

# Well done, A Sample - here is how to understand your report.

Completed on Nov 03, 2021



## 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.

# CPSQ Report

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## Thinking

Intellectual curiosity and open thinking



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## Neutral Points

- Mostly question and analyse information given to you.
- Tend to be similar to most students in your interest to find things out and do your own research.
- Think of yourself as imaginative as most students and as someone who can come up with some creative ideas.
- Tend to be similar to most students in your openness to explore problems and consider multiple solutions.

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## Study

Motivation to achieve and self-management



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## Points to improve

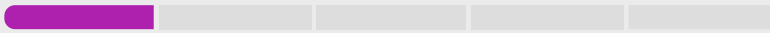
- **Probably are less interested in personal achievement than other students.**
- **May still be trying to identify what you want to do or you rarely set specific goals to work towards.**
- **Have a tendency to put off starting work.**
- **Often get distracted and may not always finish what you start.**
- **Rarely plan and prioritise your activities.**
- **Typically like to work in an unstructured way and at times can be disorganised.**

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## Coping

Resilience and adaptability to demands



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## Neutral Points

- Tend not to worry too much and cope as well as most students with new and unexpected challenges.

## 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.
- On occasion you may react with annoyance if tasks or situations are frustrating.

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## Communication

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



- **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.**
- **You show a balance between functional task-focused and warm relationship communication styles.**
- **In times of stress, you may find it challenging to maintain a balance and communicate in an empathetic and supportive way.**

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## Collaboration

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



- You work well in both team and independent settings.
- You might find it difficult to keep motivated when working alone for long periods.
- You take others' ideas into account and will usually support a compromise to avoid conflict.
- You may sometimes need to challenge group decision-making to help everyone get a better result.
- You usually follow group rules and norms of behaviour.
- Be aware that your standards of behaviour may be influenced by those around you.
- You take responsibility for ensuring your share of the work is done and will admit to any mistakes.
- You may wait for others to take full responsibility for ensuring all work is delivered.
- 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.