

Well done, Lyn Dale - here is how to understand your report.



Completed on Nov 12, 2020

Scores

- Your report compares your responses against those of other respondents. It provides a score that
 represents your potential to show a competency. A competency is the values, attitudes and behaviours
 that support performance and wellbeing.
- For each competency, higher scores mean your current behaviours are more likely to be effective.
- The competencies in this report are: Thinking, Study, Coping, Communication and Collaboration



Statements

Within a competency, you might have some strengths and areas for improvement. So, as well as a score, you will see feedback in three possible categories.

Positive Points:

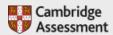
• [EXAMPLE] Are tolerant of others' views and unlikely to show impatience with others.

Neutral points:

[EXAMPLE] Can occasionally show impatience with others.

Points to improve:

[EXAMPLE] Tend to show your impatience, particularly if others disagree with you.



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Thinking

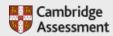
Intellectual curiosity and open thinking

5/5



Positive Points

- Typically question and analyse information.
- Need to find things out for yourself and like to be thorough with your research.
- Think of yourself as highly imaginative and as someone who can come up with lots of creative ideas.
- Probably explore problems from many different perspectives and are open to multiple possible solutions.



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Study

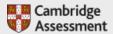
Motivation to achieve and self-management



3/5

Neutral Points

- Take a balanced approach to personal achievement, you want to do your best but are unlikely to be overly ambitious.
- Have some ideas about what you would like to do and sometimes set yourself achievable goals to reach
- Usually get on with your work but occasionally you might put off starting some routine or boring tasks.
- Similar to most students in your capacity to focus on your work and persevere until it is finished.
- Probably plan and prioritise some of your activities.
- Mainly approach work in a structured way and tend to be organised for what you need to do.



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Coping

Resilience and adaptability to demands

3/5

Positive Points

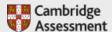
 Rarely worry and feel relaxed about most things, you might even thrive on new and unexpected challenges.

Neutral Points

Remain reasonably patient and calm when tasks or situations are frustrating.

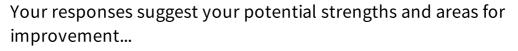
Points to improve

- Sometimes feel less positive about your capacity to cope with problems and setbacks.
- Might take some time to adapt to change and new learning environments.



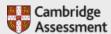
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Communication





- Moderately outgoing, you will usually start a conversation if you have some connection to a person.
- In unfamiliar situations, you might wait for others to make the first approach and potentially lose out on making new friends and connections.
- Reasonably socially confident, you tend to balance speaking and listening in group discussions, and are usually comfortable with delivering presentations as long as you can prepare.
- You may occasionally let more dominant people put you off contributing to group discussions.
- Your communication style tends to be task-focused and straight to the point.
- You may at times come across as insensitive or too direct.



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Collaboration

Your responses suggest your potential strengths and areas for improvement...



- You prefer to work independently and direct your own work.
- You might sometimes forget to consult or include others.
- You stay true to your ideas, even if it makes you unpopular.
- You rarely compromise and tend to put your own ideas first.
- You are less willing to be constrained by group rules and norms of behaviour.
- You may find it challenging to collaborate with people who like to work within rules.
- You rarely over-commit yourself and let others look after their own responsibilities.
- Be careful not to break commitments when working with others.
- You are willing to take a risk and try new things, as long as you have had a reasonable amount of time to think things through.
- Depending on the situation, you might overthink or spend too long thinking about risk and find it difficult to make a decision.