



Developing Self-Awareness and Confidence
Encouraging Enterprising Attitudes

Sample ezMe

1-8-2015

Mindscreen Experience

Personal Development Systems for Education
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Welcome

It is our pleasure to welcome you to the Mindscreen's ezMe Personal and Professional Development System for Education. Mindscreen is committed to providing you with the finest resources available. These resources are designed to inspire you to expand your self-awareness and self-confidence, identify your unique skills, define your study and career choice options and achieve your ultimate goals and desires.

What you have in your hands is a powerful and insightful personal development profile that will help you better understand yourself, your strengths, interests, attitudes and what you value in life. This profile has been made possible through many years of research and development in conjunction with pioneering educationalists and especially with the support of three extraordinary British educators: Alastair Steven, formerly of Wester Hailes Education Centre and Ian McCracken and Eddie Grady of Govan High School.

Your ezMe profile is especially designed to help you to answer the following questions:

- Who am I?
- What are my natural skills?
- What study choices tie in with my skills?
- What career options tie in with my study choices and make use of my skills?
- What do I really, really want to achieve?

Remember, as you read your ezMe profile, there is no right or wrong, good or bad profile, just different and unique profiles. Knowing who you are and what you want will give you more confidence in yourself and help you build strong self-belief and a "can do" attitude. Understanding your motivational wants and needs, natural skills, study and career options will help you make better-informed educational, career and life choices.



About Me

Did you know that being aware of who you are can help you understand why you get on better with some types of people more than others? It can help you understand why you are motivated to do some things and not others. Knowing who you are and recognising that others are different to you, and that the differences are not good or bad, just different, will help you make friends and get on with people.

This section of your ezMe profile is designed to give you personal insights helping you understand yourself better.

Put a "tick" next to the statements you strongly agree with.

Put an "x" next to any statement that you and other people such as your family and close friends agree does not apply to you.

- I like the support of others when the pressure is on to do something quickly.
- I like time to think things through and weigh up the "pros" and "cons" before choosing how to move forward.
- I think I would make a good teacher, nurse or care worker.
- I like to help and support my friends. I feel good knowing I have been of help.
- I find it easy to forgive my close family and friends.
- I prefer to put my point over in a calm, friendly, relaxed way.
- I like others to be sincere when they give me appreciation for doing a good job.
- I like others to think of me as a kind and gentle person.
- I am very good at controlling my temper.
- Rather than risk a face-to-face confrontation I sometimes agree to do something I don't want to do, and then later when asked if I have done it, act like I forgot all about it.
- Generally I prefer to avoid confrontation and choose to discuss things in a calm, friendly way.
- I like to be seen as a dependable person.



About Me

- I like a secure and stable environment.
- I enjoy doing my work when I'm with others more than I enjoy doing it when I'm alone.
- I like the good things in my life to stay the way they are.
- It takes a lot to get me to show my anger.
- I like to have plenty of time to adjust to change.
- I like to plan my activities and I can become frustrated when my plans are suddenly changed without warning.
- I want to be seen as helpful and supportive.
- As a leader I am calm, friendly, people and teamwork focused.
- I can be very modest.
- You only have to explain it to me once, because I am a good listener.
- Having a stable and secure future is important to me.
- At times I'm not as sure of myself as others are of me.



What I Want

The things that you want motivate you. Knowing what you want will help you focus and develop direction in your life.

Put a "tick" next to the statements that are things you want right now. Discuss ways to achieve what you want with other people, such as family members and close friends.

Sample wants:

- Time to perform up to his high standards.
- Public recognition for his creative imagination and ideas.
- Flattery, praise, popularity and recognition.
- Clear instructions so he can do the job right the first time.
- Rules and procedures in writing.
- To be informed when new rules and procedures are introduced.
- A safe place to learn or work in.
- To be openly rewarded for achieving his goals.
- A friendly environment.
- To be privately recognised for his quality work.
- Factual discussions.
- To be part of a quality-orientated group.



How I See Myself

Did you know that sharing the information on this page with your family and friends could help them better understand you and relate with you? This section of your ezMe profile has highlighted a selection of describing words that indicate:

How you prefer to solve "Problems"

How you prefer to interact with other "People"

How you prefer to deal with the "Pace" of your surroundings

How you prefer to react to "Policies and Procedures" set by other people.

Confronting	Talkative	Relaxed	Obedient
Demanding Commanding Go-getter Ambitious Dominant Strong-willed Forceful Determined Adventurous Competitive Decisive Daring Curious Responsible	Charismatic Inspiring Attracts others Influential Enthusiastic Friendly Believable Warm Convincing Charming Confident Optimistic Trusting Good company	Difficult to read Unhurried Predictable Composed Methodical Patient Possessive Habitual Reliable Deliberate Steady Stable	Follows rules Worrisome Careful Dependent Cautious Conventional Accuracy orientated Neat Orderly Diplomatic Accurate Polite Open-minded Balanced judgement
Middle-of-the-road Considered Cooperative Uncertain Down-to-earth Unsure Unchallenging Obliging Mild Pleasing Reserved Peaceful	Thoughtful Factual Calculating Disbelieving Analytical Restrained Distrustful Matter-of-fact To the point Pessimistic Objective	Hurried On the go Restless Ready to act Variety orientated Expressive Impatient Activity orientated Fast Changeable Energetic Spontaneous	Firm Independent Self-ruling Stands firm Persistent Opinionated Free-spirited Original Unrestrained Brave Unafraid
Agreeable	Reflective	Restless	Rebel



My Likes-Interaction

Do you know how you like others to interact with you? This section of your ezMe profile describes the things you prefer others to say and/or do when they interact with you.

Put a "tick" next to the statements you strongly agree with.

Put an "x" next to any statement that you and other people such as your family and close friends agree does not apply to you.

- Be friendly, calm and relaxed and give him your instructions in a logical order.
- Read his body language. Look for signs of disapproval and/or agreement and approval. Be accurate and factual.
- Allow time for questions. Give detailed answers.
- Follow through on your promises.
- Have a well prepared and detailed package that supports your ideas and proposals.
- Remember that creating quality work is important to him and in order to do a quality job he requires quality instructions.
- Ask "how" questions frequently to discover his plan of action.
- Keep the communication at the discussion level. Don't use a raised voice.
- Give clear instructions and re-enforce how setting goals will help him build a secure future.
- Take the time to be thorough and accurate.
- Use a polite and calm tone of voice. Describe reasons for a change in rules no matter how small.



My Dislikes-Interaction

Knowing how you don't like others to interact with you is important too! This section of your ezMe profile describes the things you would like others not to say and/or do when interacting with you.

Put a "tick" next to the statements you strongly agree with.

Put an "x" next to any statement that you and other people such as your family and close friends agree does not apply to you.

- Don't be vague. Be specific about instructions and make sure you allow time for questions or clarification.
- Don't be abrupt or rapid. Remember his need for logic and sincerity.
- Don't manipulate or bully. Remember he may agree to avoid confrontation.
- Don't criticise the quality of his work without analyzing the quality of your instructions.
- Don't keep making decisions for him. Remember personal growth comes from deciding more and more things for yourself.
- Don't set goals for him. Assist him in setting his own goals. Ownership of goals is very important.
- Don't make conflicting statements.
- Don't raise your voice. This creates tension, which will affect what he hears.
- Don't overuse authority. Keep communication at the discussion level.
- Don't be formal. He prefers a relaxed, informal environment.
- Don't force him to make quick decisions. Remember he makes decisions from data and facts, not educated guesses.
- Don't promise you will do something if you cannot fulfil the promise.



My Style and the Real Me

Your "natural behaviour", shown on the Success Insights Wheel® on the next page of your profile is known as the "real you". The real you is shown on your Success Insights Wheel® by a "dot". Your natural behaviour usually remains very similar throughout your life, changing only briefly by emotional/stressful situations such as the loss of a loved one or an un-settling situation, such as moving home.

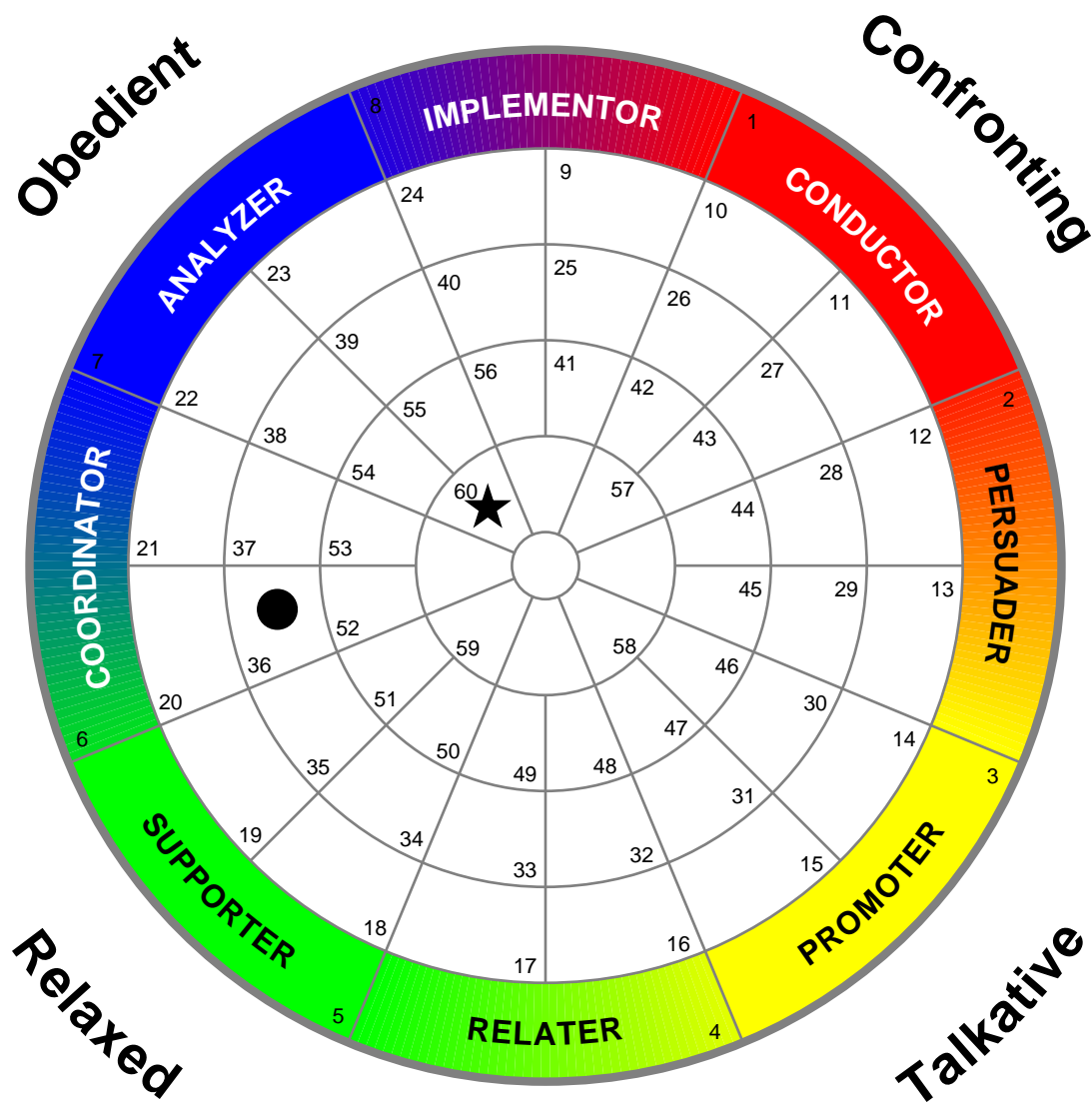
Your "adapted behaviour" is known as your "style" and is shown on your Success Insights Wheel® as a star. You may choose to adopt different styles of behaviour for different occasions, for example, when you're at home relaxing, at school or work or when you're out with your friends on a Friday night.

Did you know that the further away your star is from your dot on the Success Insights Wheel® the more you are changing/adapting/stretching your natural behaviour? Like an elastic band that is stretched out, people can stretch their behaviour to change or adapt their natural style for different situations. Maintaining this stretch over a long period of time will cause a certain amount of tension in the elastic band. Similarly those people who are adapting their behaviour for a long period may develop tension and become distressed.



My Style and the Real Me

Sample ezMe
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Norm 2014 R4

T: N/A

Personal Development Systems for Education
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My Learning Style & Needs

Do you want to make your learning more effective? After reading through your Learning Style & Needs statements, put a "tick" next to three or more that you and other people like your family, teachers and close friends agree will help you. Begin to use these techniques when learning from now on.

- Plan a block of time for studying - take a 10 minute break every hour.
- Set goals that you know you can achieve.
- Make sure you understand instructions before beginning the task.
- Get into a study routine. Participate more in class.
- Volunteer to answer questions in class.
- Put words you want to learn to spell on your bedroom mirror.
- While you are taking notes link important ideas together with arrows, boxes or circles to help organise them in a logical way. This will help you remember how each element is associated with another in the future.
- Study alone.
- Ask yourself questions - either from the book or ones that you think of. Research to find answers.
- Stick to your study routine.
- Join in class activities more.
- Tell yourself you have the ability to pass every class with high marks.



My Skills, Study & Career Choice Insights

INTRODUCTION

The following three pages will help you get a better understanding of your skills, strengths and natural talents. You will notice some skills that you knew you already had and discover others that you didn't realise you had. You will see which study options use your skills and learn about future career pathways that you'll be more suited to and more likely to enjoy.

The information on these pages will help you learn about yourself and give you valuable insights that will help you make better-informed study, career and life choices.

Wishing you success in all your endeavours, the Mindscreen team.



My Skills Insights

This section of your profile is designed to help you recognise your own natural skills. People of all ages enjoy activities that engage their natural skills; therefore gaining an understanding of your own skills now, will help you build your self-awareness and feel good about yourself.

Below you will see a selection of skills that have been highlighted based upon your answers to the on-line questionnaire. These skills have been identified as latent skills you are likely to possess.

You, your family and those who coach you can use the insights below as a valuable additional source of information to help you discover skills you may not have realised you had and further develop your self-confidence.

UNDERSTANDING	USING	SENSING	HELPING	CONTROLLING	UPHOLDING
Objective rational thinking Gathering facts Processing information Discovering Setting information out Objective reporting Analytical skills Current affairs awareness Problem solving Focus on task Summarising skills Reaching conclusions Pushing boundaries Networking connections Objective peer evaluation Neurological connections Decision making Big picture connections Auditory learning skills Vocabulary Weighing up different POV Following instructions	Future orientation Organising Problem solving Strategic planning Self-projection Counting skills Using equipment Practical application Efficiency Decision making Action learning skills Networking connections Presentational skills Big picture connections Creativity Imagination Visual learning skills Diagrammatic interpretation Hand-eye coordination Mechanical skills Practical measuring	Creativity Perceptive interpretation Designing Imagination Experiencing Creating word pictures Big picture connections Neurological connections Focus on feeling 3D spatial judgement Visual learning skills Vocabulary Environmentally friendly Very observant Empathetic skills Presentation skills Auditory learning skills Team skills Adapting communication Participation Cooperation Open to discussion Sharing ideas	Empathetic skills Focus on feeling Helping others Cooperation Consideration Sharing ideas Participation Team skills Networking connections Vocabulary Auditory learning skills Perseverance Environmentally friendly Self-evaluation & correction Weighing up different POV Objective peer evaluation	Leadership Strategic planning Self-projection Organising Big picture connections Future orientation Independent expression Independent working Perseverance Decision-making Problem-solving Summarising skills Efficiency Presentational skills Networking connections Synthesizing skills Assimilation Hand-eye coordination Focus on task Deriving activity from instruction Practical measuring Mechanical skills Visual learning skills Objective peer evaluation Practical application	Judgement Setting information out Organising Self-evaluation & correction Focus on task Deriving activity from instruction Note taking Gathering facts Following instructions Counting skills Analytical skills Objective reporting Summarising skills Strategic planning Participation Presentation skills Vocabulary Designing Practical application Practical measuring Hand-eye coordination Mechanical skills Problem solving Efficiency Perceptive interpretation Very observant Big picture connections Networking connections Flexibility Experiencing Creativity Imagination Visual learning skills 3D spatial judgement Independent working Independent expression Pushing boundaries
Open to discussion Presentational skills Action learning skills Using equipment Practical application Mechanical skills Practical measuring Diagrammatic interpretation Counting skills Efficiency Hand-eye coordination Experiencing Focus on feeling	Sharing ideas Open to discussion Flexibility Weighing up different POV Vocabulary Reaching conclusions Very observant Cooperation Team skills Consideration Participation Helping others Following instruction Empathetic skills Designing Focus on feeling Creative writing Compassion Experiencing	Practical application Diagrammatic interpretation Hand-eye coordination Mechanical skills Action learning skills Practical measuring Objective peer evaluation Focus on task Deriving activity from instruction Pushing boundaries Gathering facts Counting skills Future orientation Strategic planning Setting information out Efficiency Analytical skills Objective rational thinking Reaching conclusions Organising	Presentation skills Open to discussion Focus on task Hand-eye coordination Practical application Practical measuring Efficiency Independent expression Independent working	Team skills Weighing up different POV Vocabulary 3D spatial judgement Sharing ideas Objective rational thinking Gathering facts Analytical skills Reaching conclusions Setting information out Open to discussion Consideration Cooperation Empathetic skills Experiencing Focus on feeling Following instructions Environmentally friendly	Designing Practical application Practical measuring Hand-eye coordination Mechanical skills Problem solving Efficiency Perceptive interpretation Very observant Big picture connections Networking connections Flexibility Experiencing Creativity Imagination Visual learning skills 3D spatial judgement Independent working Independent expression Pushing boundaries
UNDERSTANDING	USING	SENSING	HELPING	CONTROLLING	UPHOLDING



My Study Choice Insights

This section of your profile is designed to give you insights into the subject areas that are aligned with your own natural skills, interests, attitudes and what you value in life. Studying subjects that engage your natural skills and motivational wants and needs will help you excel and will be more enjoyable for you.

The study choice insights highlighted below have been created from the answers you gave to the on-line questionnaire. You, your family and those who coach you can use the study choice insights as a valuable additional source of information and help you pick subjects you are more likely to enjoy learning about.

Please note that the study choice insights below are designed to be used as helpful hints and should not form the sole basis of your subject choice decisions.

UNDERSTANDING	USING	SENSING	HELPING	CONTROLLING	UPHOLDING
Chemistry Physics Information Technology Mathematics Business Management Accountancy & Finance Economics Administration Languages History Geography Biology	Accountancy & Finance Economics Business Management Administration Physics Information Technology Chemistry Mathematics Physical Education Technical Studies Home Economics Craft & Design	Drama Music Art & Design Graphic Communications Languages Biology Geography History Social & Vocational Studies Contemporary Social Studies	Contemporary Social Studies Social & Vocational Studies History Languages Biology Geography Religious Studies	Business Management Administration Chemistry Information Technology Physics Mathematics Technical Studies Physical Education Craft & Design	Religious Studies History Administration Chemistry Information Technology Physics Mathematics Accountancy & Finance Languages Geography Biology
Modern Studies Technical Studies Craft & Design Physical Education Home Economics Drama	Languages Modern Studies Biology Geography History Contemporary Social Studies Social & Vocational Studies Graphic Communications Music Art & Design Drama	Physical Education Technical Studies Craft & Design Home Economics Mathematics Chemistry Physics Information Technology Accountancy & Finance Economics Administration Business Management	Modern Studies Craft & Design Physical Education Home Economics Technical Studies Administration Business Management	Modern Studies Graphic Communications Languages Biology Geography History Religious Studies Social & Vocational Studies Contemporary Social Studies	Craft & Design Physical Education Home Economics Technical Studies Business Management Administration Graphic Communications Modern Studies Art & Design Drama
UNDERSTANDING	USING	SENSING	HELPING	CONTROLLING	UPHOLDING



My Career Choice Insights

This section of your profile is designed to help you define the career options that are more likely to use your skills and engage your motivational wants and needs.

Happiness in a job is partly determined by whether or not you feel personally fulfilled by the work you do; therefore it's vitally important to enter into a career that satisfies your motivational wants and needs and allows you to use your natural skills. You will have heard of the term "job satisfaction". This is much more likely to occur when the person's natural skill set, previous learnings and motivational wants and needs are aligned with the job requirements.

You, your family and those who coach you can use the highlighted career insights below as a valuable additional source of information helping you develop meaningful educational and career planning options.

UNDERSTANDING	USING	SENSING	HELPING	CONTROLLING	UPHOLDING
Journalist Chemist, Pharmacist Solicitor (Lawyer) Forensic Scientist Doctor Veterinary Surgeon Dentist Aircraft Pilot	Business Enterprise Accountant Sales Representative Engineer	Entertainer Dancer Musician Designer Actor Architect Photographer	Doctor Teacher Nursery Nurse Dentist Youth & Community Worker Registered Nurse Veterinary Surgeon Interpreter Customer Service Assistant Playworker Health Care Assistant Firefighter Care Assistant Veterinary Nurse Police Constable Health & Fitness Instructor Paramedic Ambulance Technician Teaching Assistant Clerk Secretary Receptionist Waiter/Waitress	Business Enterprise Accountant Forensic Scientist Solicitor (Lawyer) Aircraft Pilot Chemist, Pharmacist Engineer Sales Representative Sportsman/woman Painter & Decorator Motor Vehicle Mechanic Carpenter, Joiner Army Serviceman/woman Maintenance Worker Plumber Bricklayer Glazier Health & Fitness Instructor	Crime Scene Examiner Solicitor (Lawyer) Police Constable Army Serviceman/woman Aircraft Pilot Doctor Accountant I.T. Specialist Teacher Dentist Veterinary Surgeon
Teacher Crime Scene Examiner Website Designer Accountant Engineer	Lab Technician Electrician Engineering Operative Sportsman/woman Painter & Decorator Motor Vehicle Mechanic Carpenter, Joiner Army Serviceman/woman Maintenance Worker Plumber Bricklayer Glazier Bank Cashier	Interpreter Teacher Make-up Artist Jeweller Chef Illustrator	Health & Fitness Instructor Paramedic Ambulance Technician Teaching Assistant Clerk Secretary Receptionist Waiter/Waitress	Sportsman/woman Painter & Decorator Motor Vehicle Mechanic Carpenter, Joiner Army Serviceman/woman Maintenance Worker Plumber Bricklayer Glazier	Interpreter Teaching Assistant Secretary Local Government Clerical Worker Optician Engineer Computer Operator Bank cashier
Air Cabin Crew Clerk Hotel Receptionist Secretary	Call Centre Operator Air Cabin Crew Teaching Assistant Youth & Community Worker	Sportsman/woman Engineering Operative Painter & Decorator Motor Vehicle Mechanic Carpenter, Joiner Army Serviceman/woman Maintenance Worker Plumber Bricklayer Glazier Bank Cashier Chemist, Pharmacist Solicitor (Lawyer) Forensic Scientist Aircraft Pilot	Air Cabin Crew Call Centre Operator Sales Representative	Interpreter Teacher Illustrator Website Designer	Sportsman/woman Engineering Operative Painter & Decorator Motor Vehicle Mechanic Carpenter, Joiner Floor Layer Maintenance Worker Plumber Bricklayer Glazier Business Enterprise Graphic Designer
Sportsman/woman Engineering Operative Painter & Decorator Motor Vehicle Mechanic Carpenter, Joiner Army Serviceman/woman Plumber Bricklayer Glazier Entertainer Dancer Actor	Registered Nurse Teacher Nursery Nurse Paramedic Dentist Doctor Social Worker Veterinary Nurse	Sales Representative Engineer Accountant Business Enterprise	Sportsman/woman Engineering Operative Painter & Decorator Motor Vehicle Mechanic Carpenter, Joiner Army Serviceman/woman Plumber Bricklayer Glazier Engineer Accountant Business Enterprise	Crime Scene Examiner Police Constable Clerk Computer Operator Secretary	Doctor Registered Nurse Nursery Nurse Paramedic Dentist Youth & Community Worker Veterinary Nurse
Entertainer Dancer Musician Actor Designer Architect Photographer	Entertainer Dancer Musician Actor Designer Architect Photographer	Entertainer Dancer Musician Actor Designer Architect Photographer	Doctor Registered Nurse Nursery Nurse Paramedic Dentist Youth & Community Worker Veterinary Nurse	Doctor Registered Nurse Nursery Nurse Paramedic Dentist Youth & Community Worker Veterinary Nurse	Entertainer Dancer Musician Actor Fashion & Clothing Designer Architect Photographer
UNDERSTANDING	USING	SENSING	HELPING	CONTROLLING	UPHOLDING