

Mindscreen

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

Sample Profile

2-16-2019

Mindscreen experience®
Email: experience@mindscreen.com Web: <https://www.mindscreen.com>

Ready, steady, go!

Do not wait for a second longer! Start figuring yourself out now, while you are 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 are 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 | easyFuture

Did you know that being aware of who you are can help you to understand why you are motivated to do some things, but not others? You will 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 easyConfidence Lesson Plan will help you to develop your self-awareness and your self-confidence.

- I may challenge systems and procedures that I think are inefficient or unreasonable.
- I like to organise my own activities and the activities of others, whether at work or play.
- I like to be seen as a leader and for others to recognise my position and status.
- When we play games, I like to win and can become frustrated when I lose.
- I am a self-starter and determined to take the action steps needed to achieve the result.
- I am sometimes more concerned about my own needs, rather than the needs of others.
- I respect winners and those who achieve great things.
- I tend to like individual activities, so I can compete alone and know when I have won.
- I like to be in control of my own destiny and choose my own way in life.
- Once I have my mind made up, others find it difficult to get me to change.
- I like to talk about what I have achieved and about my ambition for the future.
- Even if I am young, I think I am capable of making up my own mind about things that affect me.
- I will always attempt to gain a position of authority, so I can have an impact on the outcome.
- I like to be in charge and be the boss.
- I love adventure and to explore new places.

- I like new and challenging activities.
- I have a strong drive to lead others.
- Some people may think of me as a dominating person. I just want to be in charge and make decisions.
- I respect people who stand their ground.
- I play to win. If I have to take a risk to win, I usually will take that risk.
- I place a high value on my time and prefer it when others are well organised.
- When I win, I like to be acknowledged and be seen as the champion.
- When involved in a disagreement, I am motivated to win.
- 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.
- Do not ask me to take part in the decision making process if you have already made up your mind.

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My Wants & Needs

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 the boss and to be in command.
- To move around while I think and talk.
- To do things "my way" and demonstrate my skills.
- To be given information quickly and in brief.
- To control my own destiny.
- To express myself in an energetic way.
- To advance quickly and to be successful.
- To be seen as a leader.
- To experience things as I go.
- To be included and involved.
- To achieve results.
- Big picture, fast-moving situations and activities.
- To "juggle" and have variety in my life.

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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 Adventurous Curious Responsible	Charismatic Inspiring Magnetic Influential Enthusiastic Confident Believable Warm Convincing Charming Friendly Optimistic Trusting Good company	Difficult to read Unhurried Predictable Composed Methodical Patient Possessive Habitual Reliable Deliberate Steady Stable	Exacting Worrisome Careful Factual Cautious Conventional Accuracy orientated Neat Orderly Diplomatic Accurate Polite Open-minded Balanced judgement
Down-to-earth Considerate Cooperative Sympathetic Modest Hesitant Compassionate Obliging Mild Pleasing Reserved Peaceful	Thoughtful Realistic Calculating Disbelieving Analytical Restrained Rational Matter-of-fact Detached Perceptive Objective	Hurried On-the-go Variety orientated Ready-to-act Dynamic Expressive Impatient Lively Fast Flexible Energetic Impulsive	Firm Independent Self-ruling Creative Persistent Daring 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 it when other people are specific and spell things out in easy to understand language.
- I like to experience things as I go.
- I like it when other people say what they have to say clearly and quickly.
- I like to have to-the-point conversations and keep discussions focused on action steps, outcomes, and results.
- I like to interact with others in an energetic and spontaneous way.
- 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 challenges to work on, know my opponent, and compete in everything I do.
- I like to frequently ask questions using the word "what". For example, "what are you going to do?", "what is the best result we can achieve?"
- I like to tell people what I think, move on, and get it done.
- I like to "juggle" and to feel free to move from one activity to another at a moment's notice.
- I like to express myself in a lively and open way.
- 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 to voice my opinions or ideas and hear other people's opinions only when I ask for them.

My Interaction Dislikes

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 it when others dictate or demand that I do what they say.
- I dislike it when other people force me to sit still or stay in one place too long.
- I dislike it when other people focus too much on small details.
- I dislike it when other people make decisions for me about solving my own problems and challenges.
- I dislike following other people's ideas if I disagree with them.
- I dislike being interrupted by others when I am focused on a deadline.
- I dislike it when other people tell me to be quiet and block me from expressing myself.
- I dislike it when activities or discussions are dull or repetitive.
- I dislike it when other people expect me to listen at length without being involved in any other activity.
- I dislike being influenced by others who want to control my destiny.
- I dislike being told what to do without the opportunity to negotiate first.

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.

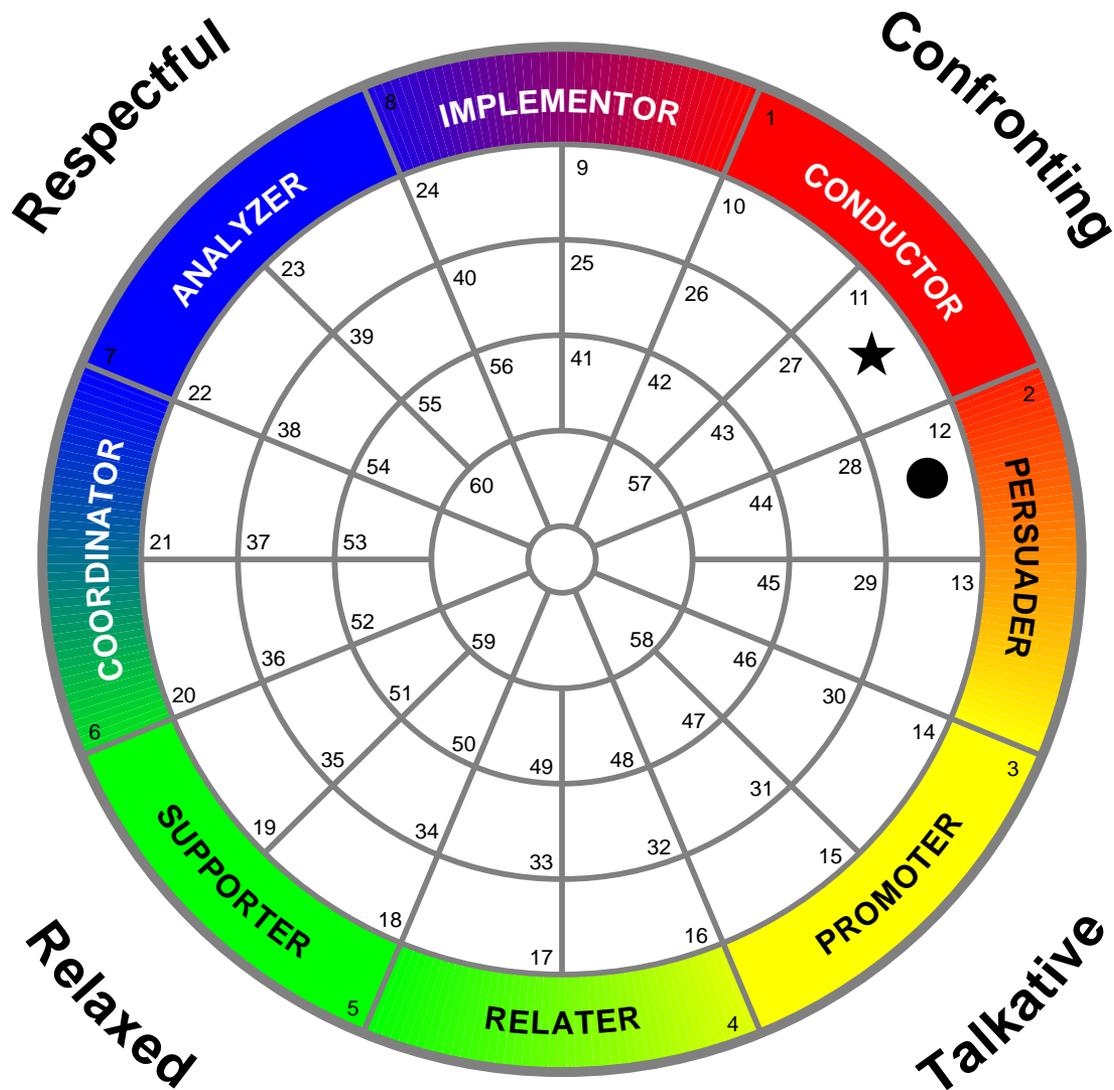
Remember, stretching an elastic band for a long period of time causes strain. Similarly, those people who are adapting their behaviour for long periods may develop tension.

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

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The Natural & Adapted Me

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Intl Norm 2017 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 and easyFuture Lesson Plans will help you).

- Focus when teachers are giving project instructions. Write down the main points. Keep a notebook especially for this. You can get more detail later if you need it.
- Plan ahead. Break big assignments into smaller units. Focus on getting one result at a time.
- Summarise your main objectives in bullet points. Set yourself targets and rewards. Do it now.
- Think visually. Capture the important points you want to learn in brief, on one page. Use mind maps.
- When in group activities take every opportunity to be in charge and lead others.
- Focus and listen when there is something important you need to hear. Congratulate yourself each time you "catch" what the person said.
- Identify the subjects that will help you achieve your goals. Remind yourself how important your goals are. Make room in your busy schedule to study and achieve top grades.
- 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.
- Tell yourself to take notes. Write down your ideas immediately. This will open your busy mind up to receive other information. You will be more organised and improve your memory too.
- Get prepared to win. Set up an efficient study area and make sure you have everything you need at your fingertips.
- Get ready to achieve. Prioritise your aims. Do not spread yourself "too thin". Focus on the things you want urgently. Take action. Reassess your targets frequently.
- Decide which student you think is currently the best in each of the subjects you are focusing on. Compete with them until you win. Measure your results against theirs.

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



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 is 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.

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



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.

UNDERSTANDING	USING	SENSING	HELPING	CONTROLLING	UPHOLDING
Biology Chemistry Physics Administration Information Technology Accountancy & Finance Mathematics Economics Languages History Geography Social Sciences	Commerce Business Management Economics Accountancy & Finance Administration Information Technology Physics Mathematics Health & Physical Education Technical Studies Vocational & Practical Studies Design & Technology	Drama Music Art & Design Dance Graphic Communications Fashion & Textiles Environmental Studies Languages Biology Social Sciences	Biology Chemistry Physics Environmental Studies Social Sciences Civics & Citizenship History	Commerce Administration Accountancy & Finance Information Technology Physics Mathematics Health & Physical Education Technical Studies Vocational & Practical Studies	Administration Civics & Citizenship Accountancy & Finance Biology Chemistry Physics Information Technology History Languages Social Sciences Mathematics
Civics & Citizenship Health & Physical Education Technical Studies Vocational & Practical Studies Design & Technology Art & Design	Languages Social Sciences Civics & Citizenship Geography History Chemistry Biology Art & Design Music Environmental Studies Fashion & Textiles	Health & Physical Education Technical Studies Design & Technology Vocational & Practical Studies Chemistry Mathematics Information Technology Physics Accountancy & Finance Administration Business Management Commerce	Languages Health & Physical Education Vocational & Practical Studies Technical Studies Accountancy & Finance Business Management Commerce	Languages Geography Civics & Citizenship Environmental Studies History Design & Technology Chemistry Social Sciences Biology	Health & Physical Education Design & Technology Vocational & Practical Studies Technical Studies Business Management Commerce Graphic Communications Fashion & Textiles Art & Design Music
UNDERSTANDING	USING	SENSING	HELPING	CONTROLLING	UPHOLDING



My Career Choice Insights

It is 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 easyFuture Lesson Plan will help you)

UNDERSTANDING	USING	SENSING	HELPING	CONTROLLING	UPHOLDING
Scientist Crime Scene Examiner Solicitor (Lawyer) Aircraft Pilot Doctor Chemist, Pharmacist Dentist Vet Teacher Website Developer Accountant Engineer Journalist	Business Enterprise Company Director Sales Representative Accountant Website Developer Engineer Lab Technician Sportsman/woman Electrician Motor Vehicle Mechanic Carpenter, Joiner Military Serviceman/woman Maintenance Worker Plumber Builder, Construction Worker Painter Decorator Roofer	Actor Dancer Musician Designer Writer Architect Painter Photographer Beauty Consultant Make-up Artist Jeweller Chef Illustrator Teacher Social Worker Paramedic Nurse Health & Fitness Instructor	Doctor Dentist Nurse Paramedic Vet Firefighter Social Worker Teacher Youth & Community Worker Charity Worker Health Care Worker Health & Fitness Instructor Customer Service Worker Teaching Assistant Police Officer Nursery Nurse Government Worker Ambulance Technician Veterinary Nurse Security Worker Call Centre Operator Receptionist Secretary	Business Enterprise Politician Accountant Solicitor (Lawyer) Aircraft Pilot Website Developer Engineer Sales Representative Sportsman/woman Health & Fitness Instructor Motor Vehicle Mechanic Carpenter, Joiner Military Serviceman/woman Maintenance Worker Plumber Electrician Painter & Decorator Builder, Construction Worker	Public Officer, Judge Solicitor (Lawyer) Police Officer Priest, Religious Position Accountant Doctor Aircraft Pilot I.T. Specialist Teacher Dentist Vet Teaching Assistant Government Worker Computer Operator Military Serviceman/woman Bank Cashier Interpreter Crime Scene Examiner Secretary
Government Worker Police Officer Hotel Receptionist Secretary	Call Centre Operator Air Cabin Crew Interpreter Teaching Assistant	Sportsman/woman Electrician Painter & Decorator Motor Vehicle Mechanic Carpenter, Joiner Military Serviceman/woman Maintenance Worker Plumber Roofer Builder, Construction Worker Chemist, Pharmacist Engineer Website Developer Scientist Aircraft Pilot	Air Cabin Crew Travel Agent Interpreter	Air Cabin Crew Travel Agent Teaching Assistant Interpreter	Sportsman/woman Roofer Painter & Decorator Motor Vehicle Mechanic Carpenter, Joiner Electrician Maintenance Worker Plumber Builder, Construction Worker Engineer Business Enterprise Graphic Designer
Sportsman/woman Lab Technician Painter & Decorator Motor Vehicle Mechanic Carpenter, Joiner Military Serviceman/woman Plumber Electrician Builder, Construction Worker Architect Dancer Actor	Social Worker Nurse Firefighter Paramedic Teacher Doctor Dentist Vet Architect Dancer Musician Actor Designer Photographer Painter	Accountant Sales Representative Company Director Business Enterprise	Sportsman/woman Motor Vehicle Mechanic Military Serviceman/woman Plumber Electrician Builder, Construction Worker Carpenter, Joiner Engineer Accountant Sales Representative Company Director Business Enterprise	Crime Scene Examiner Computer Operator Chemist, Pharmacist Lab Technician Scientist Teacher Social Worker Nurse Paramedic Doctor Dentist Vet	Actor Dancer Musician Painter Fashion & Clothing Designer Architect Photographer
UNDERSTANDING	USING	SENSING	HELPING	CONTROLLING	UPHOLDING