

Mindscreen

Developing self-awareness & confidence
Raising self-esteem & aspirations

Sam Sample

8-22-2023

Ready, steady, go!

Don't wait for a second longer! Start figuring yourself out now, while you're young!

Knowing yourself is vital because it helps you to recognise what you get passionate about and what you love to do. Doing what you love makes you happy!

Learning about your own natural skills is important too because later you can choose study and career paths that use your skills!

The more you know your strengths, the more your self-confidence and self-belief will grow!

Your Mindscreen experience® profile is **UNIQUE TO YOU**. It is full of insights that will help you to better understand:

- Yourself
- How your friends, family, and other people see you
- What your dreams and goals are
- What study and career paths you're more likely to enjoy
- What things make you happy and feel fulfilled

Remember, you can learn even more about yourself with these fun Lesson Plans:

easyAwareness | easyConfidence | easyBelief | easySkills | easyStudyChoice |
easyCareerChoice | easyCV | easySuccess | easyFuture

Did you know that being aware of who you are can help you to understand why you're motivated to do some things, but not others? You'll also realise why you get on better with some people, more than others.

Recognising that everyone is unique and that "your way" is not good or bad, just different, will enable you to build up your self-esteem.

This section of your profile together with the easyAwareness and easyConfidence Lesson Plans will help you to develop your self-awareness and your self-confidence.

- I can become impatient when asked pointless, unclear, or useless questions.
- I tend to like individual activities, so I can compete alone and know when I have won.
- If you do not agree with me, have a well-prepared explanation, so I can understand your reasons.
- I am sometimes more concerned about my own needs, rather than the needs of others.
- I like to ask direct questions to understand what you mean.
- At times, I get bored when dealing with repetitive or routine activities. I like to try new things.
- I like to work and socialise with people who want things done quickly.
- I like people who stick to the subject, so I can get the information I need and move on to other things.
- I respect people who stand their ground.
- I want to be seen as a winner.
- Spending a lot of time talking about things frustrates me. I am the type of person who likes others to get directly to the point.
- I like to achieve, and I could accomplish even more by understanding that the strengths others have are different from my own.
- Even if I am young, I think I'm capable of making up my own mind about things that affect me.
- Being considered unique by others is very important to me.
- Some people see me as very direct and to the point. I generally like to say what's on my mind, then take action.
- When confronted, expect me to stand my ground. In other words, I will not back down when my point of view is different from someone else's.

- I like to have an opportunity to experiment and try new things each day.
- I respect winners and those who achieve great things.
- I can become angry when I don't get my way or when I lose at an activity.
- When involved in a disagreement, I am motivated to win.
- Once I have my mind made up, others find it difficult to get me to change.
- I am at my best when things run efficiently and time is used wisely.
- I can lose attention if I do not have a challenge to work on.
- I like new and challenging activities.

What motivates one person might switch another off! Knowing your own motivational wants and needs is important because satisfying them makes you happy.

Get to know your own wants & needs and figure out what switches you on!

I want and need:

- To be privately recognised for the quality and accuracy of my work.
- To know the facts.
- To rationalise and clarify information.
- To have complex puzzles and experiments to work on.
- Straight to the point explanations.
- To be polite and diplomatic.
- To define reality and uncover the truth.
- To analyse, calculate, and reflect.
- To be cautious and careful.
- Limited distractions so I can concentrate.
- To be unemotional, inexpressive, and poker-faced.
- Facts and data to evaluate.
- Clear detailed instructions so I can do the job right the first time.

Mindscreen

How I See Myself

Check yourself out! The better you understand yourself, the more confident you will become.

Take a look at the HIGHLIGHTED STATEMENTS below. They describe how you see yourself. They'll also help you to learn:

If you are more "Confronting" or "Agreeable" when challenged

If you are more "Talkative" or "Reflective" when interacting

If you are more "Relaxed" or "Restless" in your surroundings

If you are more "Respectful" or "Rebellious" regarding rules & procedures

This section of your profile together with the easyAwareness Lesson Plan will help you to get to know yourself better.

Confronting	Talkative	Relaxed	Respectful
Demanding Commanding Driving Ambitious Dominant Strong-willed Forceful Determined Pioneering Competitive Decisive Challenging Curious Responsible	Charismatic Inspiring Magnetic Influential Enthusiastic Confident Believable Warm Convincing Charming Friendly Optimistic Trusting Good company	Logical Unhurried Predictable Composed Methodical Patient Consistent Habitual Reliable Deliberate Steady Stable	Precise Correct Factual Careful Cautious Conventional Detail orientated Neat Orderly Accurate Diplomatic Polite Open-minded Balanced judgement
Down-to-earth Considerate Cooperative Sympathetic Modest Supportive Compassionate Obliging Mild Pleasing Reserved Peaceful	Thoughtful Realistic Calculating Questioning Analytical Restrained Rational Matter-of-fact Detached Realistic Objective	Hurried On-the-go Variety orientated Ready-to-act Dynamic Expressive Impatient Lively Fast Flexible Energetic Impulsive	Firm Independent Self-ruling Adventurous Daring Unconventional Free-spirited Original Courageous Brave Unafraid
Agreeable	Reflective	Restless	Rebellious

Knowing what "switches you on" when you interact with others can help you communicate more confidently and connect with more people.

This section of your profile is all about the ways you LIKE TO ENGAGE with other people.

- I like to frequently ask questions using the word "what". For example, "what are you going to do?", "what's the best result we can achieve?"
- I like to consider what other people have said and have the time to reflect before answering.
- I like to tell people what I think, move on, and get it done.
- I like to sum up my goal plan on one page in bullet points to make the main objectives clear for myself and others.
- I like it when other people recognise my need to be objective.
- I like to be direct and to use my time wisely. To sit opposite others and talk about my aims, objectives, and targets.
- I like to have time alone to think, and I appreciate it when other people give me space.
- I like to have to-the-point conversations and keep discussions focused on action steps, outcomes, and results.
- I like to analyse everything and prefer other people to cover things in detail when interacting with me.
- I like to interact with people who are sincere.
- I like it when people give me all the facts in a straight to the point way.
- I like to interact with other people in a neutral, impartial way.

Knowing what "turns you off" when you interact with other people is important too!

This section of your profile is all about the THINGS YOU DISLIKE OTHERS TO SAY OR DO when they engage with you.

- I dislike following other people's ideas if I disagree with them.
- I dislike it when other people say what they have to say in a confusing, unclear way.
- I dislike it when other people believe and spread rumours without any consideration for the truth or facts of the matter.
- I dislike it when other people make decisions for me about solving my own problems and challenges.
- I dislike it when others are inefficient or waste my time.
- I dislike it when other people say "trust me" without first providing a well-thought-out explanation.
- I dislike it when other people draw conclusions without first allowing enough time for reflection.
- I dislike it when other people talk about things that they seem to have little understanding of.
- I dislike to be asked unnecessary questions or to be asked to repeat myself.
- I dislike it when other people ask pointless or incoherent questions.
- I dislike it when other people are irrational and talk at length without getting to the point.
- I dislike being influenced by others who want to control my destiny.

On the next page, you will see your Success Insights Wheel®.

Your "natural behaviour" is known as the "natural you" and is shown on your Success Insights Wheel® as a "dot". Your natural behaviour usually remains very similar throughout your life, changing only briefly during emotional/stressful situations.

Your "adapted behaviour" is known as the "adapted you" and is shown on your Success Insights Wheel® as a "star". People often adapt their behaviour in different situations. For example, you may behave differently at school than when you are relaxing at home or out with your friends on a Friday night.

Did you know that the further your "star" is from your "dot", the more you are changing/adapting/stretching your natural behaviour?

People are flexible. They can "stretch" their behaviour to change or adapt in order to achieve in different situations.

Think about an elastic band! It can be stretched out into different shapes and sizes, but when released, it'll go back to its natural state. Human behaviour can be "stretched" just like an elastic band.

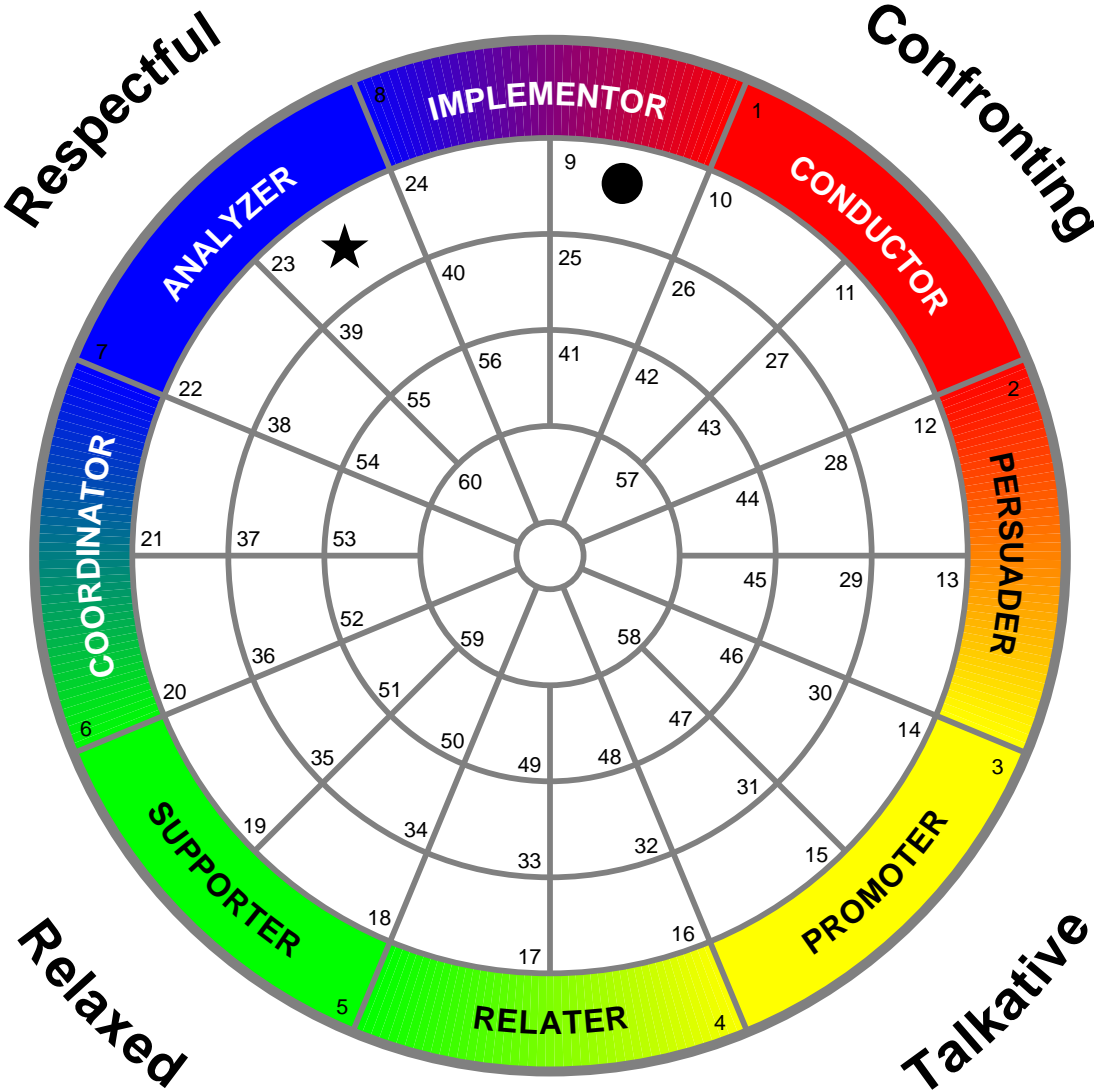
Remember, stretching an elastic band for a long period of time causes strain. Similarly, those people who are adapting their behaviour for long periods may develop tension.

The "trick" is to "know yourself" so you can "be yourself"!

Mindscreen

The Natural & Adapted Me

Sam Sample
8-22-2023



Norm 2021 R4

Would you like to get ahead in your life? Do you want to know how to do it?

Start with your future in mind!

Set yourself a goal, break it into bite-sized chunks, and start using your personal Success Tips straight-away. Remember, self-belief and success are achieved step-by-step, so congratulate yourself each time you step-up! (The easyBelief, easySuccess, and easyFuture Lesson Plans will help you).

- When in group activities take every opportunity to be in charge and lead others.
- Think visually. Capture the important points you want to learn in brief, on one page. Use mind maps.
- Detach yourself from interruptions when studying. Use the library. Study alone. Make sure you have everything you need to analyse the data and facts.
- Tell yourself that you have a razor-sharp mind and that you are very perceptive. Compliment yourself each time you clarify reality. This will help you build up your self-belief.
- Summarise your main objectives in bullet points. Set yourself targets and rewards. Do it now.
- Define where you are now. Decide what you want to achieve. Understand the gap. Identify the action steps you need to take. Reward yourself each time you step up.
- Decide which student you think is currently the best in each of the subjects you're focusing on. Compete with them until you win. Measure your results against theirs.
- Plan ahead. Break big assignments into smaller units. Focus on getting one result at a time.
- Get prepared to win. Set up an efficient study area and make sure you have everything you need at your fingertips.
- Analyse your wants and needs for the future. Create a plan. Reflect and confirm that your plan meets your requirements. Set it in motion.
- Confirm or dismiss your suspicion about something after rigorous analysis. This will help you develop certainty in your life.

INTRODUCTION

The following three pages will help you to see what your own natural skills are and which study and career choices will use your skills.

You'll 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 career pathways that you'll be more likely to enjoy.

Choosing the "right" study and career path is important because your happiness and fulfilment at school or at work depend on it.

Take a look at your Skills Insights graph first. You'll notice a selection of skills that have been **HIGHLIGHTED IN GREEN** in each of the six columns. These are the natural skills you're likely to have, whether you realise it or not!

Now take a look at your Study and Career Insights graphs. You'll see that we've **HIGHLIGHTED** the study and career options that you're most suited to.

Just remember, although these insights can help you make well-informed choices, your final decisions should not be based on them alone. Ask your family and teachers about ways to find other sources of useful study and career guidance information.

Get help to complete the Lesson Plans listed below. They'll help you to uncover opportunities for the future that you may not have thought about yet!

[easySkills](#) | [easyStudyChoice](#) | [easyCareerChoice](#) | [easyCV](#)

Mindscreen

My Skills Insights

Learning about yourself and discovering what your own natural skills are now, will help you make better choices for your future!

It's very helpful to get to know your skills, then "catch" yourself using them, because each time you realise you have a new skill your self-confidence will grow.

Check out your natural skills HIGHLIGHTED below.

THEORETICAL	RESOURCEFUL	CREATIVE	SUPPORTIVE	FRONT-RUNNER	CONVENTIONAL
Organising skills Objective rational thinking Gathering facts Processing information Discovering information Setting information out Objective reporting Analytical skills Focus on task Problem-solving Current affairs awareness Summarising skills Reaching conclusions Counting skills Objective evaluation Reasoning skills Decision making Big picture connections Auditory learning skills Vocabulary Weighing up different POV Following instructions	Future orientation Big picture connections Innovation Strategic planning Self-projection Counting skills Pushing boundaries Organising skills Presentation skills Problem-solving Inventive Efficiency Decision making Using equipment Practical application Action learning skills Diagrammatic interpretation Mechanical skills Practical measuring Visual learning skills Hand-eye coordination	Visualisation Perceptive interpretation Designing Imagination Experiencing Creating word pictures Big picture connections Originality Presentation skills Innovating Focus on feeling 3D spatial judgement Visual learning skills Environmentally friendly Very observant Vocabulary Empathetic skills Sharing ideas Team skills Adapting communication Participation Cooperation Open to discussion	Empathetic skills Focus on feeling Helping others Compassion Cooperation Consideration Sharing ideas Participation Team skills Environmentally friendly Auditory learning skills Flexibility Adapting communication Open to discussion Weighing up different POV Objective evaluation Presentation skills Vocabulary Hand-eye coordination Practical application Practical measuring Efficiency Counting skills Independent working Self-projection	Leadership Strategic planning Self-projection Organising skills Big picture connections Future orientation Independent expression Pushing boundaries Perseverance Independent working Decision making Problem-solving Summarising skills Efficiency Presentation skills Synthesizing skills Objective evaluation Action learning skills Hand-eye coordination Focus on task Operational skills Practical measuring Mechanical skills Visual learning skills Practical application Team skills Weighing up different POV Sharing ideas Participation Vocabulary Auditory learning skills Environmentally friendly Open to discussion Consideration Cooperation Empathetic skills Focus on feeling Compassion Helping others	Objective rational thinking Setting information out Organising skills Strategic planning Counting skills Gathering facts Reaching conclusions Analytical skills Objective reporting Summarising skills Note-taking Objective evaluation Synthesizing skills Processing information Participation Presentation skills Vocabulary Hand-eye coordination Practical application Practical measuring Diagrammatic interpretation Mechanical skills Action learning skills Problem-solving Efficiency Very observant Big picture connections Self-projection Innovation Experiencing Creativity Imagination 3D spatial judgement Independent working Independent expression Pushing boundaries Inventive
PRACTICAL	PERCEPTIVE	OBJECTIVE	SELF-RELIANT	TEAM-PLAYER	ORIGINAL

Mindscreen

My Study Choice Insights

Studying subjects that satisfy your interests and use your natural skills, will be much more fulfilling for you.

Think about your happiness and pick the subjects you enjoy learning about.

Remember that the study choices **HIGHLIGHTED** are more likely to use your natural skills.

THEORETICAL	RESOURCEFUL	CREATIVE	SUPPORTIVE	FRONT-RUNNER	CONVENTIONAL
Chemistry Physics Biology	Commerce Business management Economics Accountancy & finance	Drama Music Dance Art & design	Biology Chemistry Physics	Commerce Administration	Administration Civics & citizenship Accountancy & finance
Administration Information technology Accountancy & finance Mathematics Economics Languages History Geography Social sciences	Administration Information technology Physics Mathematics Technical studies Design & technology Vocational & practical studies Health & physical education	Graphic communications Fashion & textiles Environmental studies	Environmental studies Social sciences	Information technology Mathematics Physics Accountancy & finance	Biology Chemistry Physics Information technology Mathematics
		Languages Biology Social sciences	Civics & citizenship History	Health & physical education Technical studies Vocational & practical studies	Languages Social sciences History
Civics & citizenship	Languages Social sciences	Health & physical education Vocational & practical studies Technical studies Design & technology	Languages	Geography History Civics & citizenship	Health & physical education Vocational & practical studies Technical studies
Health & physical education Technical studies Vocational & practical studies Design & technology	Civics & citizenship Geography History Chemistry Biology	Information technology Mathematics Chemistry Physics	Health & physical education Vocational & practical studies Technical studies Accountancy & finance	Languages Social sciences	Design & technology Business management Commerce
Business management	Environmental studies Fashion & textiles Art & design Music	Accountancy & finance Administration Business management Commerce	Business management Commerce	Chemistry Biology	Fashion & design Arts
PRACTICAL	PERCEPTIVE	OBJECTIVE	SELF-RELIANT	TEAM-PLAYER	ORIGINAL



My Career Choice Insights

It's really important to choose a career that makes you happy and feel fulfilled. Think about your dreams and goals and ask yourself:

"Which of these career choices can help me achieve them?"

Pay particular attention to the **HIGHLIGHTED** career choices, because they're most likely to meet your motivational needs as well as use your natural skills. (The easyCareerChoice and easyFuture Lesson Plans will help you)

THEORETICAL	RESOURCEFUL	CREATIVE	SUPPORTIVE	FRONT-RUNNER	CONVENTIONAL
Scientist Crime scene examiner Solicitor, lawyer Aircraft pilot Doctor Chemist, pharmacist Dentist Vet	Company director Business manager Sales representative Accountant	Actor Writer Musician Dancer Painter Architect Interior designer Photographer Illustrator Fashion designer Beauty consultant Jeweller Chef	Doctor Nurse Paramedic Social worker Firefighter Vet Dentist Teacher Youth & community worker Charity worker Health care worker Health & fitness instructor Customer service worker	Business manager, director Politician Website developer Engineer Aircraft pilot Sales representative Solicitor, lawyer Accountant Sportsman/woman Health & fitness instructor Military serviceman/woman Technician Draftsman, planner Electrician Interpreter	Public officer, judge Solicitor, lawyer Police officer Priest, religious position Accountant Doctor Teacher Website developer Crime scene examiner Dentist Vet
Teacher Website developer Accountant Engineer Journalist	Website developer Engineer Technician	Teacher Social worker Paramedic Nurse Health & fitness instructor	Police officer Security worker Ambulance technician Administrative worker Government worker Call centre operator Receptionist Secretary	Draftsman, planner Electrician Carpenter, joiner Builder, construction worker Plumber Motor vehicle mechanic Military serviceman/woman Sportsman/woman	Interpreter Computer operator I.T. Support Sales representative Air cabin crew Travel agent Call centre operator
Government worker Police officer Hotel receptionist Secretary	Call centre operator Air cabin crew Interpreter Secretary	Sportsman/woman Military serviceman/woman Motor vehicle mechanic Carpenter, joiner Plumber Builder, construction worker Electrician Draftsman, planner Technician	Air cabin crew Travel agent Interpreter	Police officer Government worker Firefighter	Sportsman/woman Military serviceman/woman Motor vehicle mechanic Plumber Carpenter, joiner Builder, construction worker Electrician Draftsman, planner Technician Engineer Business manager Company director
Sportsman/woman Military serviceman/woman Motor vehicle mechanic Builder, construction worker Carpenter, joiner Plumber Electrician Technician Draftsman, planner Merchant, trader Company director Business manager	Social worker Nurse Firefighter Paramedic Dentist Vet Teacher Doctor Architect Designer Photographer Painter Dancer Actor Musician	Engineer Website developer Chemist, pharmacist Crime scene examiner Aircraft pilot Accountant Solicitor, lawyer Company director Business manager	Sportsman/woman Military serviceman/woman Motor vehicle mechanic Plumber Electrician Carpenter, joiner Builder, construction worker Engineer Accountant Sales representative Company director Business manager	Interpreter Youth & community worker Charity worker Social worker Teacher	Fashion designer, photographer Chef Architect Actor, dancer Painter, sculptor Writer Musician, singer
PRACTICAL	PERCEPTIVE	OBJECTIVE	SELF-RELIANT	TEAM-PLAYER	ORIGINAL