

Profi Competence Tests for Young



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REPORT TEST

MY SELF-ASSESSMENT

My Self-Assessment Test is a multidimensional tool used in personality testing in the context of numerous areas of your private and school life. It allows for an accurate and detailed description of your personality in terms of self-esteem resulting from your individual profile determined by your age, gender and experience. The tool examines your self-esteem and assesses your attitude and behaviour. It shows your attitude to your own knowledge, competence, skills, attractiveness and living in harmony with yourself. The report you keep in your hand describes your way of thinking about yourself. It shows you how you evaluate your own morality, how you are internally consistent with the values. It shows your perception of your own attractiveness as well as your acceptance of yourself among friends and family. The test describes your results in five sub-dimensions:



Reading the report you will find answers to a number of questions about your needs and your perception of yourself at home and at school among your peers. You will find out about your reactions, behaviours, attitudes, beliefs, strengths and areas for development. An extensive analysis of your results also includes recommendations from specialists in various fields. The proposed guidelines refer, among others, to your interpersonal, emotional, intellectual and physical development.

This report offers comprehensive knowledge about yourself, which can be translated into your goals and decisions in your personal 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.

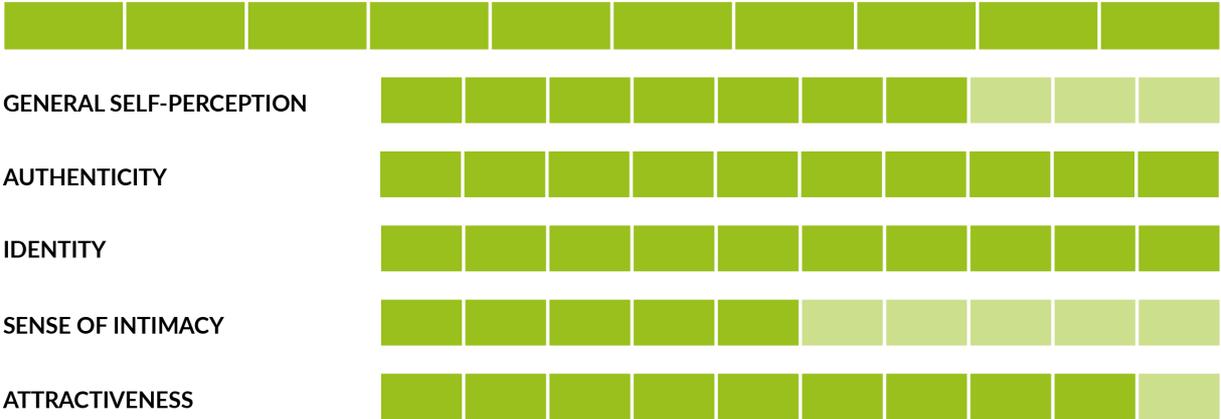
When analysing the results, decide which of the subdimensions show what is innate to you and which ones show a developed way of being. Additionally decide which traits you would like to keep working on, which ones you would like to start working on and which ones you are fully satisfied with.

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 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 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



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 SELF-ESTEEM



SUBDIMENSIONS:



GENERAL SELF-PERCEPTION



AUTHENTICITY



IDENTITY



SENSE OF INTIMACY



ATTRACTIVENESS



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 high in comparison with other people. It means that you are a 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.



GENERAL SELF-PERCEPTION

Your result on the scale of the **General Self-Perception** subdimension means that in your opinion you are a valuable person, you realize that you have a lot of abilities and competences that will help you to cope in life. You are generally a self-satisfied person. 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. You rather 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 most likely a person who has a problem determining who he or she is and what he or she is aiming for. The lack of internal coherence prevents you from making firm decisions about your life and your future. If you don't quite know who you are and what you're aiming for, you are also unable to determine what you expect from the world, from yourself and others. You don't set goals because it's impossible to set them without defining the basis, that is your values. You feel that your actions in some areas of life are chaotic, unrelated to any particular direction, which often makes them unnecessary and additionally weakening your confidence.



SENSE OF INTIMACY

Your result on the scale of the **Sense of Intimacy** subdimension means that you feel fully accepted and loved by your family and friends. You clearly experience the support that people around you offer you and you are able to benefit from 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, acceptance and friendship. You always know that in case of need you have someone to count on. You feel that others accept you just the way you are. You are an empathetic person, you can feel and give warmth to others. You can enter into close relationships and become very involved offering 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 attractive and usually you are not satisfied with your appearance. It is quite likely that you do not accept yourself in this respect. You prefer not to look in the mirror, and when it is necessary you rather don't like your appearance. You know that you don't look good in comparison to others and this lowers your self-confidence and has a negative impact on your self-esteem. Of course, if you want to, you can make up for your dissatisfaction with your appearance by saying that you feel good in other areas or by saying to yourself that it is not so important to you. However, your dissatisfaction with your physical appearance is still noticeable from time to time. The fact that you don't feel attractive disturbs you and you know that it affects both your private life and life at school.



GENERAL SELF-PERCEPTION

- Self-confidence in 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. 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 always 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, as it is known that they bring others together around them. You can fight for your attractiveness. It's a matter of a clearly defined goal and full determination. It's possible that you may strengthen your attractiveness by making subtle moves, but you don't know how. Style specialists may help you in doing so. It's also possible that you need more time to get into shape, but if you plan this out well and start to accomplish it, the outcomes will be immediately visible. Remember that every person is attractive, but this should be taken care of.