

Profi Competence Tests for Young



REPORT MY ACTION

Report: Name

Report type: Medium

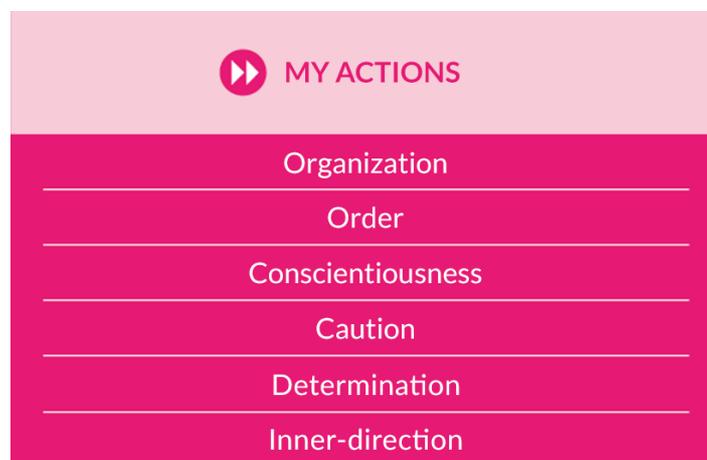
ID: 0000

Date: 2021-02-02

REPORT TEST

MY ACTIONS

My Actions Test is a multidimensional tool used in personality testing in the context of numerous areas of your life, both privately and at school. This method allows to describe in detail your personality in terms of how it works, based on an individual profile determined by your age, gender and experience. The tool identifies your characteristics in the process of performing an action as well as your attitude towards the world and the future. It examines your potential in the area of everyday life. It gives information about organization, conscientiousness, caution or endurance in pursuing a goal as well as predisposition to lead others. The comprehensive report that you hold in your hand presents your typical ways of behaving, feeling and thinking in different life situations. The test describes your results in six sub-dimensions:



Reading the report you will find answers to a number of questions about your personal and school life style. You will find out about your reactions, behaviours, attitudes, beliefs, strengths and areas for development. The extensive study of your results also includes recommendations from specialists in various fields. The proposed guidelines refer 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.

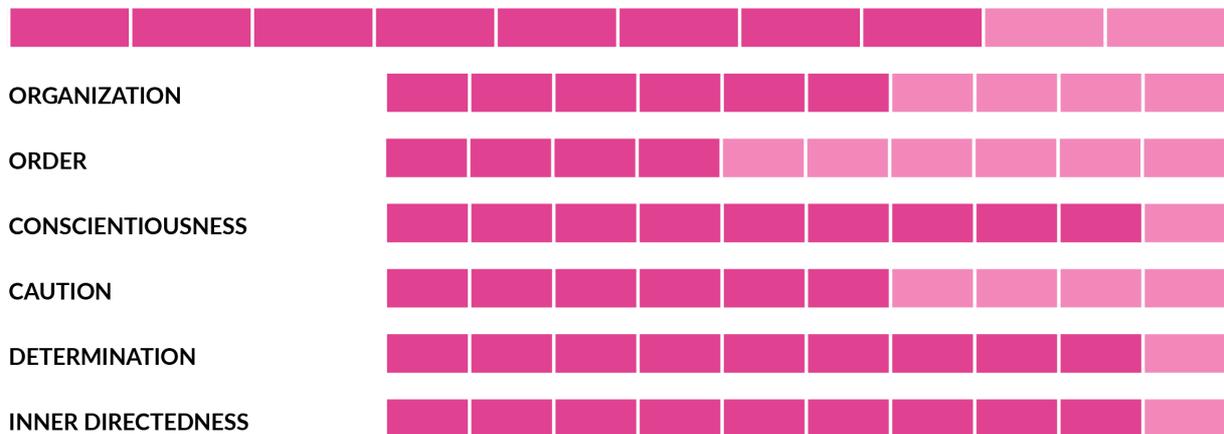
When analysing the results, decide which of the subdimensions show what is innate to you and which ones show a developed way of being. Additionally, decide which traits you would like to keep working on, which ones you would like to start working on and which ones you are fully satisfied with.

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 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.

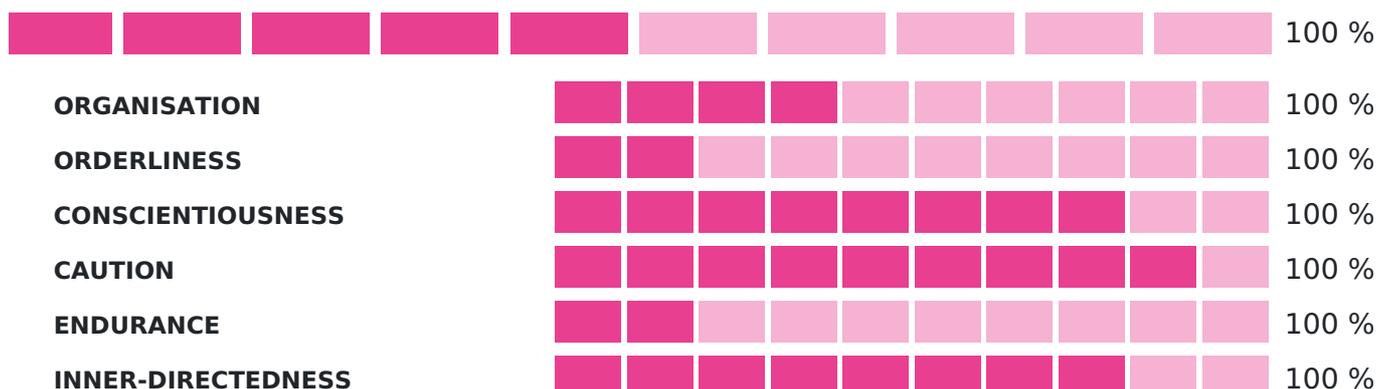
ENDURANCE

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



DIMENSION

SOCIAL APPROVAL



SOCIAL APPROVAL



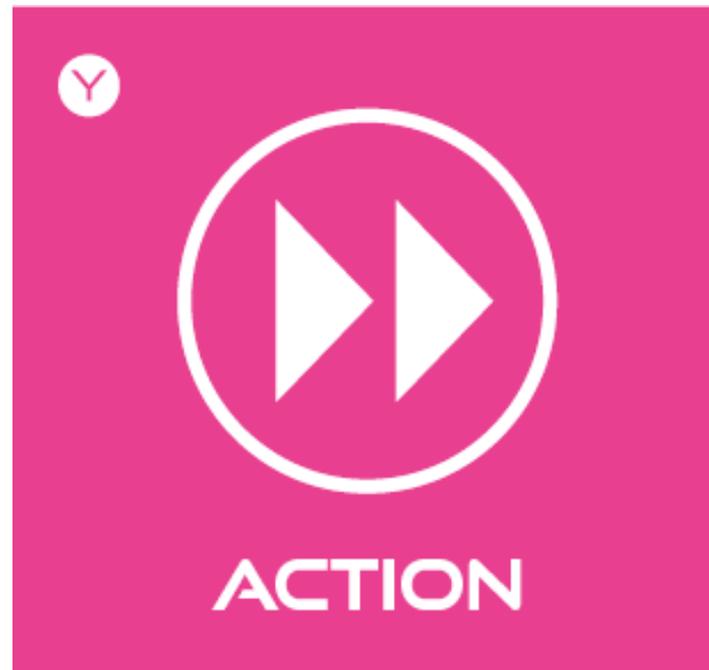
The dimension ***Social Approval*** describes the tendency to present yourself in a better light to achieve greater social acceptance. It is connected with the willingness to behave in a socially desirable and acceptable manner. The need to win social approval is also demonstrated in the test situations 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.

Very low result

Your result on the ***Social Approval*** scale is very low in comparison with other people. It means that you are a person who is absolutely not driven by the need for social acceptance or that through your answers you want to present yourself as a person who is completely unaffected by social influences.

DIMENSION

MY ACTIONS



SUBDIMENSIONS:



ORGANISATION



ORDERLINESS



CONSCIENTIOUSNESS



CAUTION



ENDURANCE



INNER-DIRECTEDNESS

**MODERATE 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 moderate in comparison with other people. It means that in your life you have a varied approach towards decision-making and taking action. You generally don't need advisers. When you want to, you are able to decide which line of action you are taking, which option is the most beneficial for you. However sometimes you are dependent and subordinated to what other people say. In that case you base your decisions on the advice of those surrounding you, putting your fate in their hands. There are moments when you act according to what you believe in and know that you are right. Still sometimes you consult with others and give power over yourself over to them. From time to time you make decisions quite spontaneously, on the spur of the moment, under the influence of an impulse and strong emotions. Other times you need to think, analyse the possible advantages and disadvantages and then choose an option with a cool mind. You usually do not need external support and you are a proactive person able to act and control yourself individually, but it may occur that you won't take any action without support and will stop and wait for a command. Your daily functioning is also varied. It is possible to notice and value your actions for their orderliness, their logical sequence of steps, completing tasks according to plan but other times there is chaos and disorder visible both in your actions and in the place you are located in. Due to this inconsistency your work must be submitted to control.

Occasionally you complete a task carelessly or submit something after a set deadline. You do not always care for the outcome, sometimes a lack of attention to detail is present. There are times when you are a diligent and task-oriented person but other times you choose to relax and have fun over studying. Sometimes you may be described as a persistent, goal-oriented and very durable person and other times you are described as a person with only short-term eagerness.

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

**ORGANISATION**

Your result on the scale of the **Organisation** subdimension means that you approach both

private and school matters quite spontaneously. You don't need to set precise goals for the coming weeks or days to function. However, this can cause a lot of chaos and wasted time on unnecessary activities. Lack of your organisation may cause last-minute action. You probably think that you are perfectly comfortable in your chaos, but by failing to plan your work, without prioritising your actions and acting at the last minute, you can disorganise the work of others. It is possible that by jumping from task to task you generate unnecessary confusion and thus you are perceived as careless.



ORDERLINESS

Your result on the scale of the **Order** subdimension means that in your daily life, both privately and at school, order and tidiness around you is not a key issue and you can carry out your daily tasks calmly when there is a mess or "artistic chaos" around. You don't care about tidiness and cleaning is alien to you. Quite often you look for different things, including important notes. Most likely, things are scattered and not necessarily where they should be in your closets and drawers. Lack of order affects the organisation of your studying, as searching for materials leads to a waste of time or multiple attempts at recalling important information.



CONSCIENTIOUSNESS

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



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 belong to a group of people who are not able to work many hours or days and sometimes even weeks on one task. You are a person who definitely prefers to choose to do several shorter or easier tasks than a single big task. You prefer variety, more frequent changes than monotony. You may find it difficult to concentrate on one task, which results in you getting distracted and then getting tired or bored with the subject and finally giving it up. Performing one activity for a long time is tiresome for you and completing the task is not so important for you, as to fight with yourself

in order to reach its end.



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.



ORGANISATION

- The way you organise your everyday life and learning greatly influences how you are perceived. Your actions and activities you do also influence others. Very often the success of other people's work may depend on your punctuality or delivery of a task. Remember that by setting priorities and planning your work, you save energy and time spent on ill-considered or unnecessary activities. Also remember that writing down tasks to do, using a notepad or a diary helps in everyday organisation of life.



ORDERLINESS

- The way you look, what you surround yourself with, and the order you generate around you have a strong influence on the first impression you make on new people as well as on the image you build every day. Remember the so called "devil's effect" in psychology, which manifests itself in the tendency to automatically attribute negative personality traits based only on the first impression. This means that it is highly probable that a stranger who sees you for the first time in your unclean room or with your messy notes and general disorder around you will automatically add some negative features. They will describe you as untrustworthy, unreliable, or negligent, which does not have to be true, but for that person it will be obvious.



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 work with full commitment so that the tasks entrusted to them are performed to the best of their ability.



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 to achieve success in many cases. It is mainly the people with such an approach who celebrate achieving their goals. Short-lived energy for tasks makes you waste a lot of energy and time on activities, the outcome of which you will never see due to the interruption of a task. However, the completion of the tasks is still something to be developed. It is a matter of work and self-training. Ultimately, you can practice the

habit of completing the activities you become involved in, regardless of the level of their 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.