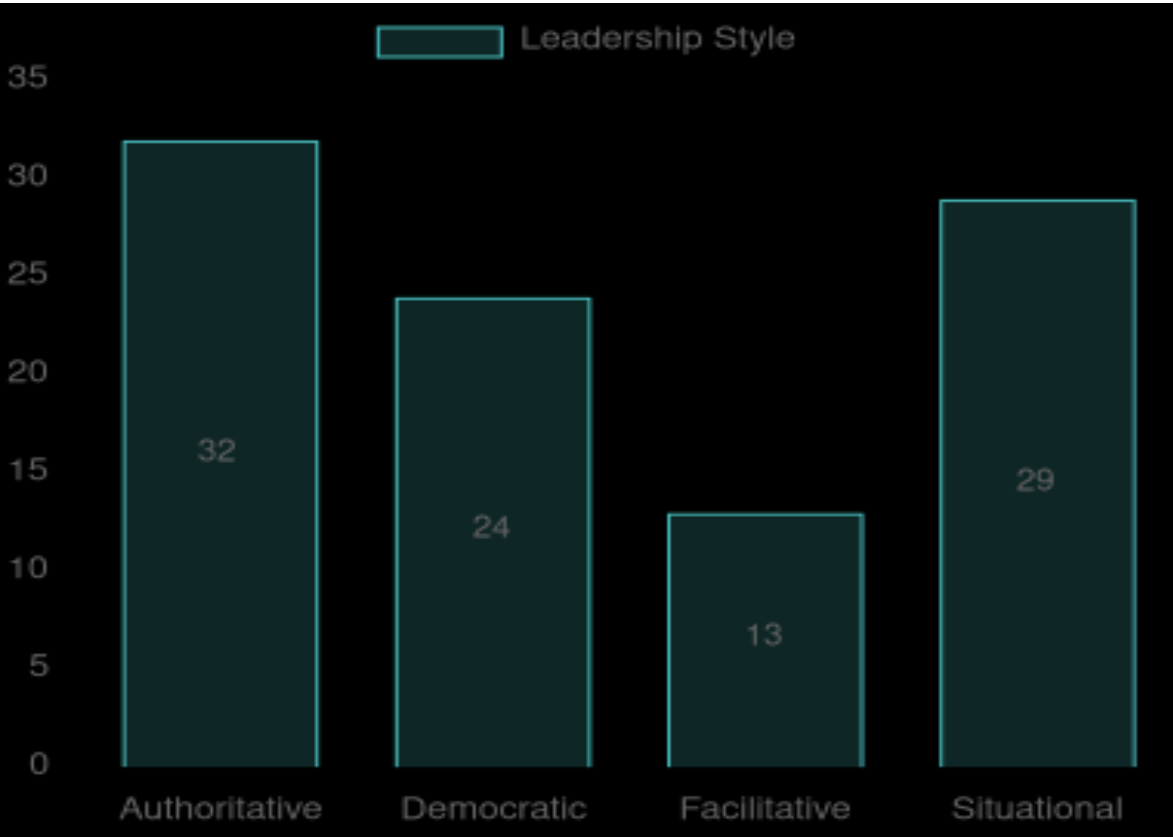
### Leadership Skills

Score : 78(80%)

### Feedback:

Well done! Your leadership skills are solid and reliable. You exhibit a good balance between guiding your team and fostering collaboration. There's room for growth, but your communication and management abilities are effective in achieving team goals. Keep refining your leadership techniques to elevate your impact and ensure continued growth.

# 10. LEADERSHIP STYLE



# LEADERSHIP STYLE

## Authoritative



**Score :** 32(100%)

**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 :** 24(75%)

**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 :** 13(50%)

**Feedback:**

Within this range, you're demonstrating progress in adopting a facilitative leadership style. Your ability to involve your team in decision-making and value their input is commendable. As you continue to develop, focus on refining your active listening skills and creating an environment where all voices are heard. By fostering an atmosphere of trust and inclusivity, you can inspire your team to collaborate effectively and contribute their best.



### Situational

**Score :** 29(75%)

**Feedback:**

Your score in this range showcases a solid understanding of the situational leadership style. You're skilled at gauging your team members' readiness levels and adjusting your leadership behaviours to match. Your adaptive approach likely contributes to a productive and harmonious work environment. Keep honing your skills by maintaining open communication with your team members and regularly assessing their development needs to ensure their continuous growth.



## 11. CYBER DEPENDENCY

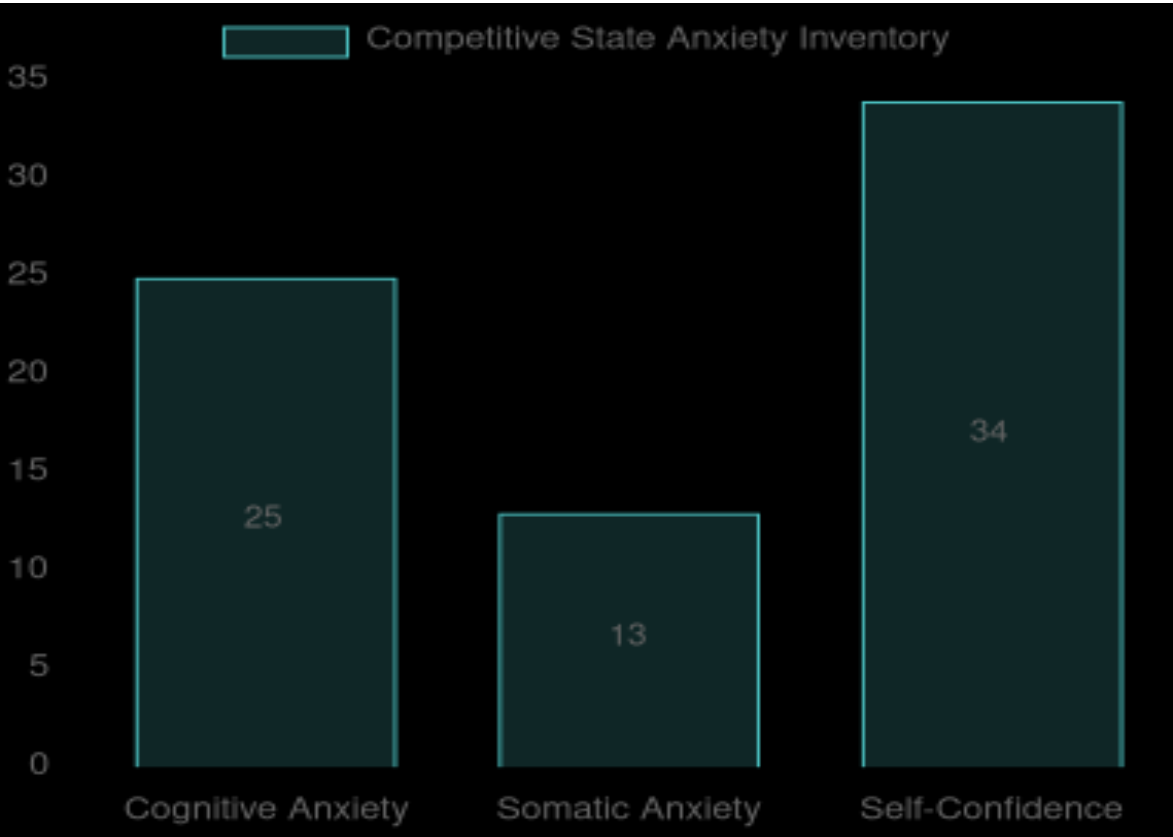


**Score 89(100%)**

### **Feedback:**

Your cyber dependency score is high, suggesting a heavy reliance on digital technologies for various tasks. While this is common in today's interconnected world, it also exposes you to vulnerabilities in case of technological failures or cyber incidents. To enhance your resilience, focus on reducing your dependency, developing offline capabilities, and having contingency plans for digital disruptions.

## 12. COMPETITIVE STATE ANXIETY INVENTORY



# COMPETITIVE STATE ANXIETY

## Cognitive Anxiety



Score : 25(75%)

### 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 : 13(50%)

### Feedback:

Your score indicates mild somatic anxiety. While you might experience some physical symptoms in response to stress or anxiety, your ability to cope and manage these sensations is admirable. Remember that these bodily sensations are natural reactions, and your capacity to navigate them suggests that you possess valuable skills for maintaining a balanced approach to stress.

## Confidence



Score : 34(100%)

### Feedback:

High Self-Confidence: Congratulations on your high self-confidence! Your self-assured attitude and belief in yourself are powerful assets. Continue to tackle challenges with your optimistic outlook and embrace new opportunities. Remember, your confidence not only influences your actions but also inspires those around you.

### ***Disclaimer***

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