Range(0-2)points

You are an excellent social person and you spend time with your community.

Continue at this level and make sure that you are with good people who are supporting to you.

Range(3-5)points

You are vulnerable to social isolation, and to avoid it, you must work to organize your time.

Watch this video about time management.

<https://youtu.be/VpQn48MV1Js?si=Tmi2p3O93svbBn6U>

Range(6-8)points

You are socially isolated and this could be due to personal reasons. You must know the importance of public relations at university and that it also benefits you after university.

Watch this video on how to develop your relationship with those around you

<https://youtu.be/lB2mmk-kirc?si=kZ2fZUrvzHJPWBVK>

Range(9-20) points

You are a socially isolated person, and this could be due to psychological reasons such as stress or the onset of depression

You can contact the psychologists at the university and request advice from them.

You can get an appointment via this link.

<https://irshad.kfupm.edu.sa/ar/refer-himself>