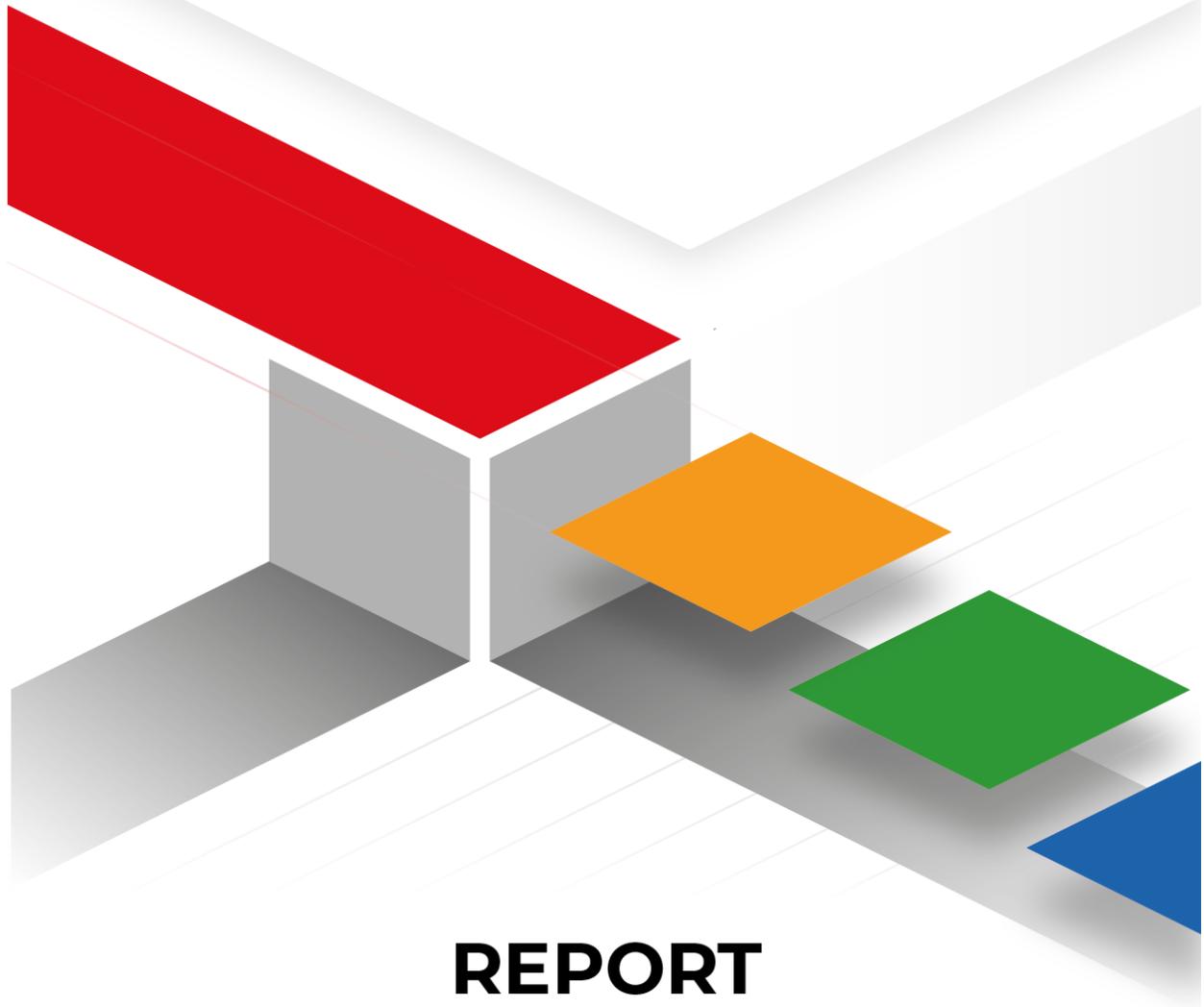


Profi Competence Tests for Young



REPORT

Report: Name

Report type: Medium

ID: 0000

Date: 2021-02-11

ASSESSMENT REPORT PROFI COMPETENCE FOR YOUNG

Profi Competence Test for Young People is a multidimensional tool used in personality testing in the context of numerous areas of your life, both private and school. It allows for an accurate and detailed description of your personality, resulting from an individual profile determined by your age, gender and experience. The comprehensive report that you hold in your hand presents your typical ways of behaving, feeling and thinking in different life situations. The report shows your functioning in six dimensions:

MY RELATIONSHIPS
MY CO-OPERATION
MY ACTIONS
MY SCHOOL
MY SELF-ASSESSMENT
MY EMOTIONS

Each of the dimensions distinguishes additional subcategories so that the report includes an in-depth analysis of your personality, covering each of the thirty-one areas individually as well as the connections between them. Reading the report, you will find answers to a number of questions about your functioning in such areas as:

<p> MY RELATIONSHIPS</p> <ul style="list-style-type: none"> Kindness Willingness to socialize Interpersonal contacts Assertiveness Thrill seeking 	<p> MY CO-OPERATION</p> <ul style="list-style-type: none"> Suspicion Sincerity Egoism Rivalry Humility 	<p> MY SCHOOL</p> <ul style="list-style-type: none"> Effectiveness Leadership Self-control Goal pursuit Fame
<p> MY EMOTIONS</p> <ul style="list-style-type: none"> Anxiety Sense of inferiority Helplessness Depressiveness Hostile behaviour 	<p> MY SELF-ESTEEM</p> <ul style="list-style-type: none"> Authenticity General self-perception Identity Sense of intimacy Attractiveness 	<p> MY ACTIONS</p> <ul style="list-style-type: none"> Organization Order Conscientiousness Caution Determination Inner-direction

In such a broad sense you will read about your reactions, behaviours, attitudes, beliefs, strengths and areas for development. The extensive analysis of your results also includes recommendations from specialists in various fields. The suggested guidelines refer, among others, to your emotional, social, intellectual and physical development.

This report offers comprehensive knowledge about yourself, which can translate into your goals and decisions in your private life as well as in the process of setting your educational and professional career path.

HOW TO INTERPRET THE REPORT



When analysing your results, pay attention to the fact that some subdimensions may present your natural traits and other subdimensions may provide information about your learned reactions. It's completely natural. In your everyday functioning, you mostly apply your innate traits, talents and strong sides.

However, sometimes the role that you assume in a team (privately and at school) requires certain behaviours. After some time innate reactions become so obvious that you accept them as your natural reactions.

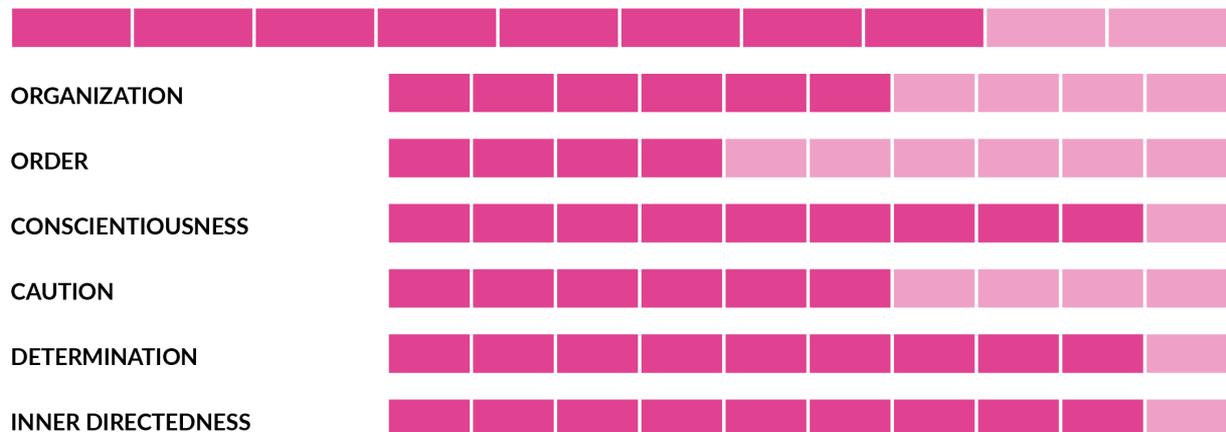
When analysing the results, decide which of the subdimensions show what is innate to you and which ones show a developed way of being. Additionally, decide which traits you would like to keep working on, which ones you would like to start working on and which ones you are fully satisfied with.

Pay attention to the fact that in some of the assessments you may have a generally high result in your overall score, however, particular subdimensions (one or two) may show moderate or low scores.

Example:

The overall assessment score, which is the average of the subdimension results, describes the global image of a person in action, combining the results of all the subdimensions into one general score.

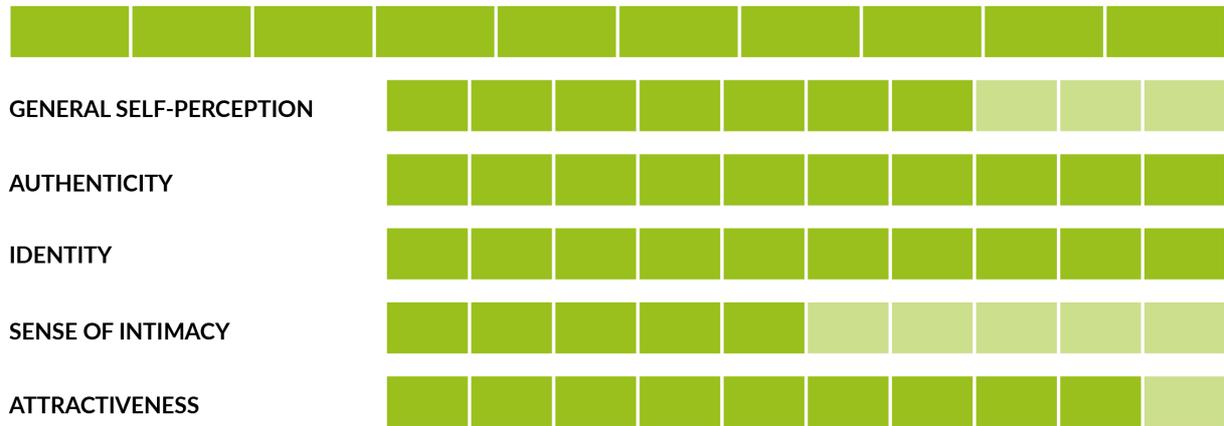
MY ACTIONS



It is possible to receive a high result on the scale of **MY ACTIONS** and simultaneously receive a low result in one of the subdimensions - **ORDER**.

We are then dealing with a person who is highly organized, conscientious and determined in action, furthermore, they are cautious in making decisions and are strongly inner directed, meaning they are strongly decisive regarding themselves, however, their way of ordering private as well as school matters may be at a low level, which means this is a person who doesn't pay full attention to the order surrounding them.

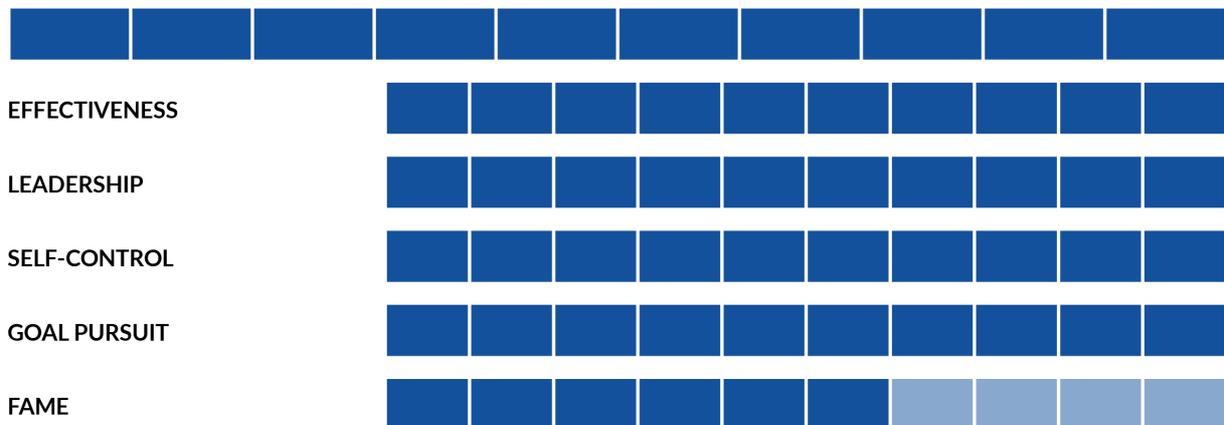
MY SELF-ESTEEM



It is possible to receive a high result on the scale of **MY SELF-ESTEEM** despite receiving a low result in the **SENSE OF INTIMACY** subdimension.

We are then dealing with a person whose general self-perception is positive, who lives in accordance with their own values and appreciates their own physical attractiveness, however, their **SENSE OF INTIMACY** is at a low level, as they may not have felt love and acceptance in life coming from their close friends and family, hence, it is now difficult for them to benefit from the support of other people or to display emotional intimacy towards others.

MY SCHOOL



It is possible to receive a high result on the scale of **MY SCHOOL LIFE**, and simultaneously receive a low result in the **FAME** subdimension.

We are then dealing with a person who has leadership skills, is effective, manages difficult situations, strives towards reaching set goals, however, they do not need fame or to be praised for what they do and do not aim to be popular.

YOUR RESULTS

SOCIAL APPROVAL



MY RELATIONSHIPS



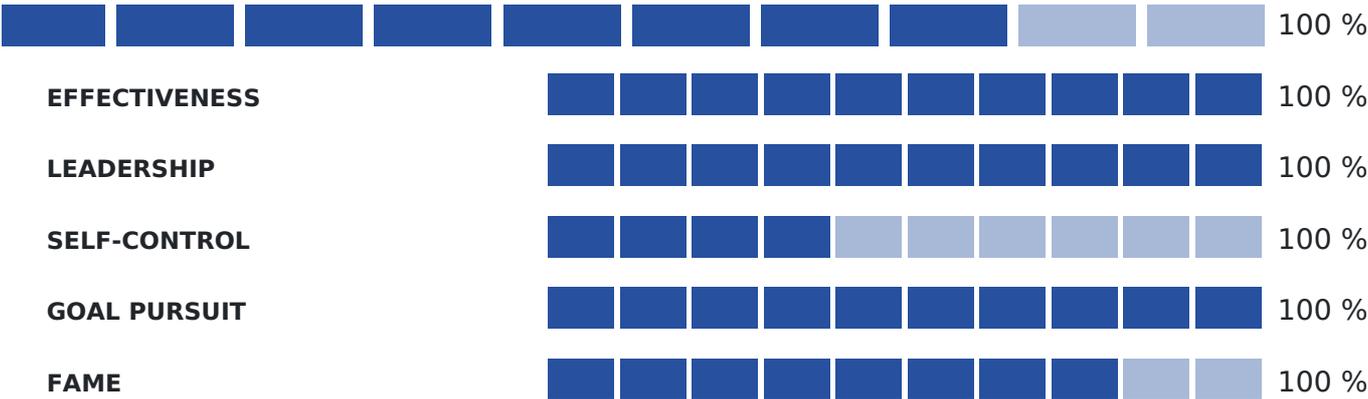
MY CO-OPERATION



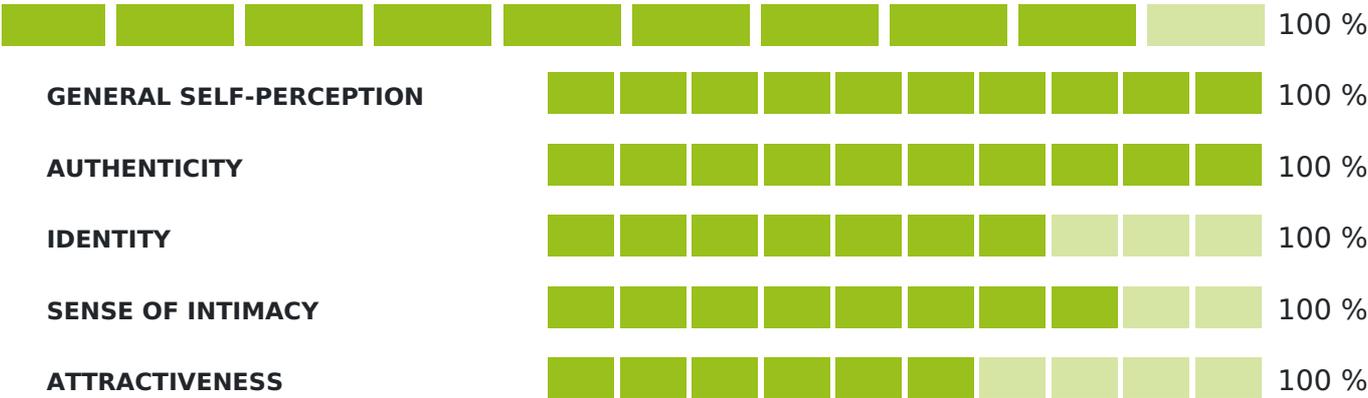
MY ACTIONS



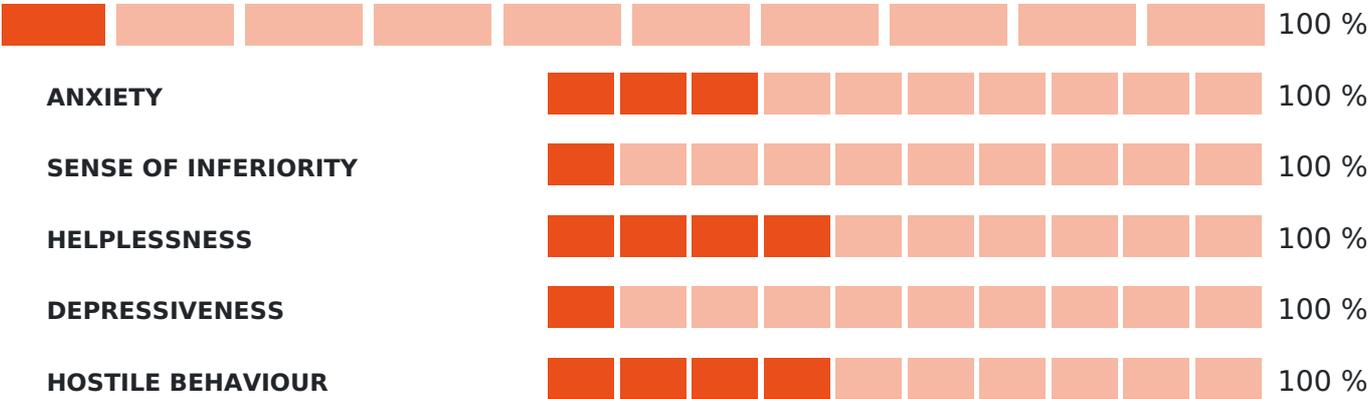
MY SCHOOL



MY SELF-ESTEEM



MY EMOTIONS





MY RELATIONSHIPS

The dimension **My Relationships** is characterised by the quality and quantity of social interactions and the level of activity, energy and ability to feel positive emotions in relationships with other people. It determines the desire for social attention i.e. gaining satisfaction from being in the centre of attention and focal point of other people, but also shows the level of willingness to build interpersonal relationships and to maintain them both in private life and in a classroom environment. It demonstrates the ambitions, the level of an inclination to dominate, as well as the tendency to react with positive or negative emotions.



KINDNESS

Determines interpersonal traits, level of cordiality and warmth in relation to other people. It describes the level of the approach and attachment towards people in private relationships and in a classroom environment.



WILLINGNESS TO SOCIALISE

Determines the level of choosing the company of other people over loneliness. It measures the level of external stimulation, motivation to take action and engagement in interpersonal relationships.



INTERPERSONAL CONTACTS

Determines the level of building interpersonal relationships, their meaning and significance in private life and in a classroom environment. It reveals the level of involvement in interpersonal relationships and their meaning in building one's position in contact with other people.



ASSERTIVENESS

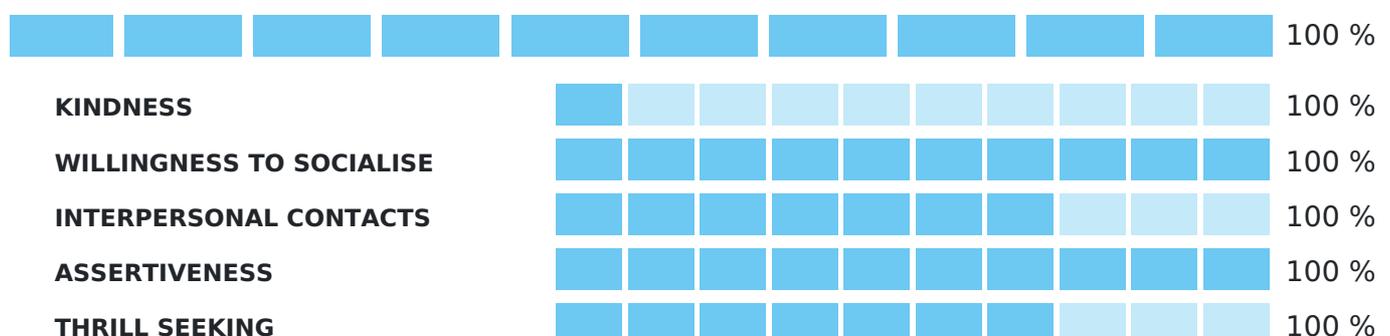
Measures the skill level of expressing one's own opinion, displaying emotions and attitudes, without aggression and instead with respect for others and one's own rights and mental territory. It shows the tendency for domination and leadership and the degree of decision-making abilities.



THRILL SEEKING

Shows the ways of searching for sensations which are the source of external stimulation. It examines the ability and level of making risky decisions, which may have impact on setting and achieving private goals or the choice of a student's career path.

MY RELATIONSHIPS



MY CO-OPERATION

The dimension **My Co-Operation** describes the method of establishing and maintaining co-operation in interpersonal relations both at school and in private life. It inspects behaviour in these relations. It demonstrates attitudes towards others. On the emotional level it expresses sensitivity or indifference to people's issues. However, on the behavioural level, it demonstrates a cooperative or competitive attitude. It shows how a relation is built with other people as well as self-perception in the eyes of others.

SUSPICION

It determines the level of trust in people in interpersonal relations. It describes the approach and the attitude towards others in co-operation, including the level of cynicism and scepticism. It presents the intentions to build stable co-operation and relations in private and professional life.

SINCERITY

It determines the tendency to be truthful and sincere. It describes the level of honesty in co-operation with other people. It describes the skill to manipulate others and use social engineering.

EGOISM

It determines the level of self-centredness in interpersonal relations as well as in the process of communication. It shows the degree of involvement in helping others. It indicates an egoistic attitude.

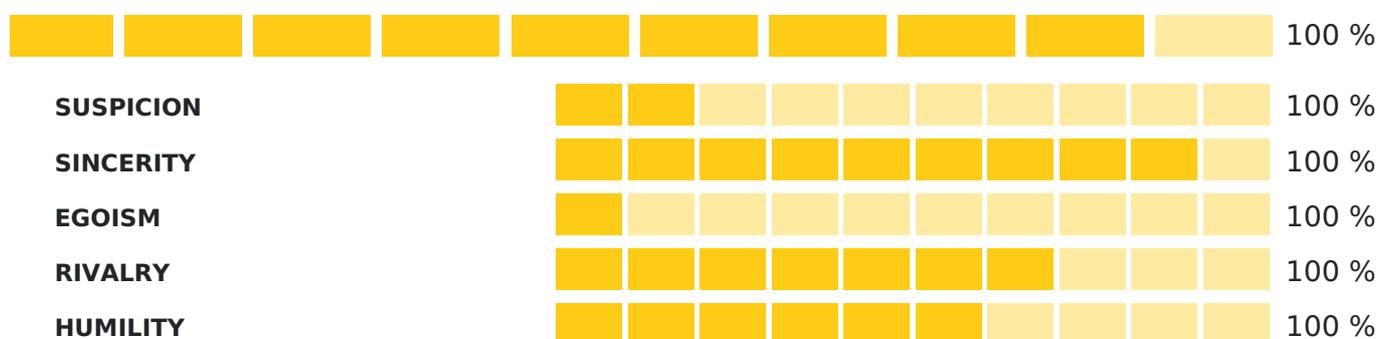
RIVALRY

It determines how to respond to interpersonal conflicts. It indicates the level of focus on co-operation or rivalry. It measures the level of the tendency to demonstrate anger, aggressive behaviour or attitudes that build warm relations and consent.

HUMILITY

It determines the level of humility in contacts with others. It shows the importance of humility, avoiding publicity. It indicates the level of the feeling of superiority or even arrogance in interpersonal relations in private life and school environment. It shows how a relationship with others is built and how a person perceives himself/ herself in the presence of other people.

MY CO-OPERATION



MY ACTIONS

The dimension **My Actions** describes task-oriented or goal-oriented behaviours which are connected with reliability, organisation, orderliness, thoroughness and durability. It refers to the pursuit of achievements, planning and organisational skills and completion of tasks. It reflects the tendency to follow rules, be obedient and loyal and the ability to take control over one's personal life in the decision-making process.

ORGANISATION

It determines the tendency to plan tasks in private life and at school and the ability to organize one's learning, duties or tasks.

ORDERLINESS

Measures the tendency to maintain order in various spheres of life. It also concerns keeping one's surroundings tidy.

CONSCIENTIOUSNESS

It measures the tendency to live according to ethical and social principles. It shows how they influence your private and professional life. It determines the level of obligation, reliability and diligence in action. It shows how much you can rely on someone and how much the person under examination is responsible for his or her actions.

CAUTION

It determines the tendency to analyse exactly what is to be done. It shows the level of prudence and caution or spontaneity and impulsiveness in the decision-making process. It indicates how cautious we are in action.

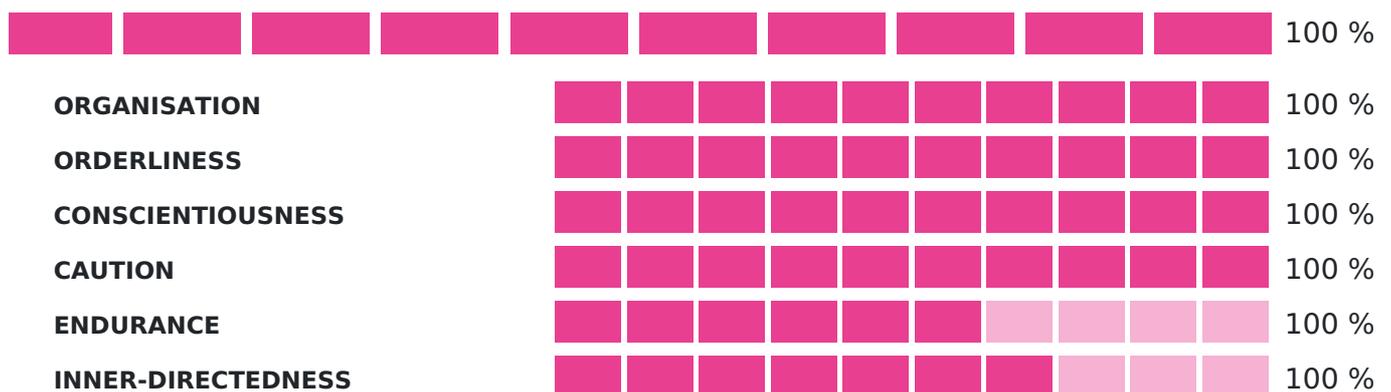
ENDURANCE

It measures the tendency to lengthen the duration of the task, to remain in the process of implementation, despite the presence of nuisances, distractors or deficiencies. It measures the degree of focus when performing different tasks and activities as well as the reactions whenever difficulties occur.

INNER-DIRECTEDNESS

Measures how strongly you rely on yourself, on your own judgements. It informs of the independence in making decisions in different situations. It shows the level of control over one's own life. It determines to what extent a person controls their life independently and to what extent under the influence of other people or situations.

MY ACTIONS



MY SCHOOL

The dimension **My School** describes a person at school, which roles are assumed, how difficult scenarios are handled. It describes the self-assessment of expertise, abilities and effectiveness in taking action. It demonstrates leadership, authority and management skills, while considering the establishment of authority at school and the ability to control one's own emotions. It measures the inner desire to achieve set educational and private goals and the importance of studying to a young person.

EFFECTIVENESS

It determines the self-assessment of skills, competences and efficiency in taking action in a classroom environment. It informs to what extent one has faith in their abilities and to what extent they are effective at school as well as how one copes in difficult situations.

LEADERSHIP

Determines leadership abilities and the skill to give directions to peers. It shows the way of building up authority and evoking respect among people in a classroom environment. It measures the level of assertiveness in interpersonal contacts. It determines whether one sets the direction or rather prefers to follow others.

SELF-CONTROL

Determines the level of control of one's own emotions, concentration and stable action. It shows the ability to manage difficult situations. It determines the focal point of one's own resources. It describes the practice of self-control at school. It answers the question, whether the person submits to momentary whims or whether they focus more on the task and studying.

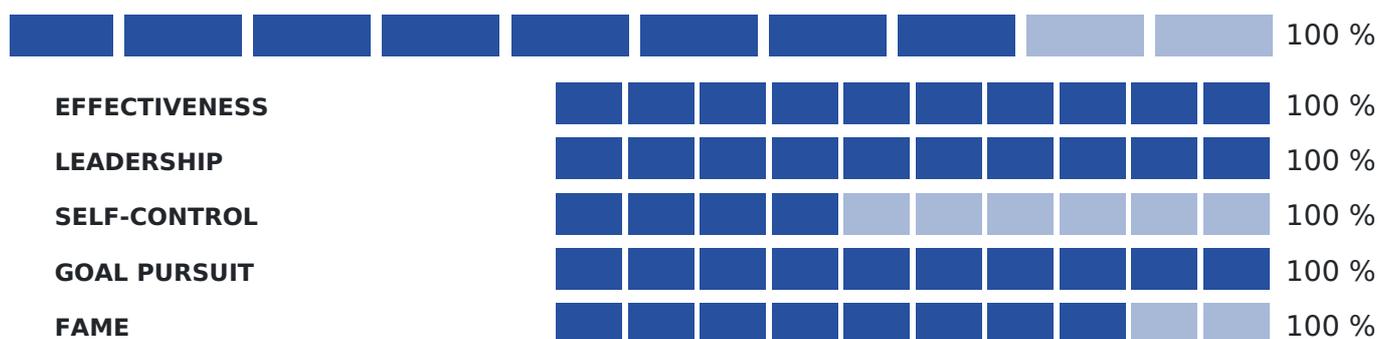
GOAL PURSUIT

It measures the inner desire to reach goals. It reveals aspirations or lack of ambition, perseverance in studying or laziness, diligence or carelessness, decisiveness and a sense of the meaning of life. It determines the way in which goals and priorities are set during learning. It presents the level of ability to juggle school life and free time and to what extent one desires to succeed in a professional career in the future.

FAME

Expresses the level at which social recognition and acceptance within the surroundings are expected. It's one's own self-image, it displays the aspiration for popularity, gaining fame, being admired and liked by other peers. Additionally, it shows awareness of being accepted by the surroundings and the role in a team at school.

MY SCHOOL





MY SELF-ESTEEM

The dimension **My Self-Assessment** describes the way of thinking about yourself. It displays information about the assessment of one's own morality, internal consistency with core values. It shows the perception of one's own attractiveness as well as the feeling of being accepted among close friends and family. It describes the ability to show feelings towards close friends and family. It measures the level of self-confidence and regarding yourself as an important person.



GENERAL SELF-PERCEPTION

Determines the level of perceiving oneself as either an important and confident or self-deprecating person. It shows the tendency towards positive or negative thinking about one's future. It points out the ability to focus on either the successes or failures in life.



AUTHENTICITY

Measures the assessment of one's own morality. It shows the tendency towards extreme judgement of one's own behaviour - either as decent or as inappropriate. It defines the level of following moral principles in life and perceiving the surrounding morality.



IDENTITY

Measures the level of awareness of personal identity and goals in life. It shows the tendencies towards being internally coherent or contradictory. It points out the ability to either make decisions that influence the future or remain indecisive.



SENSE OF INTIMACY

Measures the feeling of acceptance, love and sense of social support. It determines the level of either feeling unconditionally accepted by close friends and family or lack of love and acceptance. It points out the ability to express feelings in close relationships.



ATTRACTIVENESS

Determines the way of perceiving one's own physicality, the level of awareness of one's attractiveness compared to others. It measures the level of satisfaction with one's own appearance.

MY SELF-ESTEEM



MY EMOTIONS

The dimension **My Emotions** describes the intensity of the occurrence and strength of different emotions which influence everyday functioning. It shows the level of anxiety when approaching difficult challenges, the stage of falling into a depressive state. It measures the tendency to self-criticise. It also reveals the internal experience of anger, aggression or will to give up in difficult situations. It is the knowledge of internal states which influence actions and reactions in everyday situations.

ANXIETY

It determines the level of internal fear and tension and the strength of the tendency to worry. It shows the tendency to be overly concerned about current and future situations.

SENSE OF INFERIORITY

It measures the tendency for excessive self-criticism. It shows the tendency to inhibit free self-expression in social situations, for fear of judgement or the tendency to express oneself fully.

HELPLESSNESS

It determines vulnerability to stress and failure to cope with difficult situations. It shows the tendency to surrender in an emergency. It measures the strength of succumbing to paralyzing emotions in difficult moments. It determines the degree of demand for external support in such situations.

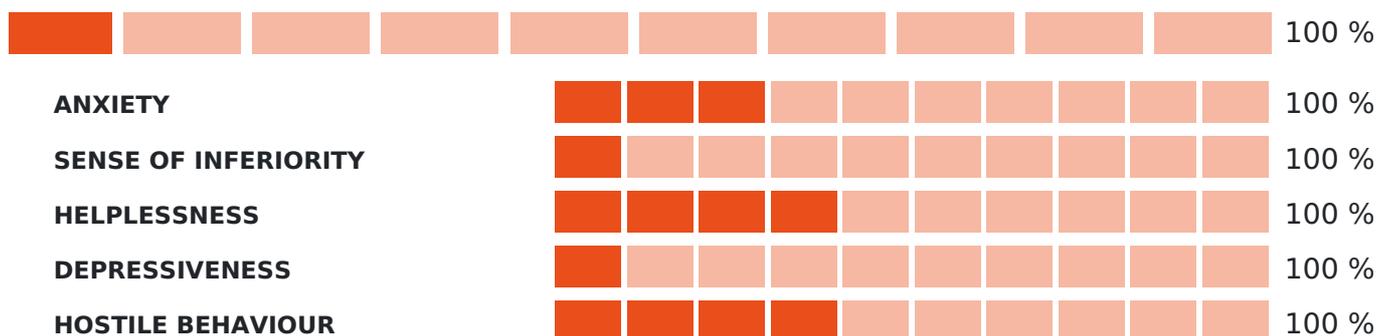
DEPRESSIVENESS

It determines the tendency to fall into a sad mood. It shows the tendency to feel depressed, lonely or guilty, regardless of the day, situation or people around.

HOSTILE BEHAVIOUR

It determines the tendencies for inner anger, frustration and hostility. It measures the intensity of falling into a state of aversion to others or aggression. It determines the impulsivity and the ease of falling into unjustified internal rage.

MY EMOTIONS



DIMENSION

SOCIAL APPROVAL



SOCIAL APPROVAL



The dimension ***Social Approval*** describes the tendency to present yourself in a better light to achieve greater social acceptance. It is connected with the willingness to behave in a socially desirable and acceptable manner. The need to win social approval is also demonstrated in the test situations by attributing to yourself positive or commendable behaviour, as well as negating the presence of undesirable attitudes or behaviour within yourself. To some extent it overlaps with conformism and increases the tendency to alter or embellish your own way of behaviour.

Moderate result

Your result on the ***Social Approval*** scale is on a moderate level in comparison with other people. It means that you are a person who demonstrates a completely genuine and natural need for social acceptance. Your result shows that the level of this parameter that you possess is high enough to understand and follow social norms, yet at the same time low enough to acquire adequate knowledge concerning yourself and other people. You don't need to alter your true self-image to attract better social acceptance.

DIMENSION

MY RELATIONSHIPS



SUBDIMENSIONS:



KINDNESS



WILLINGNESS TO SOCIALISE



INTERPERSONAL CONTACTS



ASSERTIVENESS



THRILL SEEKING



MY RELATIONSHIPS

GENERAL DESCRIPTION

VERY HIGH RESULT

Below you will find overall result for the **MY RELATIONSHIPS** dimension being the average of your subdimensions

Your result on the scale of the **My Relationships** dimension is very high in comparison with other people. It means that in interpersonal relationships you are a people person and you are keen on building relationships through socialising with others. You make contacts with great ease. You like people, you prefer to remain in large groups, at crowded meetings and events. Interpersonal relationships are very important to you. You draw external stimulation from them and it motivates you to take action and to study. You belong to those people who are strongly involved in the external world and in activities which require interpersonal relationships. You are heavily influenced by the social world and you strive to have strong influence on it, too. You live an optimistic life and you are full of vigour. You have a cheerful disposition. In company you tend to speak rather than listen. You are an open and friendly person. You can confidently express strong opinions, emotions and attitudes without aggression, while respecting your own and other people's rights and mental territory. Unlike the people characterised by a low score, which can be attributed to their greater sensitivity to punishment and lack of reward, your sensitivity focuses on the presence of reward and lack of punishment. You are better at fulfilling duties requiring multitasking rather than alertness or involving careful analysis of details. You prefer to complete the task quickly rather than precisely. Your result shows that you are predisposed to professions which require frequent social contacts and to professions with a high degree of autonomy. Additionally, you have a strong sense of the efficiency of your work in a group.

Now take a close look at the detailed results to find out which of the subdimensions have the greatest impact on your overall result.

DETAILED DESCRIPTION



KINDNESS

Your result on the scale of the **Kindness** subdimension means that in interpersonal relationships you are rather focused on formal relationships. You treat people with reserve and distance. You are less often involved in the sphere of social functioning. At work you build mainly formal relations, oriented towards goals rather than people. As a leader you will build relationships based on tasks, without getting too attached to people. Your formal approach will allow you to make decisions based on facts and not on a relationship with another person. Your result may indicate that you are not a consensual person.



WILLINGNESS TO SOCIALISE

Your result on the scale of the **Willingness to Socialize** subdimension means that you fall into the category of very sociable people who enjoy socializing. You have a passion for parties and being in a crowd. You can put your friendships and meetings ahead of other areas of life. You are a very energetic and socially confident person. In the company you rather speak loud and very clearly. Being with people is an external stimulation that drives you to action. At school you have good networking skills. In interaction you rather talk than listen. You prefer group work to individual work.



INTERPERSONAL CONTACTS

Your result on the scale of the **Interpersonal Contacts** subdimension means that you belong to people who rather initiate and build interpersonal relationships with others. In these relationships you are an active person, full of energy. When building contacts at school and outside it, you belong to people who are proactive and take care of the quality of these relationships. You initiate a lot of interactions. When you are with people, you care about the good atmosphere. You are a person who gives energy rather than draws it from others. You do not avoid crowds or socializing. You have the skills to build contacts and the ability to exert social impact.



ASSERTIVENESS

Your result on the scale of the **Assertiveness** subdimension means that you are one of those people who are able to express their own opinions in a determined way, with direct expression of emotions and attitudes within the boundaries which do not infringe upon your own and other people's rights and mental territory, and without aggressive behaviour. Your assertive attitude is conducive to creating the image of a strong, confident person who knows what she or he expects in a given situation. In interpersonal relations you are a dominant person who often speaks out. You can easily take on the role of a group leader and you are predisposed to climb in your future professional career and education. You can be a very effective person in action, in communication you "do not beat around the bush" and in the group you are a good guide.



THRILL SEEKING

Your result on the scale of the **Thrill Seeking** subdimension means that you are one of those people who, in their private life and their school environment, in interpersonal relations, are looking for numerous thrills. You like strong colors and diversity. You are a person who prefers intensive life, social meetings, parties. Being in company, in a different environment, you gain more energy and this motivates you to action. You often look for external stimulation and action to function at high speed. You are a determined person who does not retreat in difficult situations. You are driven by challenges. You are not afraid to take risks. You can make risky decisions that affect your private and school life.

**KINDNESS**

- In interpersonal relationships the human factor is very important. Overly formal relationships may lead to others feeling uncomfortable around you, which may in turn influence joint work and reaching set goals at school.

**WILLINGNESS TO SOCIALISE**

- Listen, listen, listen!!! Speaking isn't always effective communication. Use your social skills at school to engage and develop other people, those who are less open and less confident.

**INTERPERSONAL CONTACTS**

- Use your interpersonal skills but pay attention to other people. Not everybody likes to build interpersonal contacts. There are people who need their own space. Your way of interaction, which bursts with energy and enthusiasm may bother others.

**ASSERTIVENESS**

- Watch out for the line between assertiveness and arrogance. Excessive assertiveness may be seen by others as aggressive behaviour or aggressive communication. Behave in a way that is simultaneously respectful to yourself and to others.

**THRILL SEEKING**

- Slow down sometimes. An overly intense lifestyle may cause you to overlook what you are missing. Your body, besides adrenaline and emotions, also needs to rest and reset. Sometimes it is good to stop and calmly take a look at life from the side.

DIMENSION

MY CO-OPERATION



SUBDIMENSIONS:



SUSPICION



SINCERITY



EGOISM



RIVALRY



HUMILITY



VERY HIGH RESULT

Below you will find overall result for the **MY CO-OPERATION** dimension being the average of your subdimensions

Your result on the scale of the **My Co-Operation** dimension is very high in comparison with other people. It means that you belong to a group of people with an amicable approach towards co-operation with their peers and build warm relations based on trust. Thanks to this it is easier for you to build new friendships, as well as maintaining current ones. Through your high level of amicability, you have more compassion towards other people. You are characterised by your high level of altruism. You frequently have compassion for others and eagerly come to their aid, often forgetting about your own needs. Your sincerity, lack of suspicion and high degree of humility cause people to like you very much and gladly spend time with you. You have a tendency to accept or reject certain thoughts, depending on the opinion of other people. This may cause you to be less willing to attempt to safeguard your own interests. You are able to own up to your own weaknesses without belittling yourself or exaggerating. This attitude characterises people who are free of arrogance, vanity, self-righteousness and false humility. You belong to a group of people who are humble towards their own achievements and accomplishments. You believe that humility is a very important quality in life, while self-importance and arrogance lead to bad co-operation with others. In contact with others you are characterised by a high degree of self-restraint which sometimes doesn't allow for spontaneity or behaviour that is not suitable for a modest person. You definitely do not like competing with others. You prefer warm relations, built on mutually establishing co-operation. You rarely portray anger or aggression. You avoid conflict, leaving matters to others. Your co-operation based on extreme submission may lead to conformism and complete dependence on others.

Now take a close look at the detailed results to find out which of the subdimensions have the greatest impact on your overall result.



SUSPICION

Your result on the scale of the **Suspicion** subdimension means that you belong to a group of people who are convinced that others are honest and have good intentions. In co-operation you build relationships based on very high trust. You believe in selfless help. You belong to a group of people who are sensitive and who express positive thinking. Sceptical and cynical behaviour is alien to you. In co-operation you see positive aspects and build relationships

based on them. When working in a team, you believe in people and their sincere intentions - this allows you to create positive solutions. In difficult situations you see the positives and build solutions based on them. In co-operation, you are a consensual person who does not seek conflicts and is oriented towards positive cooperation.



SINCERITY

Your result on the scale of the **Sincerity** subdimension means that you belong to a group of people who are very truthful and sincere in their actions. You don't use tools of manipulation, based on using flattery and cunning to achieve a result. Your relationships are based on sincere communication. You do not accept lying. Even if you are about to lose something, you are always honest and sincere in your actions. You are not a clever person who is able to alter the truth. You are a very open-minded person who always says what you think and not that which is the most appropriate. You do not think that knowing and applying social engineering are important social skills.



EGOISM

Your result on the scale of the **Egoism** subdimension means that you belong to a group of people who are very actively interested in the affairs of others. You are a person who is committed to doing good to others, which manifests itself in being generous, taking others into account and being ready to help people in need. You are a thoughtful and caring person in your actions. Working with others is very important to you. You care for relationships by working together for the benefit of all. Your attitude is to voluntarily bear the costs for the benefit of others. You are not a selfish person. In teamwork you pay attention to the team and working together. You care about the good of others. You like to involve yourself in charity and social work.



RIVALRY

Your result on the scale of the **Rivalry** subdimension means that you belong to a group of people who prefer competition rather than co-operation. In situations of interpersonal conflict you may be more likely to argue and show anger. You are a type of person who is rather demanding and relentless. Sometimes you can be a merciless person, not paying attention to other people. If you think you are right, you often fight to the end and don't give up. You don't like to lose. Failure can overwhelm you. In co-operation, you are not a gentle and calm person. You may have trouble holding back negative emotions. Compromising is the ultimate solution for you. You like to bet on yourself. You have a principle: "I don't lose". You are a rather conflictual person.



HUMILITY

Your result on the scale of the **Humility** subdimension means that you belong to a group of people who can be self-confident in co-operation, while maintaining modesty and humility. In interpersonal communication you are rather a polite and calm person. You build your relationships on positive statements. When necessary, you can be a persistent and stubborn person. You think that humility and modesty are important qualities, and wisdom and arrogance lead to failure. When the situation demands it, you can talk about your successes and achievements, but you do not expect admiration. However, you are not one of those people who has to be in the spotlight at all costs. You can accept constructive criticism with

humility. You take care of your relationships and pay attention to other people. This allows you to build relationships based on trust.

**SUSPICION**

- Not all people are like you. There are people who use others in co-operation in order to reap benefits. Be careful. Strengthen your defensive mechanisms. Don't be too permissive. Apart from positive solutions consider the negative ones as well. This will save you from disappointment. Trust people but look after your own interests.

**SINCERITY**

- Not all people are as sincere and straightforward as yourself. A lot of people use manipulative techniques, due to which you may feel cheated or exploited. The knowledge of these techniques will let you develop defense mechanisms which will protect you from difficult situations. Use more of your wits but remain a sincere and honest person. Remember, sometimes it's better to leave something unsaid.

**EGOISM**

- Help, sincerity and caring for others is very important but don't forget about yourself. Sometimes you have to fight for yourself. You can have an egoistic person on the other side who will strive to take advantage of you. Collaborate and co-operate in such a way so that you also take care of your own interests.

**RIVALRY**

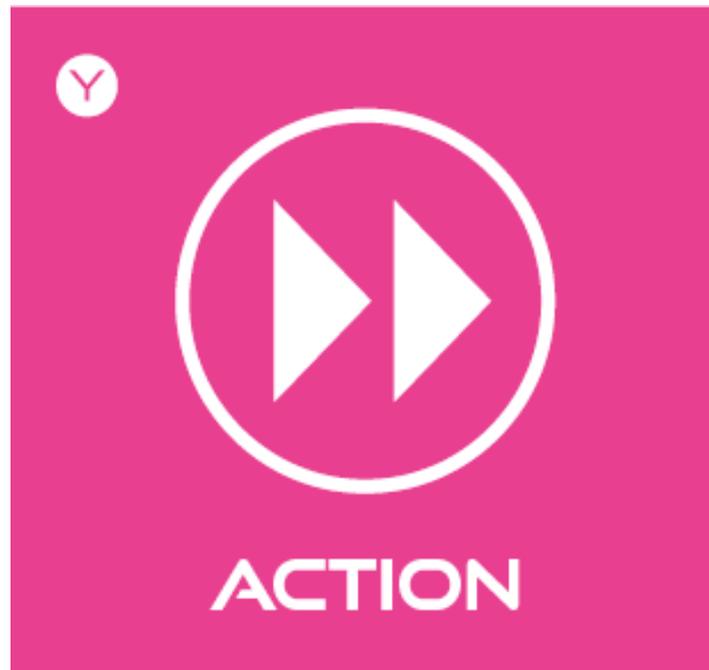
- Rivalry is very good, but there are situations where it is sometimes better to compromise. This will give you a better result. You don't always have to win. Conflict is caused by tenacity and aggressive behaviour. In teamwork, try to be more cooperative than contending. This will allow you to build healthy interpersonal relationships.

**HUMILITY**

- Being self-confident doesn't mean being arrogant and tactless. Humility and modesty are also positive qualities that allow you to build warm relationships in some situations. So be self-confident, arouse admiration, but remember about other people and their emotions.

DIMENSION

MY ACTIONS



SUBDIMENSIONS:



ORGANISATION



ORDERLINESS



CONSCIENTIOUSNESS



CAUTION



ENDURANCE



INNER-DIRECTEDNESS



MY ACTIONS

GENERAL DESCRIPTION

VERY HIGH RESULT

Below you will find overall result for the **MY ACTIONS** dimension
being the average of your subdimensions

Your result on the scale of the **My Actions** dimension is very high in comparison with other people. It means that in your life you are a very proactive person. You make decisions on the basis of your own thoughts and analyses. Your approach to action is planned and highly organised. Your actions are very logical and follow a self-defined direction. You are a person who is confident in action. You take full responsibility regardless of the fact if your decision was right or wrong. You don't like to be directed by anyone. You don't accept somebody else's orders. You feel most comfortable when you are the one to decide and you are in full control of the situation. You are always fully prepared to act. You control the deadlines, you set the phases of work and draw up timetables. Nothing is able to surprise you as you have carried out full risk analysis. You are enemy to random and chaotic activities. You hate forgetfulness, messiness and unpunctuality. You always approach your tasks with due care. You are a systematic and diligent person. You can be relied on and the result of your work doesn't need to be subject to scrutiny. You always deliver on time. You are a result-oriented person and you play by the rules in your actions. You despise fraud and you value reliability. What distinguishes you is attention to order, you tend to be a perfectionist. Both your study space and your everyday life environment are neat and clean. You keep everything organised around yourself which additionally strengthens your efficiency. In your activities you are an exceptionally resilient person, focused on work regardless of its scale of difficulty and time requirements.

Now take a close look at the detailed results to find out which of the subdimensions
have the greatest impact on your overall result.

DETAILED DESCRIPTION



ORGANISATION

Your result on the scale of the **Organisation** subdimension means that you always approach both private and school matters with a plan. Your actions are logical and deeply thought-out and well planned. You set yourself goals and tasks, and you create detailed work schedules. You have the timing of your activities under control. This gives you a sense of security and self-efficacy, meanwhile the people around you believe that you know what you are doing. There is no place for chaos and random movements in your actions. You are the enemy of chance and illogical action. You don't accept delays, because they disrupt your schedule. You have all the

activities under control, you know what you need to do to complete the task, so before you start, you collect the necessary data, documents and tools.



ORDERLINESS

Your result on the scale of the **Order** subdimension means that your action has an excessive tendency towards order. An impeccably clean study space gives you the opportunity to focus on the task. Such a high level of tidiness on the scale is reflected in perfectionism. Both at school and at home you maintain absolute tidiness and order around you. You won't sit down until everything around you is tidy. You clean your study space or your room with care for the smallest details. Everything has its place in wardrobes, cabinets and drawers. You arrange your notes and assign them to the right binders. You don't have to look for anything - you have everything under control and know exactly where it is.



CONSCIENTIOUSNESS

Your result on the scale of the **Conscientiousness** subdimension means that you are a person who meticulously fulfills their duties. Both in your private and school life you approach all your tasks responsibly, and when you commit yourself to something, you can always be counted on. You carry out your responsibilities as well as you can and you don't happen to miss out on something. You bring things to a conclusion, within the set deadline. One can certainly rely on you. You are diligent, systematic and obedient to the rules. When you pursue a goal or seek a solution, you stick to the rules, work reliably and report on progress if necessary.



CAUTION

Your result on the scale of the **Caution** subdimension means that you are one of those people who carefully consider all pros and cons before making a decision. You are the real judge when you have to make a decision. You don't happen to make a decision without thinking or spontaneously, based on impulse or sudden emotions. You are one of those people who think first and then act according to what they have decided. Before you make a decision, you examine all the risks, all the available opportunities and possible consequences. This protects you from risky investments in life, but on the other hand, it does not allow you to take advantage of opportunities, where the decision must be made very quickly, sometimes intuitively.



ENDURANCE

Your result on the scale of the **Endurance** subdimension means that you can spend many hours or even days on one task if you want to. However, if it's not for you, you interrupt your activities in the direction you want to go, and you transfer your energy to another activity. Often you are fully committed to the activity and continue to take action to the end, regardless of the scale of the difficulty, but you are just as often tired of a topic and give up the activity for an indefinite time. Sometimes you can be described as persistent, goal-oriented and very enduring, and sometimes you can be described as a person with short-lived energy, who will become excited about the activity for a while and soon jump over to another topic.



INNER-DIRECTEDNESS

Your result on the scale of the ***Inner-directedness*** subdimension means that you make conscious decisions and you do not shy away from responsibility for them. You are a rather independent and active person. You do not want to be the result of someone else's actions. You are the one who sets the directions, because that's the only way you don't lose your sense of control. You have a strong belief that you can rely on yourself, your thoughts and intuition. You don't need advisors around. You are predisposed to lead others, because you are alien to subordination, conformism or rigid thinking. You don't need any flattery or reinforcement from others. You know your own value and the evaluation of others does not affect your self-esteem.



MY ACTIONS

DEVELOPMENTAL RECOMMENDATIONS



ORGANISATION

- Be an open person to introduce adjustments to your daily activities, bearing in mind that sometimes a change you don't understand is necessary.



ORDERLINESS

- There is no perfection. It is important to maintain order, but not at the expense of your relaxation or loss of joy in your daily life. Sometimes you can postpone the cleaning. Excessive attention to detail can take away your ability to look at the matter as a whole. The excessive tendency to immediately organise things around you may cause people to see despotic qualities in you.



CONSCIENTIOUSNESS

- People with such an approach are valued both at school and later in the labour market, because they do not focus on doing what is required and returning to their private lives, but they work with full commitment so that the tasks entrusted to them are performed as best as possible.



CAUTION

- Caution and prudence in making decisions actually protect you from any losses you may suffer that are tied to executing uncertain ideas or projects. Remember, however, that the numerous analyses you conduct in everyday situations keep you from acting and often direct your thoughts to dark scenarios. However, the anticipated risks do not always have to occur, and even if they do occur, you can prepare yourself for them without giving up on some action.



ENDURANCE

- High endurance allows you to achieve success in many cases. It is mainly the people with such an approach who celebrate achieving their goals. On the outside, it seems that people who have done something great, have done it quickly or with exceptional ease. The truth is, however, that the surrounding people fail to notice how many hours the successful person had to spend on hard, strenuous, sometimes repetitive, sometimes creative work and the difficulties they had to face, without being hindered by them. Short-lived energy for tasks, in turn, causes you to waste a lot of energy and time on activities, the outcome of which you will never see due to the interruption of a task. Remember that the completion of the tasks still needs to be developed. It is a matter of work and self-training. Eventually, you can practice the habit of completing the activities regardless of the level of nuisance.



INNER-DIRECTEDNESS

- High inner-directedness affects the strong sense of one's own efficiency i.e. the conviction that you're going to make it regardless of the situation, that most things in life are up to you. Such a conviction is a boost for you every day and it causes your strength and your confidence to grow.

DIMENSION

MY SCHOOL



SUBDIMENSIONS:



EFFECTIVENESS



LEADERSHIP



SELF-CONTROL



GOAL PURSUIT



FAME



HIGH RESULT

Below you will find overall result for the **MY SCHOOL** dimension being the average of your subdimensions

Your result on the scale of the **My School** dimension is high in comparison with other people. It means that you belong to a group of people, who are very self-aware of their expertise and skills at school. You know your strengths and weaknesses. You are a proactive person when undertaking action. You are able to set very ambitious learning goals, which you achieve step by step. In difficult scenarios you intentionally control your emotions. It is difficult to discompose you. You are strongly skilled in leading and managing your peers. In a group you are easily able to take control and assume the position of a leader. Organising and managing projects is your strength. You are an independent and confident person. You can establish authority among your peers. People pay attention to what you say and how you behave. Within a group you are able to speak with confidence. Public speaking is not an issue for you. You are highly aware of your approval among the people that surround you. You enjoy being in the centre of attention. People's lack of interest in you may influence your frame of mind and behaviour – it may cause a drop in your energy level. At school you dislike stagnation. You are always looking for strong sensations. It propels you towards action. You have a task-oriented and non-emotional approach to an issue, you do not avoid it. You are a very determined person, always aiming towards achieving your set goals. You mainly focus on studying and your own development which is why sometimes you may lose sight of the boundary between private life and studying as well as school-related and non-scholarly responsibilities. You are prone to workaholism.

Now take a close look at the detailed results to find out which of the subdimensions have the greatest impact on your overall result.



EFFECTIVENESS

Your result on the scale of the **Effectiveness** subdimension means that you belong to a group of people who are very conscious of their competences and skills at school. Your very high awareness of your abilities and level of intelligence allows you to achieve high results at school. You are among the very talented people who can easily acquire knowledge. You are perfectly able to cope with difficult and demanding situations, which do not cause panic or fear. Through your actions you belong to those who are very effective. You have great faith in yourself and in your skills. You are a person who is greatly predisposed to be a leader. At

school they perceive you as a very good and effective student.



LEADERSHIP

Your result on the scale of the **Leadership** subdimension means that you belong to a group of people who possess high leadership skills. You are a person who builds up authority and respect among others, allowing you to lead the group. You have a high ability to direct people at school. Your behaviour and attitude inspire respect, which allows you to build a leadership role and a high regard among peers. You are the one who directs and manages the tasks. You are very good at dealing with difficult and conflict-ridden situations, you can effectively resolve disputes. You are an independent and confident person. Organisation and management of projects are your strengths. You are a very assertive person.



SELF-CONTROL

Your result on the scale of the **Self-control** subdimension means that you belong to a group of people who have problems with self-control. You often succumb to your emotions. In difficult situations you may panic, you are unlikely to be able to keep your cool. You lack self-discipline. You often fail to mobilise yourself to take action. Many distractors deflect you from your task. You find it difficult to achieve your goals, which causes chaos in your actions. Under a lot of stress, you focus on your emotions and not on the task at hand. Your emotional attitude can have a negative impact on the environment around you. At school, it is difficult for you to perform and complete tasks step by step.



GOAL PURSUIT

Your result on the scale of the **Goal Pursuit** subdimension means that you belong to a group of people who have a high level of aspiration. You are a very proactive person. You are able to set very ambitious goals, which you later consistently pursue. You are ambitious, conscientious and persistent in pursuing your goals. You are not afraid of work and difficult challenges. Tough situations are unable to stop you from taking action. The mere vision of your goal motivates you to act. You mainly focus on the task and the pursuit of the goal, so you may miss out on the human aspect. This means that you sometimes overlook the emotions and feelings of others. You are a person who focuses strongly on their career. You have a tendency towards workaholism.



FAME

Your result on the scale of the **Fame** subdimension means that you belong to a group of people who think they are rather well liked among their peers at school. You have a high level of awareness of acceptance by those around you. You think that being popular and famous is important in life. You belong to those who are self-confident. This allows you to build up authority in a group. You have a desire to be famous and admired. At school, you like to be the centre of attention. You don't seem to be afraid of being rejected by others. You feel popular among the group and attract attention. Your attitude and high self-esteem allow you to build up your leadership role in the group. You are able to focus the attention of others. When you talk, people listen to you.



EFFECTIVENESS

- Humility is always necessary. An excessively positive self-assessment of your skills and competences may stop you in your career development or lead to wallowing in your own perfection. Your level of effectiveness may overwhelm weaker people, that is why as a leader you should support them in their actions, to give them more motivation to study.



LEADERSHIP

- With the role of a leader at work comes great responsibility. Through building up your authority you have a big influence over people. As a leader pay attention not only to the tasks, but also to the human factor. Your high self-confidence may overwhelm people with a low sense of self-worth. Remember, use your leadership competences to motivate and appreciate people, this will allow you to make even greater use of their potential.



SELF-CONTROL

- Control your emotions. They negatively influence the tasks carried out by you as well as building relations with people at school. Working on emotions isn't that difficult. Search for methods of coping with emotions that are best for you. Applying them will allow you to concentrate more on tasks and achieve greater results when studying.



GOAL PURSUIT

- School is very important but take care of maintaining a balance between private and school life. Pay attention to people in your class and not just the tasks. It's the people who help you in accomplishing tasks and reaching select goals. Your result may indicate that you possibly devote yourself too much to studying, which may lead to workaholism.



FAME

- Excessive confidence in your own popularity may dishearten those with lower results, which may disrupt you in building your interpersonal relationships. Pay attention to other people sometimes. Do not allow a lack of interest in your person or lack of fame to have influence over your mood and frame of mind. Being popular has its price.

DIMENSION

MY SELF-ESTEEM



SUBDIMENSIONS:



GENERAL SELF-PERCEPTION



AUTHENTICITY



IDENTITY



SENSE OF INTIMACY



ATTRACTIVENESS



MY SELF-ESTEEM

GENERAL DESCRIPTION

VERY HIGH RESULT

Below you will find overall result for the **MY SELF-ESTEEM** dimension being the average of your subdimensions

Your result on the scale of the **My Self-Assessment** dimension is very high in comparison with other people. It means that you are a very self-aware person. You know who you are and what you expect from life because you have clearly defined values and priorities. You set clear-cut principles which you follow in life. This gives you strength in making decisions and setting goals. You are an internally coherent person and through your actions it is visible that you head in the direction that you set out for yourself. When you look at yourself, you see a person full of value, skilled and competent. You think positively of your future. You are aware that thanks to your skills you will always be able to handle life. You are a self-confident person, you recognize your strengths, you know what allows you to stand out among others. You notice your physical attractiveness and use it to achieve your personal goals. You take care of your appearance and your image evokes admiration among others. Your attractiveness draws people to you which further influences your high level of self-assessment. You feel fully accepted and loved by close friends and family. You know you are supported by them and you are aware that you always have someone to count on. You are able to reciprocate love too. In your relations you offer a lot of acceptance, friendship and closeness. You are a very empathetic person. Living close to others gives you strength, which is why you care about your closest friends and family.

Now take a close look at the detailed results to find out which of the subdimensions have the greatest impact on your overall result.

DETAILED DESCRIPTION



GENERAL SELF-PERCEPTION

Your result on the scale of the **General Self-Perception** subdimension means that in your own opinion you are a valuable person, you have numerous skills and competences. They make you realize that you will always be able to cope in life. You are a self-satisfied person. Comparing with others, you will certainly notice that you are doing more than others. You see how much you mean. You are also self-confident, knowing your own value among others and thinking positively about your future. It is not your habit to focus on your weaknesses. Above all you see your strengths, skills, talents, qualifications and abilities.



AUTHENTICITY

Your result on the scale of the **Authenticity** subdimension means that in your own opinion you are a very decent person. You have an extremely rigid "moral backbone" and do not happen to break the rules and principles of good conduct. You always try to behave as you should, so that you don't have a feeling of inner dissatisfaction with yourself afterwards. In a bigger group, you pay more attention to behave correctly than to have fun. You are constantly controlling your reactions and behaviour so that you don't make any mistakes - especially among other people. You are very satisfied with how morally you live and act.



IDENTITY

Your result on the scale of the **Identity** subdimension means that you are rather an internally coherent person with high self-awareness. You know who you are and what you expect from life. You usually know what you have to do because you are setting goals for the near and far future. In your actions you are usually a determined person. You make decisions on your own, because you are quite clear about what is useful for you in life and what is not. You base your decisions on clearly defined internal guidelines, which are represented by your values. You feel that you usually live in harmony with yourself.



SENSE OF INTIMACY

Your result on the scale of the **Sense of Intimacy** subdimension means that you feel accepted and loved by your family and friends. You often experience the support that people around you offer you and you are able to use it. In your private life, you fully show your feelings. You give a lot of love and acceptance to the world around you. At school you can give warmth and friendship. You know you have someone to count on when you need it. You feel that others accept you the way you are. You are usually an empathetic person, you can feel and give warmth to others. You can enter into close relationships in which you become actively involved giving goodness to others. You like to show people around you warmth, friendship and that you care about them.



ATTRACTIVENESS

Your result on the scale of the **Attractiveness** subdimension means that you don't consider yourself truly attractive and usually you are not satisfied with your appearance. It is quite likely that you do not always accept yourself in this respect. Sometimes you just prefer not to look in the mirror. However, when you take care of your look, devote some time, energy and attention to your physical appearance, your sense of attractiveness will immediately increase. Then it has a positive effect on your self-confidence and self-esteem. You have moments in your life when you take more care of yourself and there are times when you care less. You know that your attractiveness influences your life. You know that you can influence others with your image, and it is likely that you will benefit from it sometimes.



GENERAL SELF-PERCEPTION

- Self-confidence in life really helps to achieve goals. Positively perceiving your achievements additionally strengthens the feeling of your own effectiveness, which, at a later stage, helps to reach higher and further as well as set and achieve even more ambitious goals. Be careful so that your self-confidence does not turn into arrogance, which is negatively perceived by the surroundings. Arrogant people ultimately lose a lot in terms of interpersonal relations and on many other levels because of this.



AUTHENTICITY

- An assessment of your behaviour very strongly influences the entirety of your thoughts about yourself. It's important to follow the rules of moral behaviour. However, do not be too strict with yourself. One who is not mistaken is one who does nothing. Sometimes you can breach the rules which you firmly establish, this does not mean, however, that you automatically become a bad person. It's important not to make the same mistakes.



IDENTITY

- Self-awareness and life in accordance with set values and a course of action determined by them strengthens positive self-esteem, so that with every new experience you become an even stronger person.



SENSE OF INTIMACY

- Close relations with people, love and external support propel you towards action. However, not everybody feels the same. Sometimes people break off connections due to different reasons, sometimes only known to them. They're not necessarily linked directly to you. Try to talk these situations through and don't take them personally by treating them as a rejection of your person.



ATTRACTIVENESS

- Appearance influences how people perceive you. People who are considered attractive are chosen for different initiatives more often, they have a chance to participate in different projects more often, as it is known that attractive people bring others together around them. You are able to take care of your own attractiveness, it's important that it becomes a habit. It's a matter of defining a goal and determination. Remember that every person is attractive, but this should be taken care of.

DIMENSION

MY EMOTIONS



SUBDIMENSIONS:



ANXIETY



SENSE OF INFERIORITY



HELPLESSNESS



DEPRESSIVENESS



HOSTILE BEHAVIOUR



VERY LOW RESULT

Below you will find overall result for the **MY EMOTIONS** dimension being the average of your subdimensions

Your result on the scale of the **My Emotions** dimension is very low in comparison with other people. This means that in daily life you approach your life in a positive manner. You mainly focus on the good things, evoking a positive state within yourself. In difficult situations, the emotions which can disrupt your inner calm are kept under perfect control by you. This means that even in critical moments it is you who can assess the situation with a cool mind, make a decision and plan particular steps. You have a strong inner motivation to take action, which in turn causes you to rise up in difficult moments, without waiting for external support. You have a strong sense of efficacy and effectiveness, so you know that regardless of the situation, your action will lead you out of oppression. Regardless of the situation, hopelessness is foreign to you. Your mood does not drop to gloom, sadness or nostalgia. You don't give up, you don't let it go but instead you fight for what's yours. Emotions such as resentment or guilt do not exist in your life. If something isn't going your way, instead of withdrawing and returning to blissful memories of the past, you ponder how to escape the situation with calmness and even hope for success. You always perceive the good sides of the situation and enjoy even the little things. Your behaviour is far from hostility and anger in relation to others. You do not hold grudges or remember wrongdoings. You focus on what was good in the relation and keep that in memory. It is difficult to discompose you or infuriate you. Around you there is always peace and a good atmosphere which furthers building good relations with others.

Now take a close look at the detailed results to find out which of the subdimensions have the greatest impact on your overall result.



ANXIETY

Your result on the scale of the **Anxiety** subdimension means that you are able to approach the situations, both private and at school, with distance, without unnecessary fear and anxiety. You don't seem to care about the difficulties. Very often you stay calm and you control your emotions. Even in critical situations, your calmness allows you to handle your emotions and frees up thinking aimed at solving a difficult situation. In general you are a rather balanced person. In social life you give others space to think and act. You do not rush, you do not exert pressure on others. You rarely let your emotions get you carried away. People may perceive you as a relaxed person.



SENSE OF INFERIORITY

Your result on the scale of the ***Sense of Inferiority*** subdimension means that you are able to make a very objective self-assessment against others and also evaluate your achievements against the achievements of others. You see your strengths that bolster you up. You also see your weaknesses, but they do not inhibit your expression in the company. You are able to speak up during the meeting and present your ideas. You can share your perspective on a situation without worrying about who will think what about you or whether the idea will be appreciated or disapproved of. You are not stressed to be criticised.



HELPLESSNESS

Your result on the scale of the ***Helplessness*** subdimension means that difficult situations are unlikely to cause negative emotions in you. In a difficult situation you manage quite well. Even in critical moments you can reliably assess the situation, make a decision, plan actions, as well as move on and step by step implement the plan. In difficult moments you are usually cold-blooded and tactical. In difficult situations you do not need external support. You are usually able to motivate yourself and move forward on your own, analyse the situation, make a schedule of actions and carry it out step by step. You try to treat difficult situations as challenges in your way and not as problems. This belief gives you strength and bolsters your self-efficacy.



DEPRESSIVENESS

Your result on the scale of the ***Depressiveness*** subdimension means that you are rarely in a gloomy mood. You don't happen to get sad or nostalgic, and in difficult situations where others are also involved you never feel guilty. You are also not in the habit of giving up and forgiving. When you see such a need, you can fight for yourself. You do not need to isolate yourself from people, which does not mean that you like to live and study with others. Equally well you may want to study and be rather alone on a daily basis, but this is not related to inner sadness or feeling lonely. You can see the good things. You can see the goodness around you and enjoy ordinary moments.



HOSTILE BEHAVIOUR

Your result on the scale of the ***Hostile Behaviour*** subdimension means that your behavior is almost never affected by anger attacks or difficulty in controlling anger. You are usually a balanced person and you control your emotions towards others. You forgive someone's guilt, forget your resentments and don't nurture anger in yourself. You are an understanding person and try to accept or at least understand another person's perspective. You can be perceived as a self-controlled and predictable individual. It's quite difficult to get you out of balance and enrage you. You are more likely to feel inner peace towards other people than frustration or bitterness. Such behavior also builds a good atmosphere in your environment, which supports cooperation and development.



ANXIETY

- Your peace of mind can be a driving force for you. Especially in a difficult situation, when controlling your emotions is the first step to collect data on how critical the situation is and then to find a solution. Most people panic in difficult situations. In difficult moments, you can be a great support and inspiration for others to find a solution and to act. Calmness and distancing yourself from emotions always gives you the opportunity to see a wider perspective.



SENSE OF INFERIORITY

- Expressing yourself and presenting your ideas freely gives you a chance to start co-operation with someone who will notice or appreciate your idea. Comparing yourself with other people only makes sense if it motivates you to develop further, but it is never the case when it becomes a point of self-denial.



HELPLESSNESS

- Although you can handle difficult situations, do not turn your back on external support completely. People who are not directly involved in the difficulties can sometimes suggest a good idea.



DEPRESSIVENESS

- A good mood and positive thinking are the basis for healthy functioning. So cultivate similar attitude to people and tasks. Internal joy drives you to action. Don't ever let it be taken away from you.



HOSTILE BEHAVIOUR

- Your behaviour in relation to your environment will cause others to respect you for your balance, composure and emotional stability. You don't cause hostile resistance in people, you don't close them down, you don't despise or deny them. The environment sees your openness to relationships, so you are able to build cooperation and effective communication with others.

INTRODUCTION

BEHAVIOURAL STYLES AND PERSONAL ATTITUDES

Behavioural styles and personal attitudes result from the analysis of mutual interactions of selected dimensions of the Profi Competence Test tool. They show the patterns of human behaviour and adopting different attitudes depending on the intensity of the features present in the person. They describe permanent tendencies to think, feel and behave in social situations. The Profi Competence Test gives a possibility to distinguish fifteen different styles:

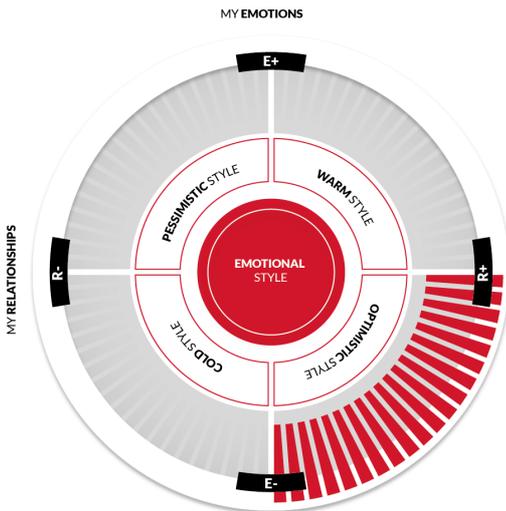
Emotional style	Control of distractors style	Co-operation style	Functioning at school style	Action style	Self-confidence in a relationship style
Co-operation at school style	Interaction in action style	Self-confidence in co-operation style	Action at school style	Evaluating your learning and work style	Evaluating your action style

Some of your results not only allow to interpret individual dimensions but also to observe your style of functioning in different spheres by combining dimensions into pairs. In this way, it is possible to investigate spheres related to your emotionality, social interactions, anger control, how you achieve success or your attitude towards yourself and others, among others.

The styles and attitudes presented below reflect your regular ways of responding to different social situations.

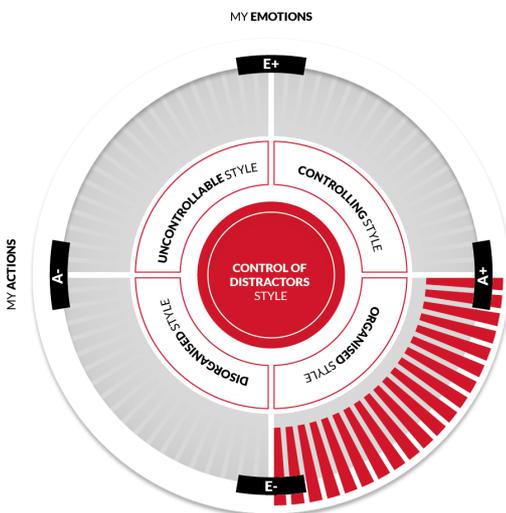
In order to distinguish a permanent style, it is necessary to achieve predominantly high or low results in those dimensions which affect the determination of a given style. If the dimension necessary to determine it has reached a moderate level, it is not possible to establish a permanent style of functioning in the examined area.

EMOTIONAL STYLE OPTIMISTIC TYPE



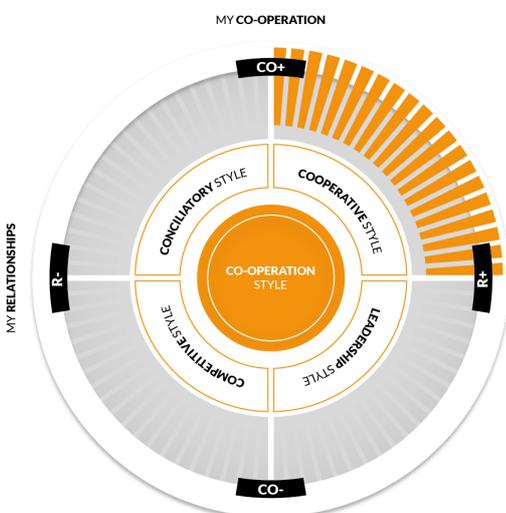
People with the **optimistic style** are positive and confident about the future. They are able to see the good around them and appreciate life as it is. They enjoy contact with people and solve difficult situations they encounter in life without too much concern.

CONTROL OF DISTRACTORS STYLE ORGANISED TYPE



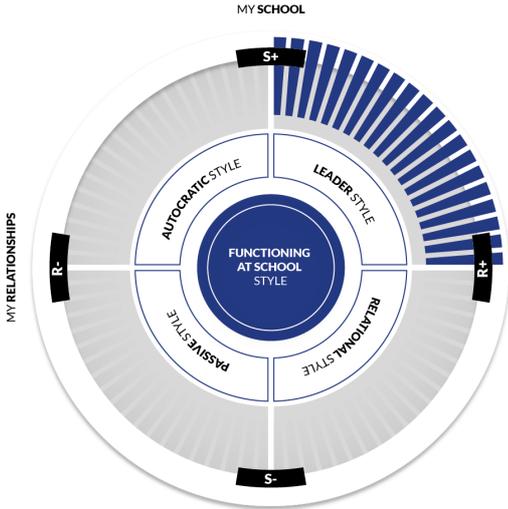
People with the **organised style** are focused on their goals, act systematically, on schedule and confidently even in difficult situations.

CO - OPERATION STYLE COOPERATIVE TYPE



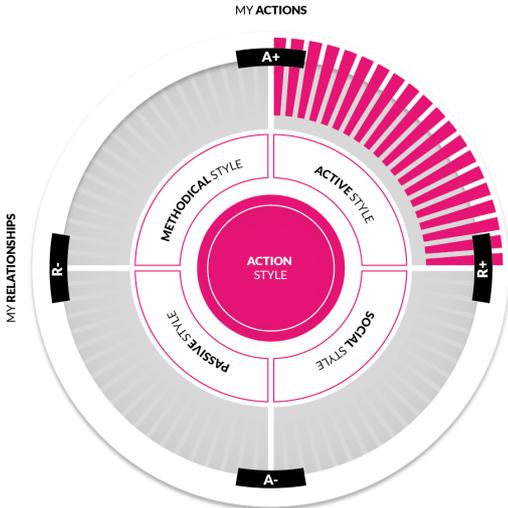
People with the **cooperative style** are friendly, energetic and sociable. They create a good atmosphere around them, are willing to listen and share their knowledge. They make new contacts easily. In conflict situations they look for compromise.

FUNCTIONING AT SCHOOL STYLE LEADER TYPE



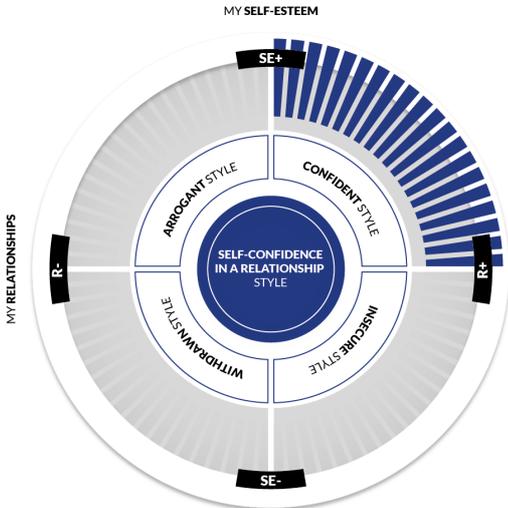
People with the **leadership style** are cheerful, active, sociable and warm-hearted, also strongly focused on achieving success at school. They are liked and often take on the role of natural leaders.

ACTION STYLE ACTIVE TYPE



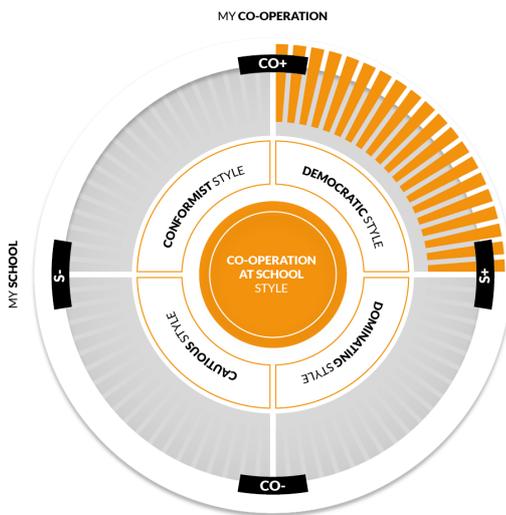
People with the **active style** are effective and quick to act. They redirect their spontaneity and optimism to action aimed at achieving the goal. They are charismatic and pull in other people to impose their own style and pace of action on them.

CONFIDENCE IN A RELATIONSHIP STYLE CONFIDENT TYPE



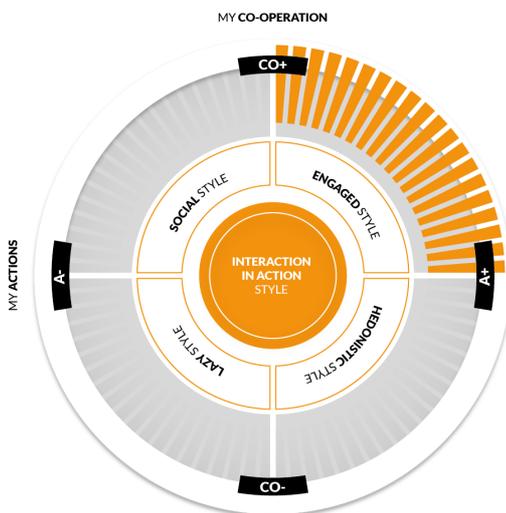
People with the **confident style** are cheerful, active and sociable with high self-esteem. Thanks to this, they build healthy relationships, enjoy life and know what they are aiming for. They arouse admiration in company.

CO - OPERATION AT SCHOOL STYLE DEMOCRATIC TYPE



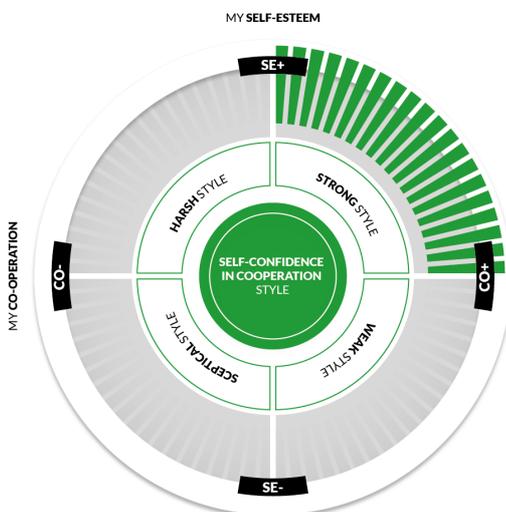
People with the **democratic style** are have a high need for working together towards achieving goals. Their cooperative, consensual and goal-oriented approach means that they can succeed in many areas of life.

INTERACTON IN ACTION STYLE ENGAGED TYPE



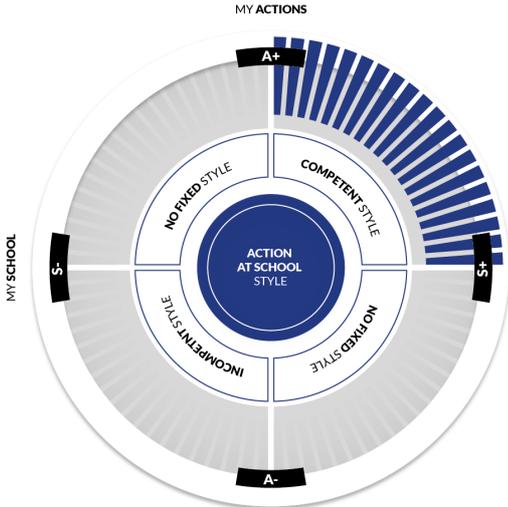
People with the **engaged style** are committed to work for the good of others. They are marked by high altruism. They are characterised by high perseverance and internal motivation in serving others.

SELF - CONFIDENCE IN COOPERATION STYLE STRONG TYPE



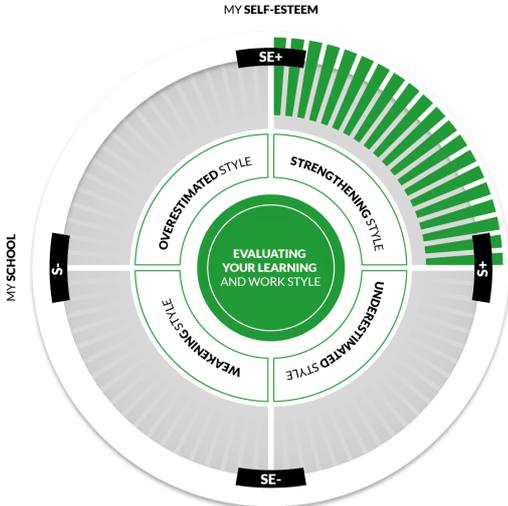
People with the **strong style** are cooperative. They have high self-esteem and effectiveness. They build up an aura of strong but friendly and co-operative people.

ACTION AT SCHOOL STYLE COMPETENT TYPE



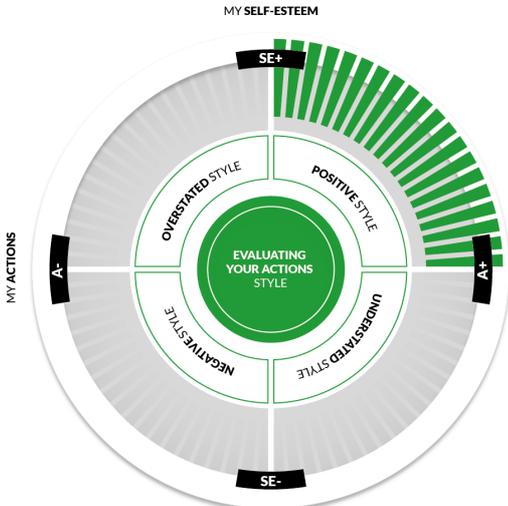
People with the **competent style** are inner-directed individuals with leadership qualities. Organised, goal-oriented and effective in action.

EVALUATING YOUR LEARNING AND WORK STYLE STRENGTHENING TYPE



People with the **strengthening style** have a positive and adequate assessment of their performance at school and outside it. They define themselves as confident, effective and efficient.

EVALUATING YOUR ACTIONS STYLE POSITIVE TYPE



People with the **positive style** have an adequate and positive perception of their everyday actions. They are diligent and organised, internally motivated to act and at the same time they see their own strengths.