

3. Long-Term Emotional Success: Traits like resilience, adaptability, and grit provide valuable indicators of emotional success in academic and career settings, leading to greater personal satisfaction and career fulfilment. Students with controlled energy and a self-reliant nature tend to perform well in high-pressure situations and in independent career roles.

6. Conclusion

The SWM provides a comprehensive and actionable framework for understanding how personality traits influence learning, working, and interacting in academic and career settings. By integrating relevant elements from well-established personality frameworks, the model offers a scientifically validated approach to personality assessment.

By using bipolar scales, the model provides students with clear insights into how traits like resilience, adaptability, dominance, and collaborative nature translate into academic performance and career suitability, making it highly practical for real-world applications in stream selection and career development. Students can gain a better understanding of how their traits like analytical approach (objective) or emotional sensitivity (subjective) can impact their learning styles and professional growth.