

Profi Competence Tests for Young



REPORT MY ACTION

Report: Name

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REPORT TEST

MY SCHOOL

My School Test is a multidimensional tool used in personality testing in the context of numerous areas of your school life. This method allows for an accurate and detailed description of your personality in terms of how you act and function in school based on an individual profile determined by your age, gender and experience. The tool identifies your key predictors for success in school or in your future career. It examines your level of performance, attitude and goal orientation, as well as the charisma associated with leadership. It gives information about the inner strength needed to learn and work. The report you hold in your hand presents your typical ways of behaving, feeling and thinking in different life and school situations. The test describes your performance in five sub-dimensions:



Reading the report you will find answers to a number of questions about your needs and your style of functioning at school. You will find out 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 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.

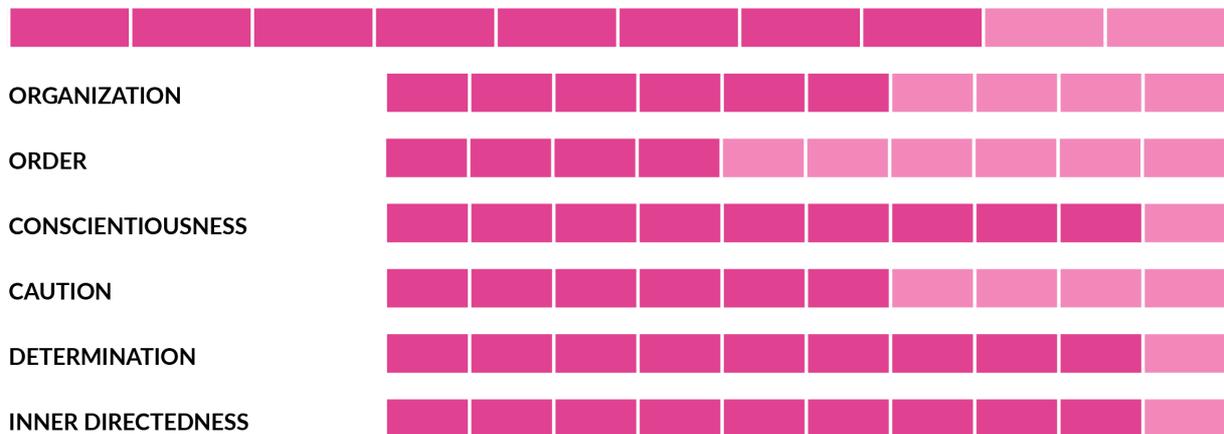
When analysing the results, decide which of the subdimensions show what is innate to you and which ones show a developed way of being. Additionally, decide which traits you would like to keep working on, which ones you would like to start working on and which ones you are fully satisfied with.

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.

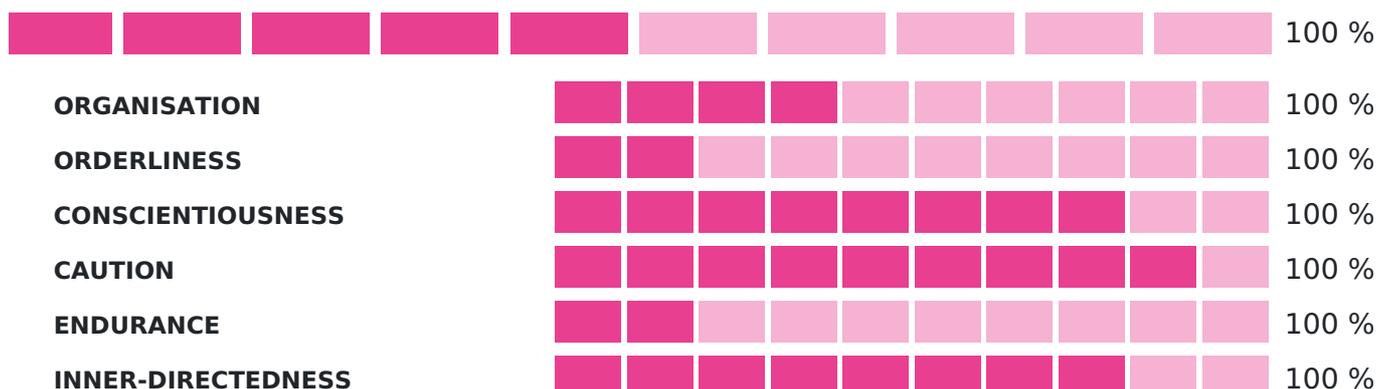
ENDURANCE

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



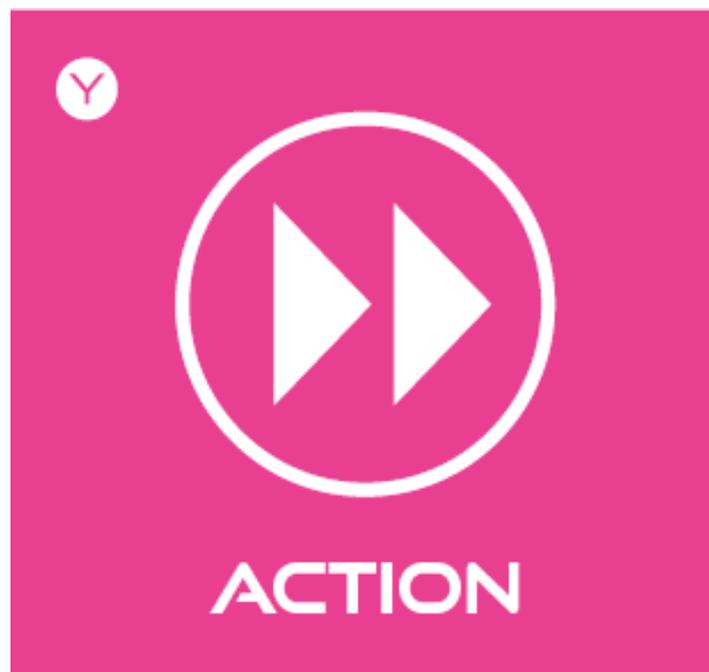
The dimension ***Social Approval*** describes the tendency to present yourself in a better light to achieve greater social acceptance. It is connected with the willingness to behave in a socially desirable and acceptable manner. The need to win social approval is also demonstrated in the test situations 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 waste time on unnecessary activities. Lack of your organization can cause last-minute action. Of course, for many people it is motivating, but ultimately it generates unnecessary stress. As a person with

such a result, you probably think that you can perfectly manage in your chaos, however, without planning your work or setting priorities for actions and acting at the last minute you may disorganise other people's work. It is quite possible that you generate unnecessary confusion by jumping from task to task, and thus you are a person perceived as inaccurate, very often unprepared for classes.

REMEMBER: 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

Your result on the scale of the **Order** subdimension means that in your daily life, both privately and professionally, order and tidiness around you is not a key issue and you can easily carry out your daily tasks calmly when there is a mess or "artistic disorder" around. You don't care about tidiness and cleaning is alien to you. You look for different things quite often, including important notes. It is most likely that in your closets and drawers things are scattered and not necessarily where they should be. Lack of order affects your organisation of work, because searching for documents, important information stored somewhere in an unspecified place results in a waste of time or recalling important information multiple times.

REMEMBER: 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

Your result on the scale of the **Conscientiousness** subdimension means that you fulfill your obligations quite meticulously. Both in your private life and at school you approach all your tasks responsibly and when you commit yourself to something, you can always be counted on. You usually do your job as best as you can and you are rather unlikely not to finish something you started. Most frequently, you bring things to a conclusion within the set time limit. You can be certainly relied on because you do your job with great care and you don't need any additional control over the task you perform. You are a person who is diligent, systematic and who follows applicable rules. Having such a result, when in action you are most likely to be a person who is focused primarily on an outcome of your work that will fully satisfy you and not on the action itself. When reaching the goal or solving a task you follow the rules, you do not cheat, you do not gloss over things, but you work reliably and, if necessary, you report on your progress.

REMEMBER: 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

Your result on the scale of the **Caution** subdimension means that you belong to a group of people who carefully consider all pros and cons before making a decision. You are the real judge when you have to make a decision. Both in your private life and at school, you don't happen to make decisions 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 decide on something, you examine all the risks, all the possibilities available and possible consequences. Before you start to act, you arrange all possible scenarios in your head, still having the possible dangers under control. No risk will escape your attention. This protects you from risky decisions in life, but on the other hand, it does not allow you to take advantage of opportunities where decisions have to be made very quickly, sometimes intuitively. You are alien to bravado, carelessness and all kinds of clueless games. If you decide on something, you are fully aware of the possible opportunities and threats. With such a result, you are most likely faced with constant and excessive doubts and a constant, even tiring analysis of the situations you are in.

REMEMBER: 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

Your score on the scale of the **Endurance** subdimension means that you belong to a group of people who are unable to study in one direction or work for many hours or days and sometimes even weeks on a single task. You are a person who definitely prefers to choose to do several shorter or easier tasks rather than one bigger assignment. You prefer variety, more frequent changes than monotony. It may be connected with your difficulties in focusing on one task, which results in you getting distracted, then becoming tired of the subject and finally in you giving up on it. It is very likely that you are characterised by so-called "short-lived energy". This means that you take action in one direction, but unfortunately you often change your mind and discontinue one task in favour of another. It is rather tiresome for you to do one thing for a longer time, and it is not so important to finish the task if you have to struggle with yourself to complete it.

REMEMBER: 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

Your result on the scale of the **Inner-directedness** subdimension means that both in private life and at school you make conscious decisions and you don't avoid responsibility for them. You are rather an independent and active person. You don't want to be the result of someone's actions. It's you who sets directions, otherwise you would lose a sense of control. You are strongly convinced that you can rely on yourself, your thoughts and intuition. You need

listeners to accompany you when you analyse difficult issues on your own, but you don't need a person who will suggest how you should do something. You are predisposed to being a leader as you are not used to subordination, conformism or a rigid way of thinking. You may find it difficult to recognise authority as for you the biggest authority is yourself. Do's and don'ts as well as rules of conduct created by someone else have a rather bad effect on you. You feel best when everything depends on you, when you have full control over a situation, when you plan your learning and your life in your own way. You don't need flattery or reinforcement from others. You know your own value and somebody else's opinion doesn't change your self-esteem.

REMEMBER: 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.



ORGANISATION

- Your spontaneous action is probably interesting and full of surprises, but learn to set goals and priorities to act according to your plan. Otherwise, you will pursue someone else's goals in life.
- Learn to work with a notebook or calendar. This way, you won't forget about any meeting or a task to complete.
- Before you start, analyse whether you have all the necessary aids, information and documents. This will allow you to start and finish the task, without unnecessary breaks.
- Know your rhythm of the day, when you are at your best, and when your energy drops. Learn to plan tasks according to your energy level during the day. This will make you work more efficiently.
- Practice the habit of acting according to the plan, without distracting or introducing sudden changes.
- Come to the meetings on time to avoid disorganising the work of others.
- When you're meeting someone for a particular matter, think about it earlier and prepare yourself for the meeting.



ORDERLINESS

- Maintain order in your surroundings - remember that what you are surrounded by gives others a lot of information about you.
- Remember that orderliness saves time when looking for things and information. So keep a habit of putting documents and notes back to their right place.
- Schedule time to clean up your documents, both those related to your school and the private ones. Many of them are probably out of date and you can get rid of them successfully by gaining more space in cabinets and drawers.
- If your computer is your work tool, schedule time to organise files in folders and clean your desktop from unnecessary sheets and documents.
- Make a list of the places in your room and home that need to be cleaned up, and then systematically remove the tidied up places from the list. You'll feel better and more comfortable with every step. In a tidy space you will have more energy to act.
- Take care of the first impression you make on people, the way you look and the state of the place you stay at.



CONSCIENTIOUSNESS

- Keep on working like that. Your regularity and diligence are outstanding.
- You can always be relied on, you finish things and you perform tasks with great care. Keep up this level of your work.
- Continue to make sure that the tasks that you are involved in are as diligent as they have been so far, the people around you can see it.
- Continue to be such a timely and punctual person, it has a positive impact on the image you are building.
- Continue to maintain the responsibility for the tasks entrusted to you at the level you set yourself, it shows the people around you that important issues can be put into your hands.
- If you perform tasks assigned by other people, do not feel offended by control. Control is independent of your approach to work, your diligence and accuracy. It is simply one of the

elements of the correct delegation of tasks.



CAUTION

- You're the type of person who can be entrusted with a detailed analysis of the situation before making a difficult decision. Take care of your ability to take a cool and analytical look at the subject under examination.
- Take care to check all the pros and cons behind your choice. However, don't let the deep analysis of all possible threats overshadow any possible opportunities.
- Your caution certainly protects you from ill-considered steps. But be careful so that this does not inhibit your actions. Sometimes you have to take risks to ultimately enjoy success.
- Your caution is certainly often your strong point, but be careful not to make you see the future mainly in black scenarios.
- It is good that you can predict most of the possible risks, but remember that they do not have to occur. The fact that you anticipate them allows you to prepare a possible solution or counteract it, but should not result in your failure to act.
- Remember, there are always two sides of the same coin. Sometimes you can see mainly one. It is worth talking to others and getting to know different points of view before making a the situation.decision, so as not to give up a chance because of the one-sided perspective of looking at,



ENDURANCE

- Divide your tasks into smaller ones, set up milestones with a deadline or a final hour. This will allow your mind to focus more strongly on the task at hand.
- Beware of your "short-lived energy". Don't let your work, lasting many hours or weeks, suddenly cease to interest you because of something new or more interesting.
- Prioritise among your tasks and determine when exactly you are doing only the set task without having to worry about other novelties.
- Learn how to manage yourself effectively in time and about the negative power of distracting activities.
- If a task is important to you in your life, try to get support from people who are friendly and helpful. In those moments, when you start to ease off, let them remind you of the importance of your goal.



INNER-DIRECTEDNESS

- You are a very independent person and you know perfectly well what you want and what you are supposed to do. However, you should pay more attention to people who are around you and who may often show you a slightly different point of view which may positively influence your decisions.
- Be careful with your high need for controlling the situation. Sometimes you have to let it go or partly surrender control to another person. It doesn't have to be bad. Together you can sometimes achieve more.
- Be careful so that your need to control the situation and your own life doesn't develop into the need to excessively control your close friends and family or those around you.
- Very often you are right and you can fully rely on your knowledge and intuition. However, listen to what others say. Nobody is a walking encyclopedia. You don't have full knowledge about everything you do either. Therefore you should open up to listening to people.
- High inner-directedness affects high self-confidence. Be careful not to cross the border

becoming an arrogant person who knows everything best and thinks that they should decide about everything and everyone.