



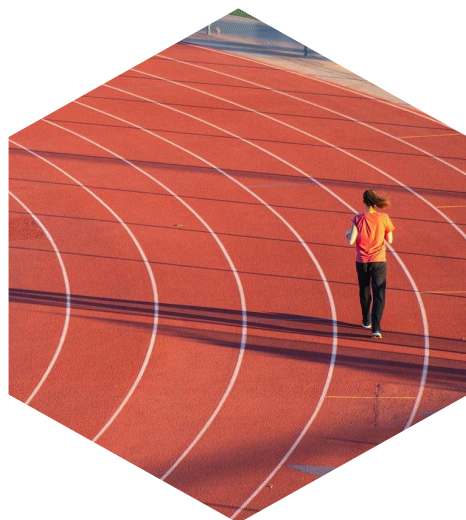
XIII. Mental Orientation – Oral (Anxiety)

You may feel nervous or hesitant while speaking in front of others, especially during presentations or verbal discussions. With practice and supportive environments, your confidence can grow steadily over time.



XIV. Mental Orientation – Oral (Confident)

You express your thoughts clearly and confidently in group discussions or presentations. Your verbal communication skills help you engage actively and build strong connections with others.



XV. Mental Orientation – Written (Anxiety)

You may find it challenging to organize your thoughts while writing, leading to hesitation or frustration. With the right strategies, you can develop clarity and comfort in written communication.



XVI. Mental Orientation – Written (Confident)

You are comfortable expressing yourself through writing and can structure your ideas clearly. This strength helps you excel in written tasks like essays, reports, or creative work.