

TESTS

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APPENDIX B

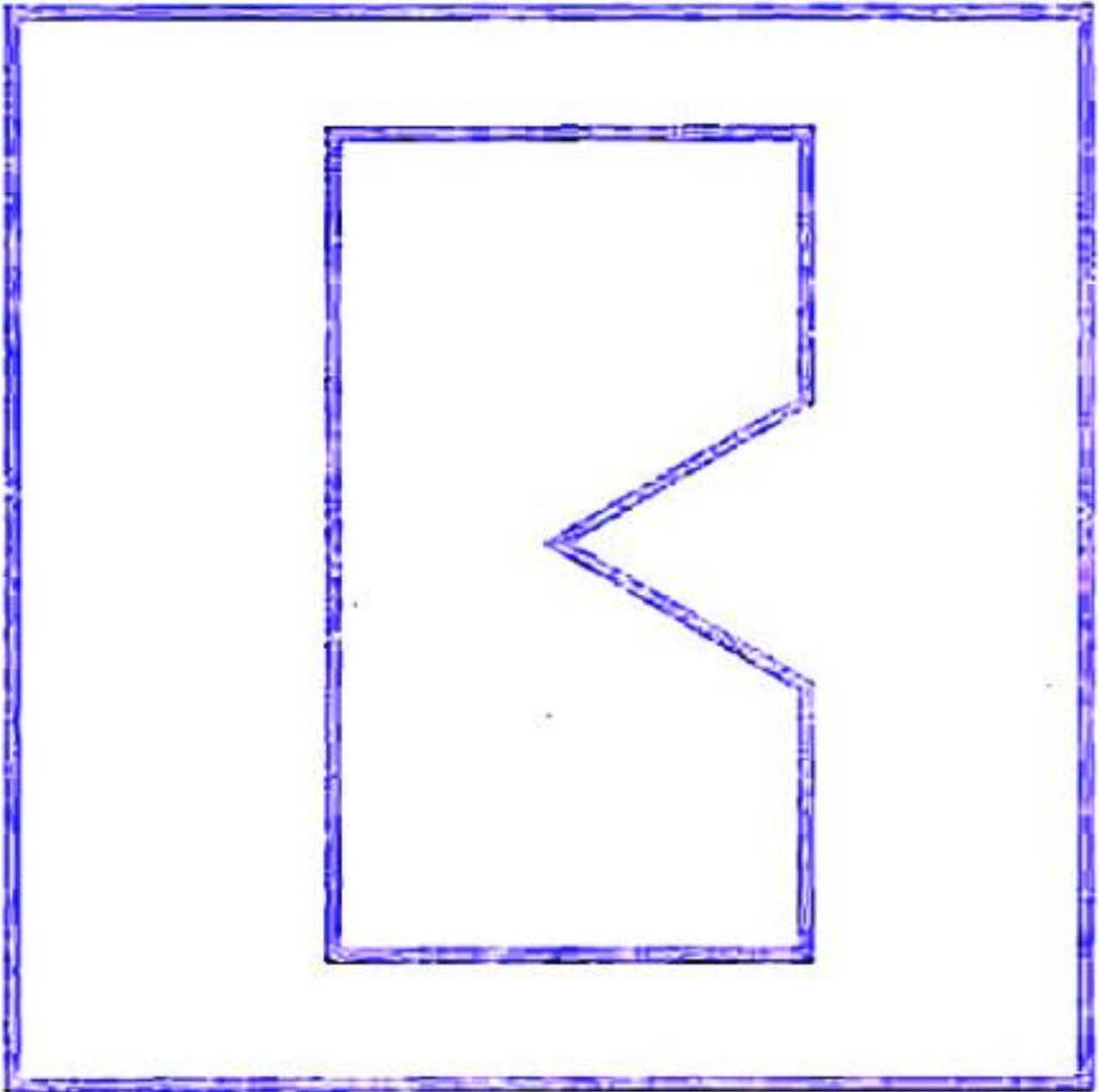


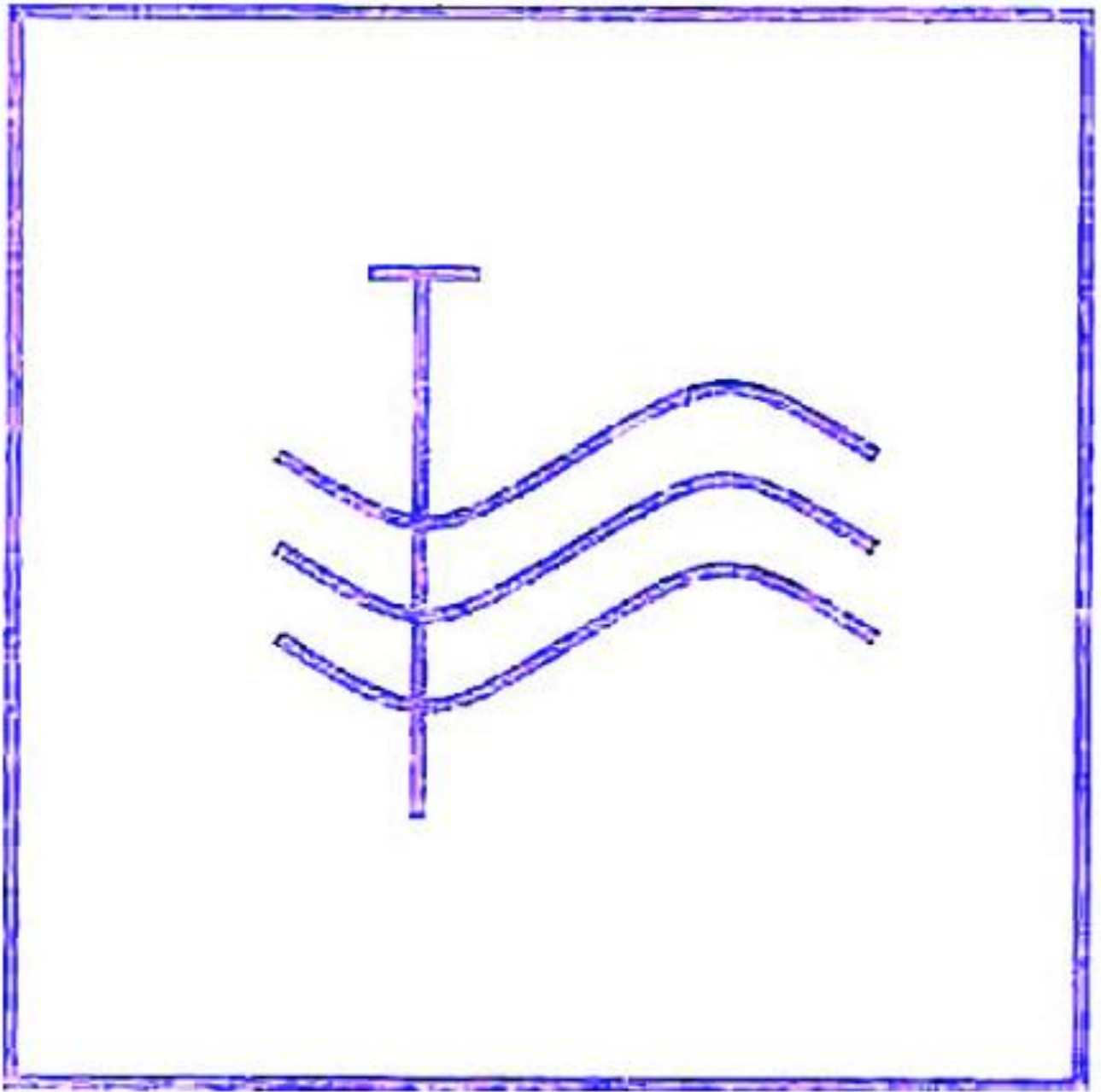
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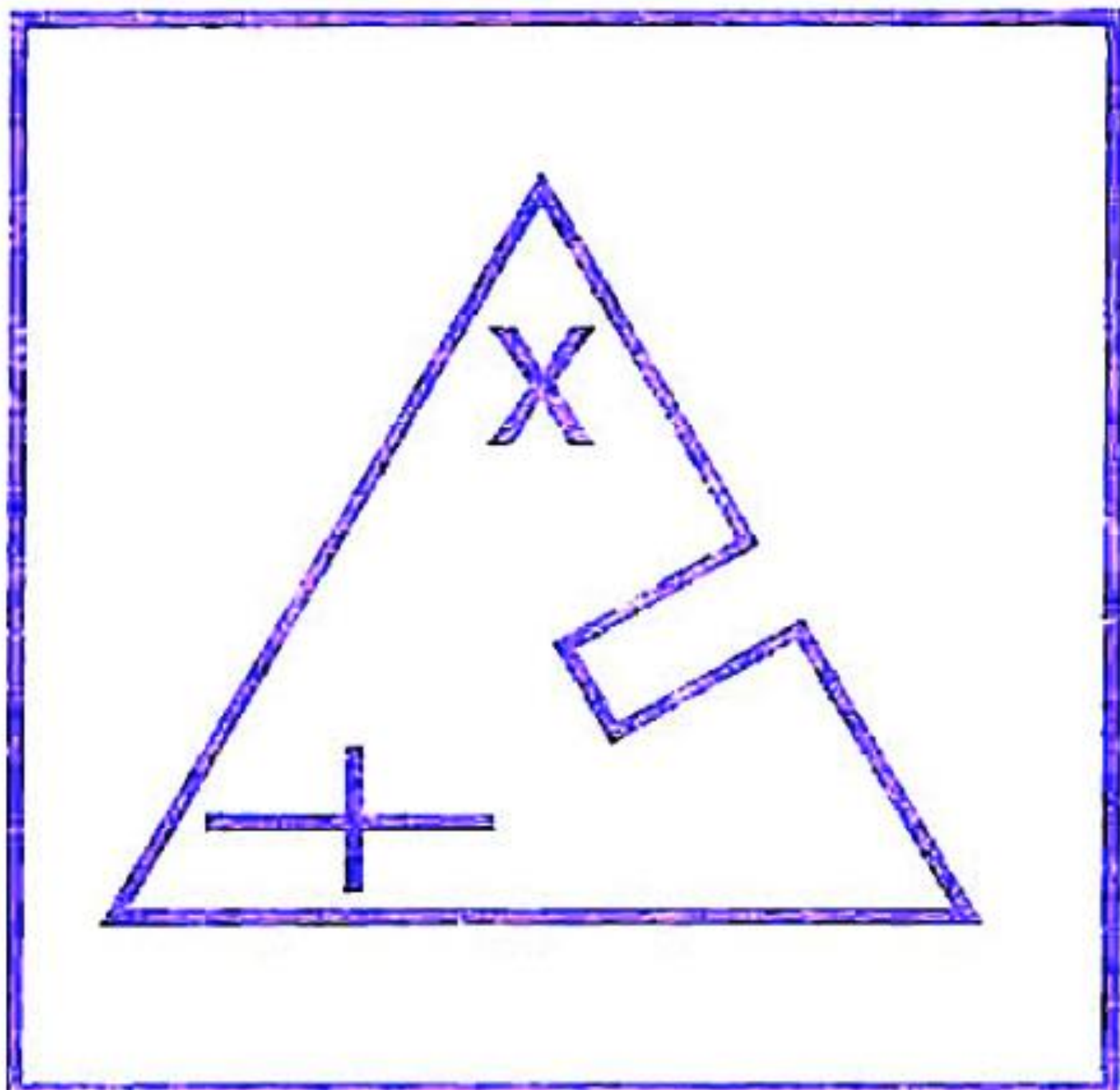
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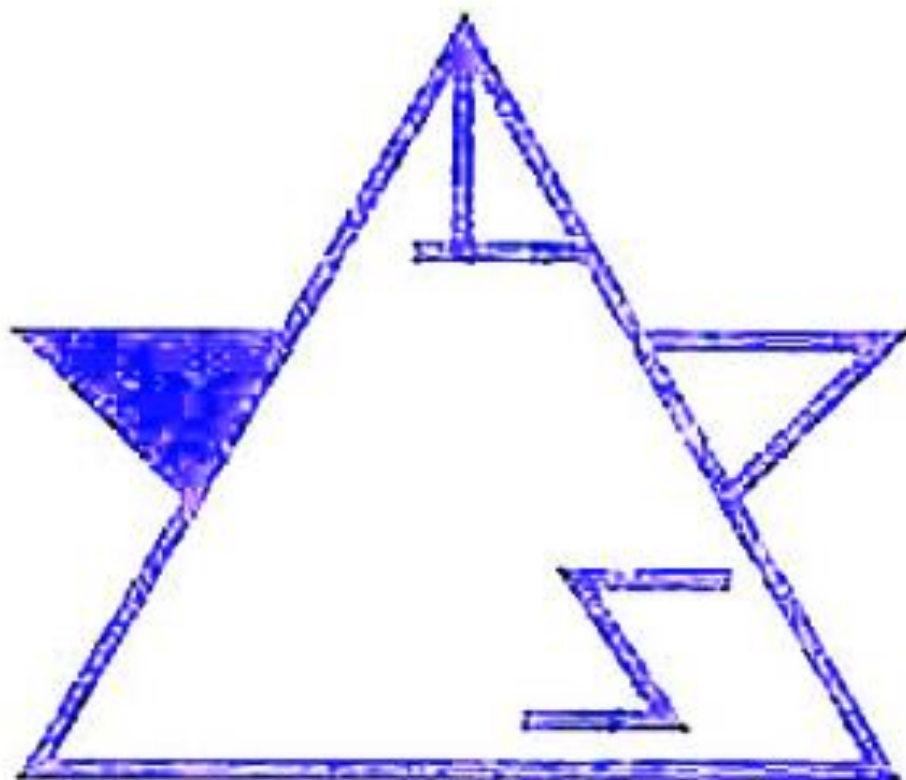
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SHAPE DRAWING FROM MEMORY









ASSERTIVENESS QUESTIONNAIRE

In this questionnaire, 10 points must always be distributed between the statements marked with (a), (b) and (c) so that the statement that is more typical of you receives more points. You may give a statement no points at all (because it almost never happens to you, for example), or you may give a statement 10 points (because this statement is much more typical of you than the other two statements). Write your answers in the appropriate section of the ANSWER SHEET!

I am a person who...

- 1 (a) allow his/her rights to be violated.
(b) protect his/her rights.
(c) violates rights of others.

- 2 (a) does not achieve its objectives.
(b) achieves its goals without offending others.
(c) achieves its goals even if it harms others.

- 3 (a) frustrated and unhappy.
(b) feels good.
(c) defensive and offensive.

- 4 (a) retractive.
(b) express your emotions.
(c) often outbursts, hateful or angry.

- 5 (a) anxious, offended.
(b) calm and confident.
(c) arrogantly confident.

- 6 (a) abandons its goals.
(b) seeks to achieve its goals so that others can achieve theirs.
(c) has no regard for the goals of others.

7 (a) is easily ensnared by others.
(b) looks at the world with interest and openness.
(c) suspicious and cynical.

8 (a) feels bad about his/her weaknesses.
(b) knows his/her weaknesses, but still loves him/herself because of that.
(c) (s)he does not know her/his weaknesses.

9 (a) let others choose for you.
(b) chooses what (s)he needs.
(c) interferes with the choices of others.

10 (a) let it be taken advantage of.
(b) protect his/her own rights.
(c) take advantage of others.

	ANSWER SHEET			
	a	b	c	Total
1.				10
2.				10
3.				10
4.				10
5.				10
6.				10
7.				10
8.				10
9.				10
10.				10
Total				100

DERS

Please mark how often the following statements are true for you!

	(almost) never (in 0-10% of the cases)	sometimes (in 11-35% of the cases)	in 36-60% of the cases	often (in 66-90% of the cases)	(almost) always (91-100% of the time)
1. I am aware of my feelings.					
2. I pay attention to what I feel.					
3. I experience my emotions as overwhelming and uncontrollable.					
4. I have no idea how I feel.					
5. It is difficult for me to attribute meaning to my feelings.					
6. I am attentive to my feelings					
7. I know exactly how I feel.					
8. I care about how I feel.					
9. I am confused about my feelings.					
10. When I'm upset, I acknowledge my feelings.					
11. When something upsets me, I get mad at myself for feeling that way.					
12. When I'm bullied, I feel embarrassed about it.					
13. When I'm upset, I can't do my work.					
14. When I'm upset, I lose my temper.					
15. When I'm upset, I think it's going to take a long time the condition.					
16. When something upsets me, I think that in the end it really is I will be depressed.					
17. When I'm upset, I think it's my emotions they are well founded and important.					
18. When something upsets me, I have a hard time focusing on anything else.					
19. When something upsets me, I feel like I'm losing control.					
20. I can still do my tasks even though I am disturbed.					
21. When I'm upset, I'm ashamed that I feel that way.					
22. When I'm upset, I know I'll find a way to finally feel better.					
23. When something upsets me, I feel as if I am weak.					
24. Even when I'm upset, I feel like I can control myself my behavior.					
25. When something upsets me, I feel guilty about it.					
26. When I'm upset, I have trouble concentrating.					
27. When I'm upset, I have trouble controlling myself.					
28. When I'm upset, I think there's nothing I can do to make me feel better.					
29. When I'm upset, I get annoyed that I feel this way.					
30. When I'm upset, I start to feel really bad myself for feeling this way.					
31. When I'm upset, I feel like all I can do is to sink into this state.					
32. When I am upset, I lose control a over my behavior.					
33. When I'm upset, I have a hard time thinking about anything else.					
34. If something upsets me, I take the time to figure out how i really feel					
35. If something upsets me, it takes a long time to feel good again.					
36. When I'm upset, my emotions overwhelm me.					

EAS

Children's version

Rate yourself according to the statements below on a scale from 1 (Not at all typical) to 5 (Completely typical).

	Not typical at all	Not typical	True, not true	It's quite typical	Totally typical
1. I am shy.					
2. I cry easily.					
3. I like to be with other people.					
4. I am always active, doing something.					
5. I prefer being with others than playing alone.					
6. I tend to react with emotions.					
7. I usually move slowly.					
8. I make friends easily.					
9. As soon as I wake up in the morning, I immediately run and be active.					
10. I prefer the company of others more than anything else.					
11. I often complain and cry.					
12. I am very friendly.					
13. I am very active.					
14. It takes me a long time to be in the company of strangers warm up.					
15. I get upset easily.					
16. I am a bit lonely.					
17. I prefer calm, less active games than that more active ones.					
18. I feel lonely when I am alone.					
19. I react with strong emotions when I am upset.					
20. I am very friendly with strangers.					

MORAL FOUNDATIONS QUESTIONNAIRE

Part 1. When you decide whether something is right or wrong, to what extent are the following considerations relevant to your thinking? Please rate each statement using this scale:

[0] = not at all relevant (This consideration has nothing to do with my judgments of right and wrong)

[1] = not very relevant

[2] = slightly relevant

[3] = somewhat relevant

[4] = very relevant

[5] = extremely relevant (This is one of the most important factors when I judge right and wrong)

- _____ 1. Whether or not someone suffered emotionally
- _____ 2. Whether or not some people were treated differently than others
- _____ 3. Whether or not someone's action showed love for his or her country
- _____ 4. Whether or not someone showed a lack of respect for authority
- _____ 5. Whether or not someone violated standards of purity and decency
- _____ 6. Whether or not someone was good at math
- _____ 7. Whether or not someone cared for someone weak or vulnerable
- _____ 8. Whether or not someone acted unfairly
- _____ 9. Whether or not someone did something to betray his or her group
- _____ 10. Whether or not someone conformed to the traditions of society
- _____ 11. Whether or not someone did something disgusting

- _____12. Whether or not someone was cruel
- _____13. Whether or not someone was denied his or her rights
- _____14. Whether or not someone showed a lack of loyalty
- _____15. Whether or not an action caused chaos or disorder
- _____16. Whether or not someone acted in a way that God would approve of

Part 2. Please read the following sentences and indicate your agreement or disagreement:

[0]	[1]	[2]	[3]	[4]	[5]
Strongly	Moderately	Slightly	Slightly	Moderately	Strongly
disagree	disagree	disagree	agree	agree	agree

- _____17. Compassion for those who are suffering is the most crucial virtue.
- _____18. When the government makes laws, the number one principle should be ensuring that everyone is treated fairly.
- _____19. I am proud of my country's history.
- _____20. Respect for authority is something all children need to learn.
- _____21. People should not do things that are disgusting, even if no one is harmed.
- _____22. It is better to do good than to do bad.
- _____23. One of the worst things a person could do is hurt a defenseless animal.
- _____24. Justice is the most important requirement for a society.
- _____25. People should be loyal to their family members, even when they have done something wrong.
- _____26. Men and women each have different roles to play in society.
- _____27. I would call some acts wrong on the grounds that they are unnatural.
- _____28. It can never be right to kill a human being.

_____29. I think it's morally wrong that rich children inherit a lot of money while poor children inherit nothing.

_____30. It is more important to be a team player than to express oneself.

_____31. If I were a soldier and disagreed with my commanding officer's orders, I would obey anyway because that is my duty.

_____32. Chastity is an important and valuable virtue.

To score the MFQ yourself, you can copy your answers into the grid below. Then add up the 6 numbers in each of the five columns and write each total in the box at the bottom of the column. The box then shows your score on each of 5 psychological "foundations" of morality. Scores run from 0-30 for each foundation. (Questions 6 and 22 are just used to catch who are not paying attention.OK.).

12		13		14		15		16			
17		18		19		20		21		22	
23		24		25		26		27			
28		29		30		31		32			

Harm /
Care

Fairness /
Reciprocit

In-group/
Loyalty

Authority /
Respect

Purity /
Sanctity

For each question, fill in your response (0 to 5) to the right of each question number.

Once you've filled in your response for each question, add up your responses for each column,

FITNESS TEST

Circle the answers to the questions!

1. In an average week, how many times do you do sweaty physical activity for at least 20 minutes?

(a) not once (b) once (c) twice (d) three times (e) more than three times

2. In the past week, how much time did you spend lying down without sleeping?

(a) less than 2 hours (b) 2-4 hours (c) 4-6 hours (d) 6-20 hours (e) 20+ hours

3. In the past week, how much time did you spend sitting or lying down, apart from sleeping and working?

(a) less than 2 hours (b) 2-4 hours (c) 4-6 hours (d) 6-20 hours (e) 20+ hours

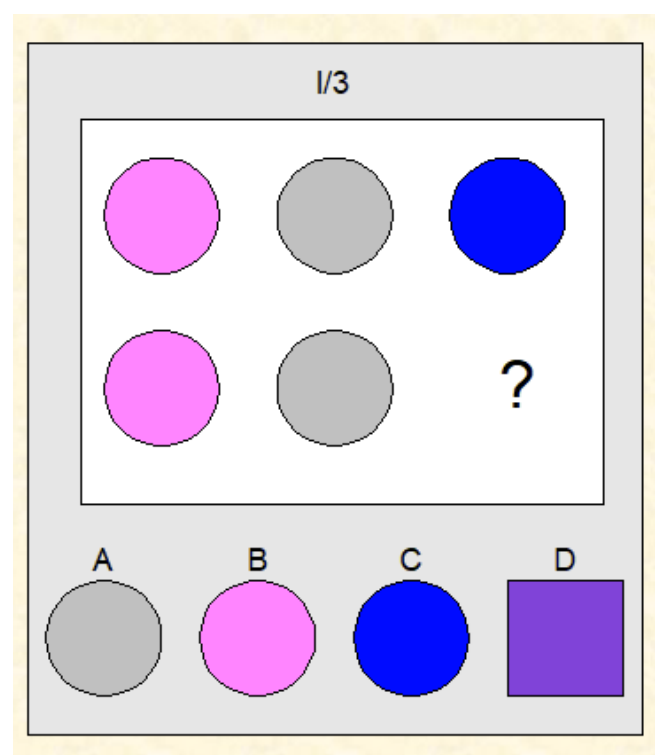
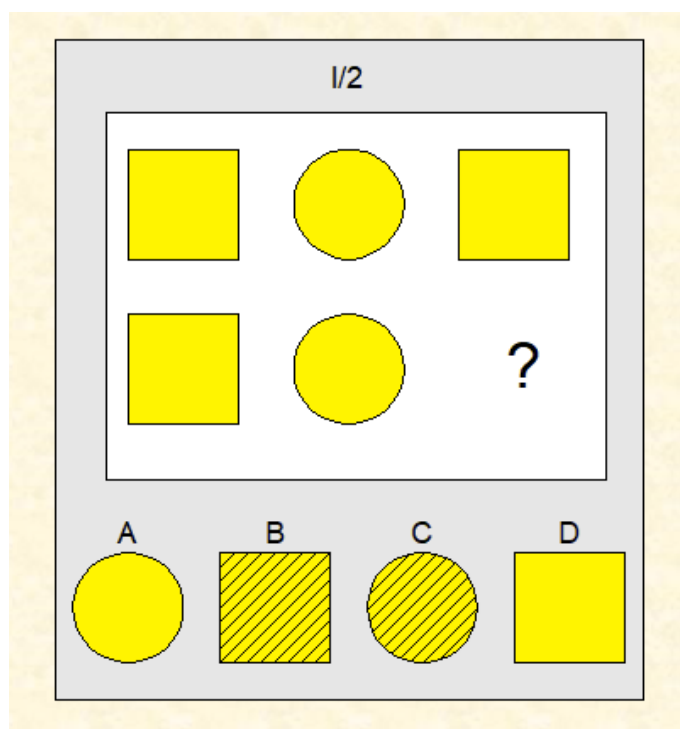
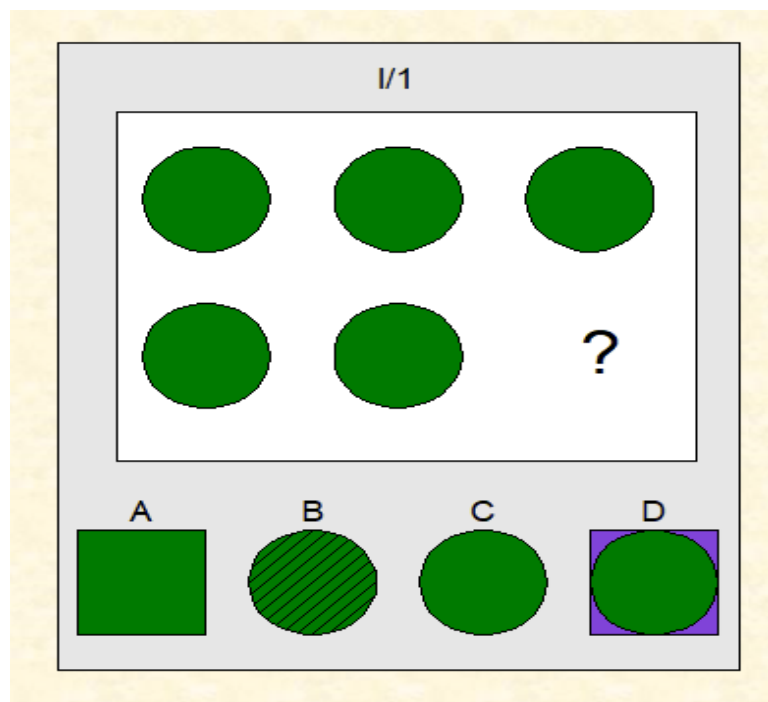
4. In the past week, how much free time did you spend doing active physical exercise (e.g. sports, hiking, gardening)?

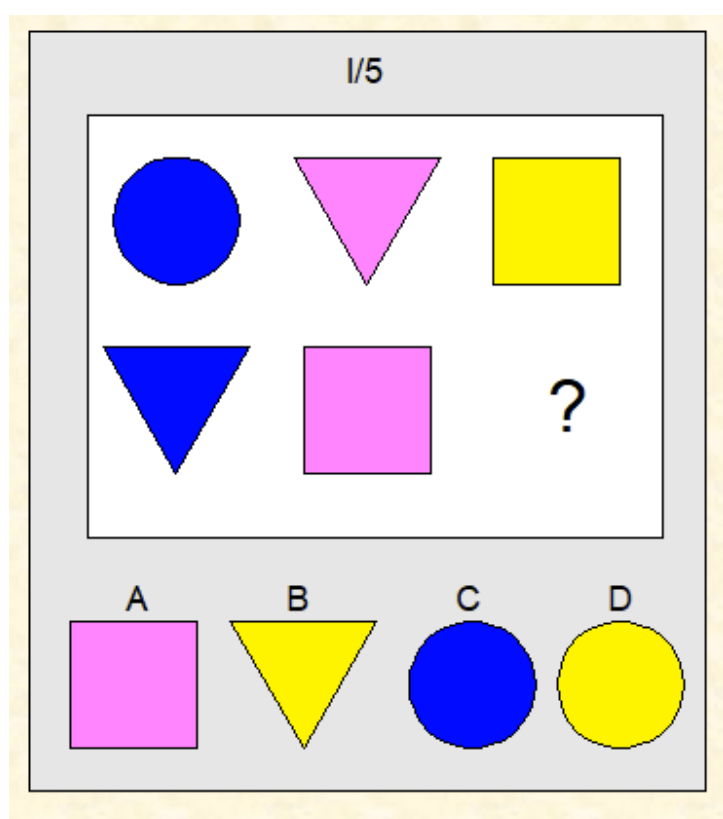
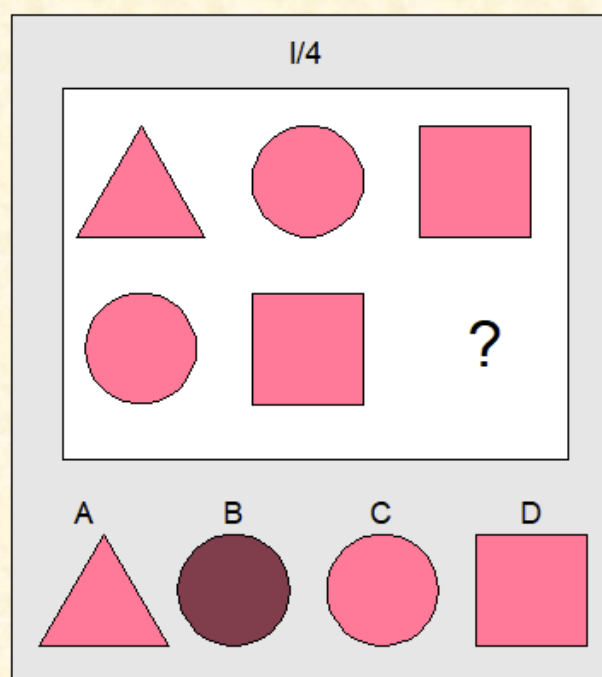
(a) 0-30 minutes (b) 31-60 minutes (c) 1-2 hours (d) 3-6 hours (e) 6+ hours

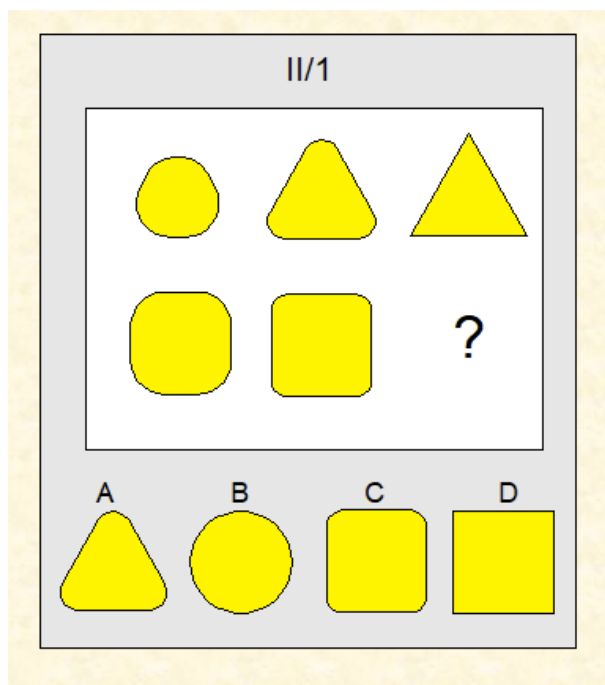
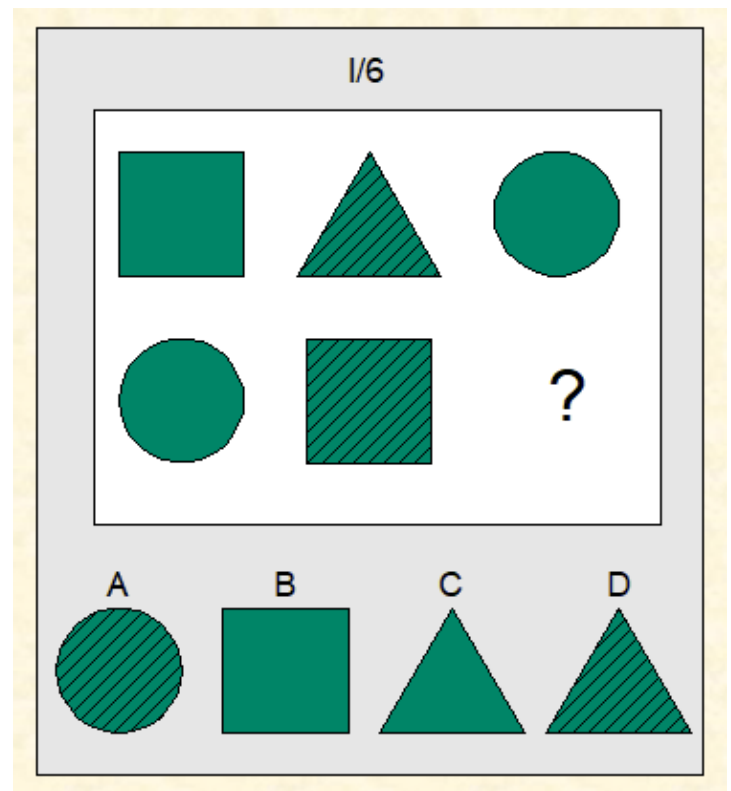
5. How much did you sleep on average per night in the last week?
(a) <5 hours (b) 5-6 hours (c) 6-7 hours (d) 7-9 hours (e) 9+ hours
6. How often do you eat healthy, without exceeding your daily calorie needs?
(a) I never eat like this (b) a few times a month (c) at least once a week[1-4] (d) 4-6 times a week (e) 6+ times
7. How often do you consume more than 150 calories and/or 37.5 grams of sugar per day?
(a) Never (b) a few times a month (c) weekly min. once [1-4] (d) 4-6 times a week (e) 6+ times
8. In the last 6 months, was there a period when you felt tired for days on end, if so how many times? (a) never (b) once (c) 2-3 times (d) 4-6 times (e) more than 6 times
9. How often have you felt dizziness, shortness of breath or chest pain during physical activity in the past month?
(a) not once (b) once (c) twice (d) three times (e) more than three times
10. In the past month, was there a period when you continuously felt pain in some part of your body for days (e.g. backache, headache, etc.)?
(a) never (b) 1-2 x (c) 3-4 x (d) 5-8 x (e) more than 8 times
11. How many times a week do you usually eat "empty calorie" foods with minimal nutritional value compared to their caloric value?
(a) never (b) 1-2x (c) 3-4x (d) 5-8x (e) more than 8 times
12. How many times a week do you drink caffeinated beverages (coffee, energy drinks, tea...)? (a) never (b) 1-3x (c) 4-9x (d) 10-21x (e) more than 21
13. How often have you experienced stress in the past month? (a) never (b) 1-2x (c) 3-4x (d) 5-8x (e) more than 8 times

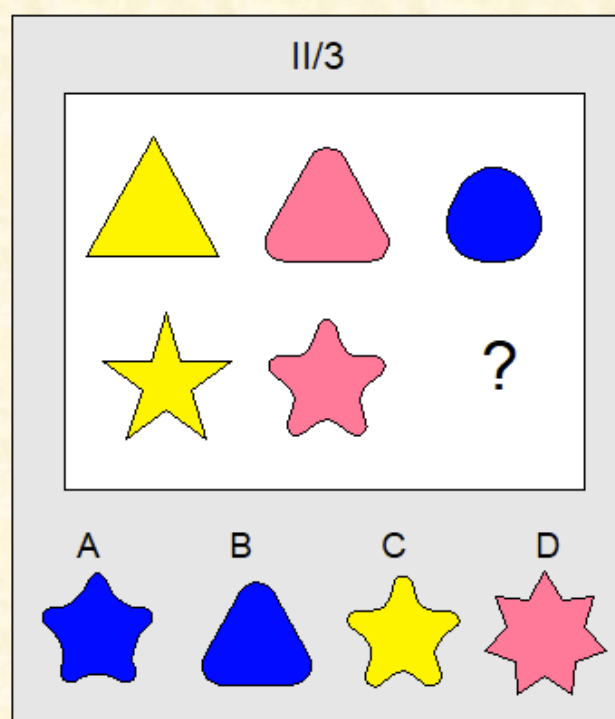
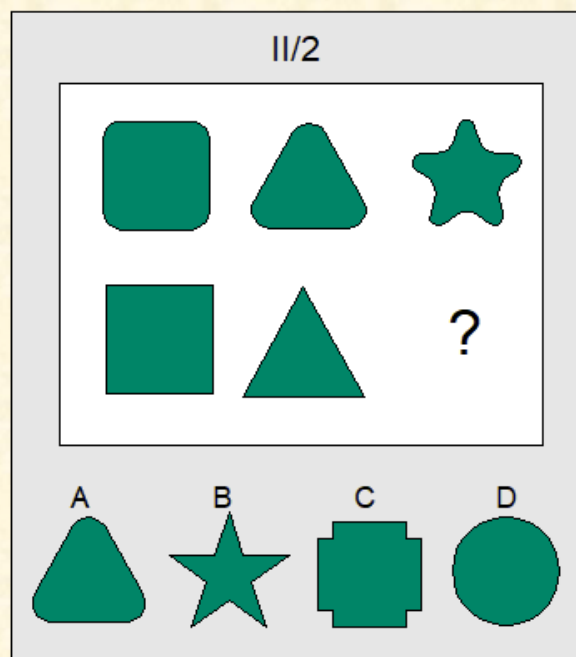
FIGURE TEST

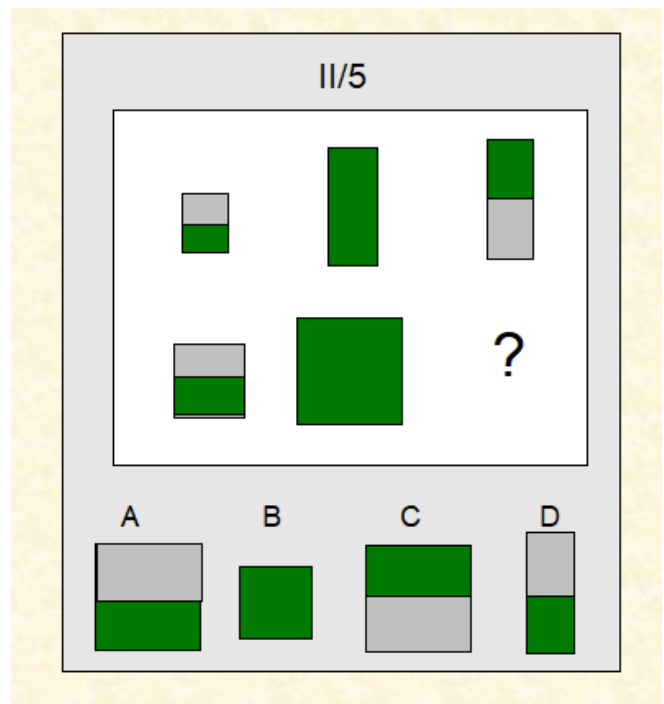
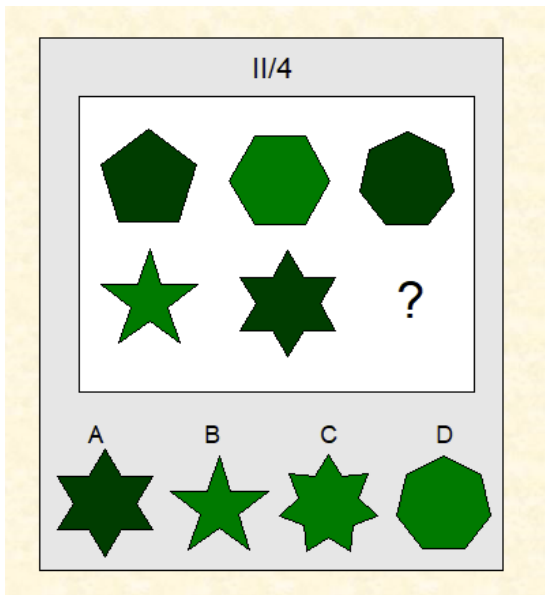
	1	2	3	4	5	6
I						
II						
III						

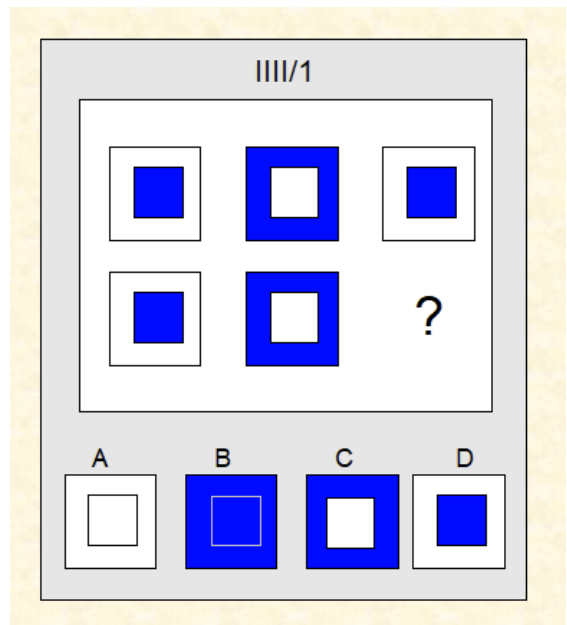
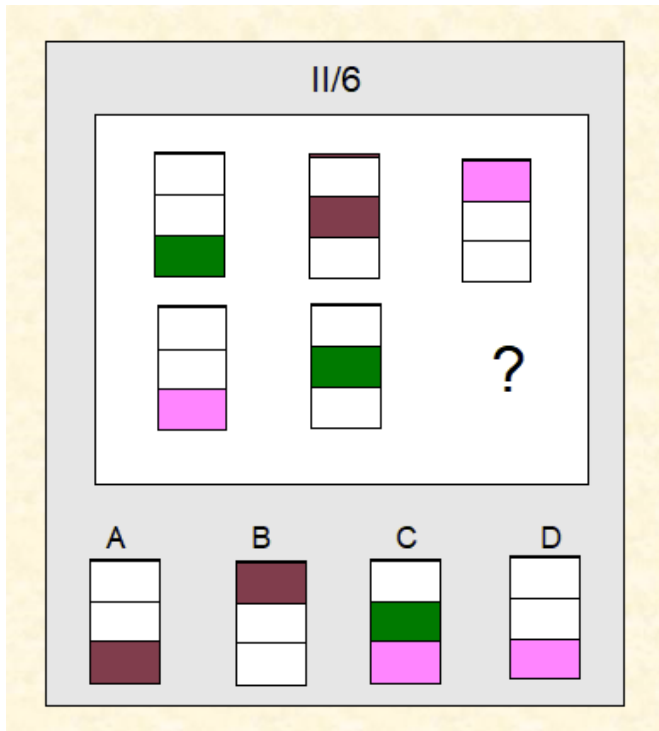


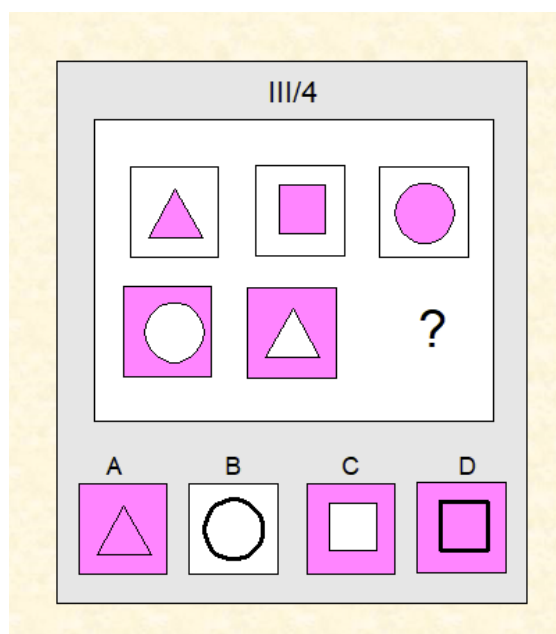
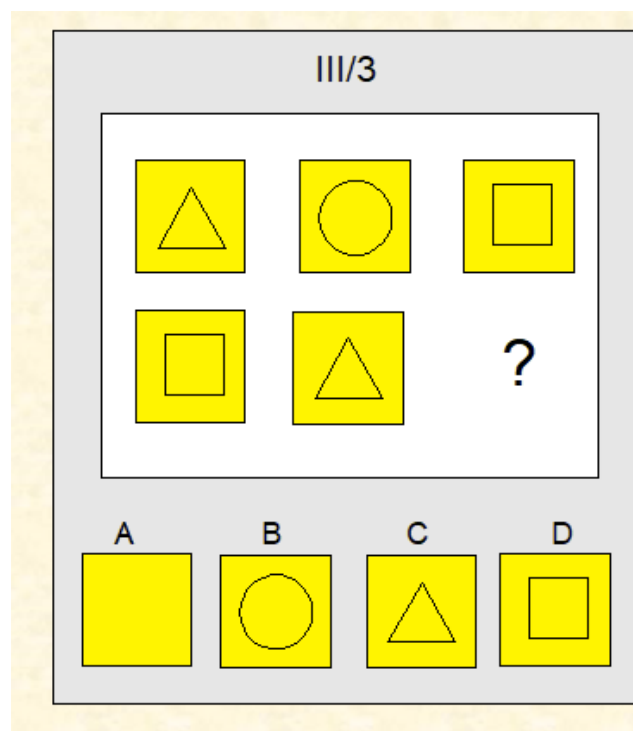
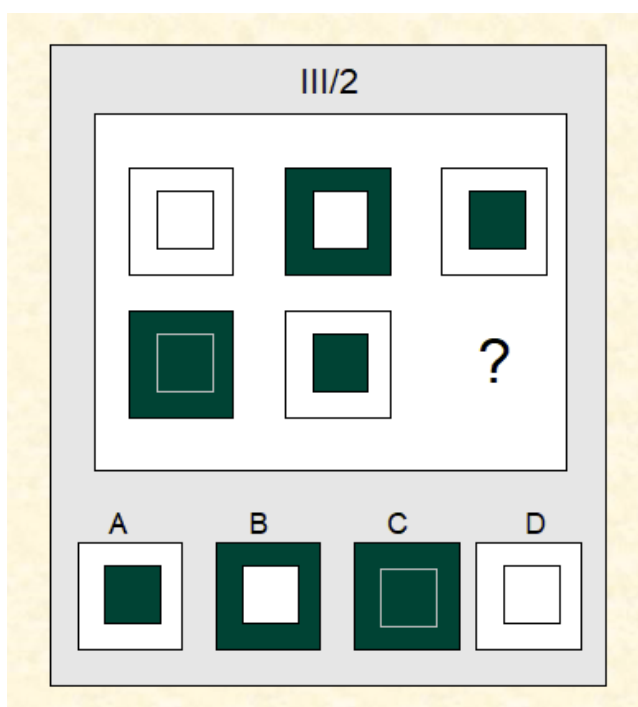


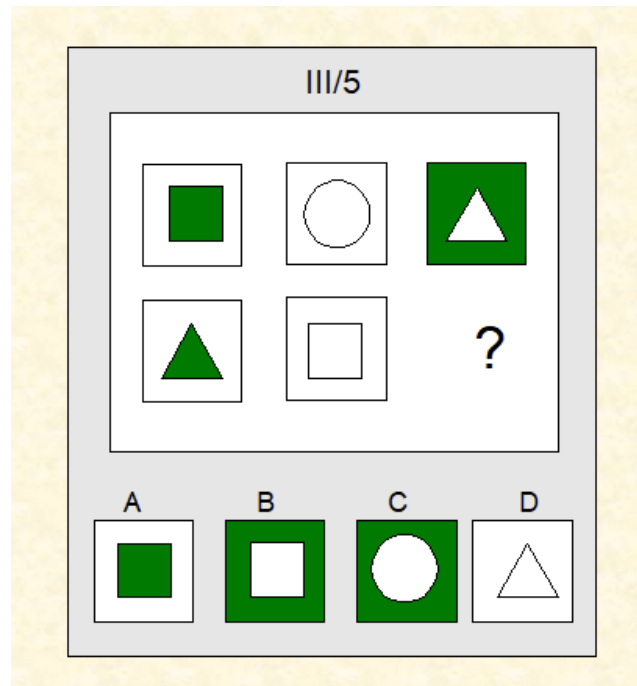
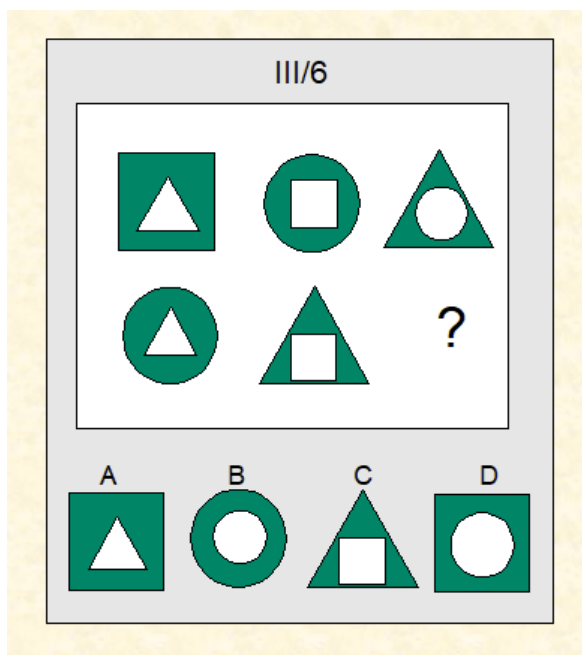












ATTENTION TASK

Find all the letters AA and FF!

AVFFEHHOOOEEAWBBBKKSPFFJLLQQPY
YYBNNAAALLEEOPPPGAFFLRRRZXCIIA
KEFFROOPPLLLBJJHHOOOEEWBBBKKSP
FFJLLQQPYYYBNNAFALLEEOFFFGAADFL
RRAVXHHOOOEEAWBBBKKSPFFJLLQQPY
YYBNNAAALLEEOPPLPGASSFLRRGAAAFF
LRRRZXCIIAKEFFROOPPLLLBJJHHOOKO
EEAWBBBKKSPFFJLLQQPYYYBNNAAALLE
EOPPPGAAGZLRRGAAFFLRRRZXCIIAKE
FFROOPPLLLBJJHHOOOEEAWFBBBKKSP
FFJLLQQPYYYBNNAAALLEEOPPPGAFAFR
LRRGREFHHOOOEEAWBBGAALRRRZXCI
AKEFFROOPPLLLBJJHHOOOEEAWBBBKK
SPFFJLLQQPFYYBNNAAALLEEOPPPGAFF
LRRHHOOTOEEAWBBGGAFFLRRRZXCIIA
KEFFROOPPLLLBJJHHOOOEEAWBBBKK
SPFFJLLQQPYYYBNNAAALLEEFHHOOOE
AWBBZXCIIAJL

MAIN CONCEPT TASK

The task is to find the common name of the dictated word pairs!

1. _____
2. _____
3. _____
4. _____
5. _____

6. _____
7. _____
8. _____
9. _____
10. _____

INTERPERSONAL ORIENTATION QUESTIONNAIRE

After each sentence, put an x in the box that you feel best expresses your behavior!

	(Almost) Always	Usually	Sometimes	Rarely
1. I try to be with people.				
2. I strive for a leading role in the group.				
3. I like my colleagues to make connections strive with me.				
4. If I see an interesting group, I join to them.				
5. I try to get people to do what I think have to do.				
6. I like to be loved.				
7. If I find a company for me, I try to be a member.				
8. I try to determine what should happen a in a group.				
9. I like it with personal interest they approach me.				
10. When I see that my colleagues are organizing something, then I'll try to get involved in it. 11. I strive for a leadership role in the group.				
12. I like my coworkers to be intimate they are trying to establish a relationship with me.				
13. I try to involve others into my plans.				
14. I try to ensure that my colleagues behave as I like.				
15. I like my colleagues to be friendly with me.				
16. I like to be invited.				
17. I let others decide what to do.				
18. I strive to be good at my relationship with my colleagues.				
19. I like being invited to events.				
20. I leave the driving to others.				
21. I am friendly with people.				
22. I like my colleagues to involve me to what they do.				
23. I let others influence me.				
24. I try to build close relationships.				
25. I like to be around people who talk they invite me to join them.				
26. I do what others want.				
27. I use a personal voice a in conversations.				
28. I like it when my colleagues ask me to participate in their activities.				
29. I am easy to lead.				
30. I strive for close friendships				

JTCI

Below you will find statements that can describe your behavior, opinions, interests and feelings. Each statement has four answer options: "true", "rather true", "rather not true", "not true". Please read each statement carefully and mark (by circling or putting an "X") the answer that

best suits you. We ask that you evaluate each statement, even if you are not quite sure of the answer.

	True	Rather true	Rather not true	Not true
01. When I make a mistake, I worry a lot about it.		1	2	3
02. I make up quickly after a fight.		1	2	3
03. I often don't know what I want.		1	2	3
04. If someone is rude to me, I will pay for it.		1	2	3
05. I take great care to do everything as well as possible.		1	2	3
06. If I want to get something for myself, I usually do it immediately I want.		1	2	3
07. I am satisfied with my appearance.		1	2	3
08. When shopping, I first look around carefully to see what is available before buying anything I choose.		1	2	3
09. I often imagine that some misfortune will happen to me or something I make a mistake.		1	2	3
10. I don't have to do everything perfectly, it's important that things are let's go somehow.		1	2	3
11. I want to be completely different from what I actually am now.		1	2	3
12. I believe in miracles.		1	2	3
13. It gives me pleasure to meet new people.		1	2	3
14. I believe in fate and that some things in life are predetermined.		1	2	3
15. I like to think for a long time before I decide on something.		1	2	3
16. If someone does not know or understand something, I quickly become impatient.		1	2	3
17. When I have to meet other people, I am very shy.		1	2	3
18. I feel strong enough to handle anything.		1	2	3
19. If I really concentrate on something (e.g. painting something or reading), then he can I forget about everything else around me.		1	2	3
20. I often hide my true feelings.		1	2	3
21. Many times I make decisions just by "hitting my stomach".		1	2	3
22. I am very careful about what others say or do, so as not to offend someone accidentally offend me.		1	2	3
23. I believe that everything has a higher meaning, even if it doesn't I always understand.		1	2	3
24. If there is a problem, I have many ideas on how to solve it to solve.		1	2	3
25. I often don't feel like making an effort for anything.		1	2	3

26. If I am annoyed, I show it clearly (e.g. loudly I curse, run away, or something like that).		1	2	3
27. I am a careful person and I mostly make sure that nothing happens to me (e.g. so that I don't catch a cold or get hurt).		1	2	3
28. I like to help others, even if I have other things to do.		1	2	3
29. I am often very dissatisfied with myself.		1	2	3
30. I get bored quickly with most activities.		1	2	3
31. It wouldn't be a problem for me to stand up to sing at a celebration or, to participate in a public game.		1	2	3
32. I am a person who likes solitude.		1	2	3
33. If I treated someone badly or made a mistake, I apologize for it.		1	2	3
34. I am happy to make suggestions on how something could be done better.		1	2	3
35. I am usually very excited when I meet people I don't know.		1	2	3
36. I am also friendly with people who treat me badly they behaved.		1	2	3
37. I really want to do something to prevent more wars on this earth.		1	2	3
38. I often don't know how to cope with things on my own.		1	2	3
39. A sad story does not touch me as deeply as it does others.		1	2	3
40. Most of the time, I only do what I really have to do.		1	2	3
41. If something seems too difficult for me, I don't do it.		1	2	3
42. I often ask others how to do something.		1	2	3
43. I would rather save than spend my money immediately.		1	2	3
44. If my friends have problems, I am happy to take care of them.		1	2	3
45. If there is something to be done, I am happy to help.		1	2	3
46. If someone is not willing to participate in some common goal, then he is not belongs to the team.		1	2	3
47. I get tired quickly and need more rest than others with me of the same age.		1	2	3
48. I prefer to solve my problems alone.		1	2	3
49. If I promise something, I definitely keep it.		1	2	3
50. I don't want to be with (work, play) people who don't I like you.		1	2	3
51. If I have money, I immediately spend it on something.		1	2	3
52. Other people can make me do things I don't want to do I want (e.g. childish or ordinary things).		1	2	3
53. I believe that there is a higher power that connects living beings with each other.		1	2	3
54. I like to make quick decisions because I don't like to wait.		1	2	3
55. When I know I have to do something new, I worry a lot about it (e.g. my stomach hurts, I can't sleep).		1	2	3
56. I am worried about environmental pollution.		1	2	3
57. If I don't know or don't understand something, I practice it until I don't I manage to do it or understand it.		1	2	3
58. I often don't know what to do with my life.		1	2	3

59. I believe that those who help others do not achieve anything themselves.		1	2	3
60. I am often terrified of trying things that I would otherwise enjoy I would do it.		1	2	3
61. I often find myself in difficult situations through no fault of my own.		1	2	3
62. I treat all people with the same respect, it doesn't matter if you are a cleaning lady or not is it a director?		1	2	3
63. If I am in trouble, I am happy to discuss this with my friends.		1	2	3
64. I get nervous when I have to try something new.		1	2	3
65. If something annoys me, I get angry quickly.		1	2	3
66. I believe that all living things (including plants and animals) are valuable and one of a kind it also has a soul.		1	2	3
67. I often let there be no quarrels.		1	2	3
68. I often cry when I watch a sad movie.		1	2	3
69. If someone comes up with a fun idea, I immediately join it.		1	2	3
70. When I immerse myself in something, I completely forget about time.		1	2	3
71. I often don't care if I'm being fair or if I'm telling the truth.		1	2	3
72. I often feel like trying something new or something crazy do.		1	2	3
73. I take care not to offend others with my behavior.		1	2	3
74. I usually have a clear goal in front of me that I want to achieve (e.g. good grades, making new friends, or putting money aside for a certain thing).		1	2	3
75. If I have to meet someone, I worry about them well in advance.		1	2	3
76. If something arouses my curiosity, I don't care about the dangers, nor the prohibitions.		1	2	3
77. I like to work quickly and according to a specific system.		1	2	3
78. I don't like to talk about myself.		1	2	3
79. I believe that a spiritual power (god, guardian angel) once existed helped me.		1	2	3
80. It's hard for me when others don't like me.		1	2	3
81. I often offer my help if someone is in a difficult situation or you need something.		1	2	3
82. I recover from an illness more slowly than others.		1	2	3
83. I try to follow the rules.		1	2	3
84. Unpleasant or embarrassing experiences linger in my mind for a long time.		1	2	3

CONFLICT MANAGEMENT QUESTIONNAIRE

Below you will find thirty pairs of statements. From each pair of statements, choose the statement that is more typical of you, in the way you solve your problems with others.

- 1 (a) I usually push persistently towards my goal.
(b) I try to make all problems open immediately.
- 2 (a) I lay my cards on the table and encourage others to do the same.
(b) If a conflict arises, I will try to ensure that my point of view prevails.
- 3 (a) When I form an opinion about something, I defend it fiercely.
(b) I usually don't argue, but look for the best solution.
- 4 (a) I sometimes sacrifice my wishes so that the wishes of others can be fulfilled.
(b) I feel that differences of opinion are not always worth caring about.
- 5 (a) I prefer to accept other people's opinions so that there is no conflict.
(b) I avoid those who have extreme opinions.
- 6 (a) I like to cooperate with people whose opinions I accept.
(b) Most issues are not worth arguing about - I stick to my opinion anyway.
- 7 (a) I try to find a compromise.
(b) I usually follow my goals persistently.
- 8 (a) In the event of a conflict, I strive to win.
(b) I seek the middle ground.
- 9 (a) I like to meet you halfway.
(b) I strongly defend my position.
- 10 (a) It is not always worth dealing with differences of opinion.
(b) I try to find a solution that suits everyone.
- 11 (a) I like the golden mean.
(b) I try to avoid those who are adamant about it

to their position.

12 (a) It's a shame to argue about most issues: I won't change my position anyway.

(b) I try to meet my debate partner halfway.

13 (a) As a rule, I persistently try to achieve my goal.

(b) Sometimes I sacrifice my wishes so that the wishes of others can be fulfilled.

14 (a) I would rather accept the other person's point of view than fight.

(b) If a conflict arises, I will do my best to own it

last word.

15 (a) I firmly defend my opinion.

(b) I strive to cooperate by accepting the opinions of others.

16 (a) I try to reach a compromise.

(b) I sometimes sacrifice my wishes for the wishes of others.

17 (a) I prefer to accept other people's opinions so as not to break bread.

(b) I try to form a common position.

18 (a) I like to meet my debate partner halfway.

(b) I like to cooperate with others, following their ideas.

19 (a) It is not always worth worrying about differences of opinion.

(b) I am usually firmly committed to my goals.

20 (a) In case of conflict, I try to win.

(b) I avoid those who have strong opinions.

21 (a) It's not worth arguing - I won't change my mind anyway.

(b) I will defend my opinion at all costs.

22 (a) I make all problems open immediately.

(b) Disagreement is not always worth worrying about.

23 (a) I avoid those who always stick to their opinions.

(b) I lay my cards on the table and encourage others to do the same.

24 (a) I don't argue, I rather look for the best solution.

(b) Mostly not worth arguing about - I won't change my mind anyway.

25 (a) I try to make all questions open-ended.

(b) I try to find a compromise solution.

26 (a) I say what I think and encourage others to do the same.

(b) I am looking for a middle ground solution.

27 (a) I don't argue, I look for the best solution.

(b) I like it when we both approach the common position equally.

28 (a) Sometimes I sacrifice my own will so that the will of the other can prevail.

(b) I like to make all problems open.

29 (a) I say what I think and encourage others to do the same.

(b) I prefer to accept other people's opinions so that we don't fight.

30 (a) I like to cooperate with others, accepting their views.

(b) I usually don't argue, but look for the best solution.

EXTERNAL-INTERNAL CONTROL QUESTIONNAIRE

This questionnaire consists of pairs of statements. The task is to select the statement from each of the pairs of statements that better matches your opinion. There is no right or wrong answer, we want your opinion. Circle the selected statement!

1. a. To be a leader, you must be born as one.

b. You can become a leader with the right training.

2. a. The secret to success is being in the right place at the right time.

b. The secret to success is ability and hard work.

3. a. I mostly get into trouble when I make mistakes.
b. No matter what I do, sometimes I'm just unlucky.
4. a. Whether there is war or peace depends on the leading politicians.
b. War has always been and always will be.
5. a. If parents raise their children well, it shows in them.
b. No matter what we do, there are children who cannot be raised into normal adults.
6. a. My future depends on circumstances beyond my control.
b. My future depends on me.
7. a. We consider successful leaders to be in the spotlight due to fortunate circumstances.
b. We consider successful leaders to be those who, with their performance and decisions, have significantly contributed to the excellent results of the organization they lead.
8. a. I often feel like I have no control over my life.
b. It is foolish to think that my fate depends on blind luck.
9. a. There are customers who will definitely be dissatisfied.
b. If we pay attention to what the customer wants, he will leave satisfied.
10. a. Anyone who is diligent can be a good student.
b. Some people will never excel at anything in school, no matter how hard they study.
11. a. A good marriage requires both husband and wife to strive to maintain a good relationship.
b. Marriages fail because the husband and wife are not compatible.
12. a. I can improve my leadership skills by studying and practicing.
b. No matter how hard I try, I will not become a better leader.
13. a. Good things happened to me when I did the right things.
b. Bad things happened to me when circumstances conspired against me.
14. a. Studying didn't help me much in my exams because they mostly didn't ask what I was asked i learned
b. If I prepared well, I passed my exams well.

15. a. Sometimes I do what the "grown ups" say.
b. I don't care what the "adults" say: I decide what to do.
16. a. The political leadership is so far away that it cannot be influenced.
b. Making your voice heard can influence policy.
17. a. The one who happens to be picked up on television becomes the star.
b. Popular people who act in a way that wins people over liking.
18. a. Again and again things happen to me that are beyond my control.
b. Mostly, I feel that I am responsible for what I have done.
19. a. If a leader improves his skills, he will be more successful.
b. The success of leaders depends little on their abilities.
20. a. The lucky teams win the races.
b. Groups consisting of talented and hardworking members usually win the competitions.
21. a. Some workers are simply lazy: nothing to do with them.
b. A good leader can motivate almost everyone.
22. a. The economy of the country can be developed by better work of the people.
b. The country's economy depends on the state of the world.
23. a. I usually plan well in advance and define the path to the goal.
b. I rarely plan ahead.
24. a. There are things that cannot be changed anyway.
b. With persistence, good skills, and hard work, I can change almost everything in my life.

APPEARANCE QUESTIONNAIRE

What influences your appearance? Choose the four most important ones from the ones listed and put them in order of importance! Place the most important influencing element in first place, followed by the rest in descending order!

1.

2.

3.

4.

- a. The opinion of friends, the opinion of contemporaries.
- b. The combined opinions of all acquaintances together, regardless of age.
- c. Following customs and forms of appearance at the actual location of the appearance.
- d. The effect to be achieved by the appearance, always adapted to the current location and type of the effect.
- e. My own general subjective like/dislike.
- f. Contrary to regulations.
- g. Rebellion.
- h. Following the rules.
- j. Arousing affection for my own person.
- k. As it feels good that day.
- l. I don't care about appearances at all.

SAMPLE TEST FOR TESTING CREATIVITY

Find as many, as many different and as original solutions to the following problems as possible!

Write the solutions concisely, but still comprehensible for others! You can work on one problem for 4 minutes!

Problem 1

As part of the expansion policy of a large production company, it wants to acquire a company with a similar profile operating in a neighboring country. Write down as many factors as possible that should be taken into account when making a purchase decision.

1.

2.

3.

4.

5.

6.

7.

8.

Problem 2

Your company provides the majority of public transport in a big city. According to the data of their last survey, the number of travelers without a valid ticket or pass has greatly increased in recent months.

List as many measures as possible that you would like to take in relation to the above phenomenon!

1.

2.

3.

4.

5.

6.

7.

8.

Look at the pictures in order and cross out those that are the same as one of the top four! It is important not to circle it, but to cross it out! The task is timed, it takes a total of five minutes.

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PRODUCTIVITY PREFERENCE

You will find two paired tasks on the following pages. Solve only one of these: the one that "fits better" (the one you prefer to do)!

There is no need to rush, you can work on the tasks for as long as you want!

Describe how the bicycle works.	Think about and describe how the mechanization of tennis ball picking could be solved!
Make an interesting figure from the shapes below! (Each form can be used more than once!) 	Copy the figures below six times one after the other, as exact as you can. 

Draw a bird of prey!	Imagine what a mouse would be like if it were a bird of prey!

Write the story below three times. One day, Winnie the Pooh visited his friend Bunny, who treated him to delicious food! Winnie the Pooh ate so much that when he went home, he couldn't fit in the entrance, he got stuck.	Create a story in which the following three objects are included!   

How could the lightning strike be used?	Why is lightning dangerous to humans?

What can water be used for?	What is ice mostly used for?

Create signs that could be used to make writing faster!	Describe the essence of stenography and where it is used!

SELF-ASSESSMENT QUESTIONNAIRE

Regarding the statements below, first circle the number that characterizes your current behavior! Then draw a square around the number that shows where you want to be!

■ SELF-AWARENESS

	Rating scale				
	(Almost) never				(Almost) always
1. I recognize my emotions.	1	2	3	4	5
2. I recognize my bodily sensations.	1	2	3	4	5
3. I recognize specific patterns in my thoughts.	1	2	3	4	5
4. I recognize my expectations of myself.	1	2	3	4	5
5. I recognize my expectations of others.	1	2	3	4	5
6. I recognize that when I criticize, I judge myself.	1	2	3	4	5
7. I recognize when I criticize, I judge others.	1	2	3	4	5
8. I recognize when I try to justify my behavior.	1	2	3	4	5
9. I realize how much I accept my feelings.	1	2	3	4	5
10. I recognize how I react to praise and criticism.	1	2	3	4	5
11. I recognize how I react to help.	1	2	3	4	5
12. I recognize how I react when I encounter an obstacle.	1	2	3	4	5
13. I recognize when I perceive and when I am interpreted by others behavior.	1	2	3	4	5
14.	1	2	3	4	5
15.	1	2	3	4	5
16.	1	2	3	4	5

■ LISTENING TO OTHERS

	Rating scale				
	(Almost) never			(Almost) always	
1. I recognize other people's emotions.	1	2	3	4	5
2. I recognize the emotions, the thoughts, the observed the difference between the expression of phenomena.	1	2	3	4	5
3. I recognize how people react when directed at them they meet with the expression of emotions.	1	2	3	4	5
4. I recognize postures, movements, facial expressions its meaning.	1	2	3	4	5
5. I recognize the style of speech (fast-slow, loud, unfinished) inherent signals.	1	2	3	4	5
6. I recognize a change in speaking style.	1	2	3	4	5
7. I recognize how others use the behavior to describe their observations and interpretations.	1	2	3	4	5
8. I recognize how people respond to what is said about them feedback.	1	2	3	4	5
9. I recognize how people deal with emotions events (praise, conflict).	1	2	3	4	5
10. I recognize how much people express their emotions.	1	2	3	4	5
11. I recognize repetitive behaviors in others (almost always evaluates, almost always underestimates himself).	1	2	3	4	5
12.	1	2	3	4	5
13.	1	2	3	4	5
14.	1	2	3	4	5

■ KOMMUNIKÁCIÓ

	Rating scale				
	(Almost) never			(Almost) always	
1. I say what I think.	1	2	3	4	5
2. I express my emotions.	1	2	3	4	5
3. I communicate clearly what I want to say.	1	2	3	4	5
4. I try to understand others.	1	2	3	4	5
5. I pay attention to what they say to me.	1	2	3	4	5
6. I indicate that I heard what they wanted to say to me.	1	2	3	4	5
7. I ask if I don't understand something exactly.	1	2	3	4	5
8. While the other person is talking, I don't focus on what I will answer.	1	2	3	4	5
9. I recognize when I say something just for the sake of the other person.	1	2	3	4	5
10.	1	2	3	4	5
11.	1	2	3	4	5
12.	1	2	3	4	5

NUMERICAL REPETITION TASK

Write down the numbers you heard after the listing has been finished!

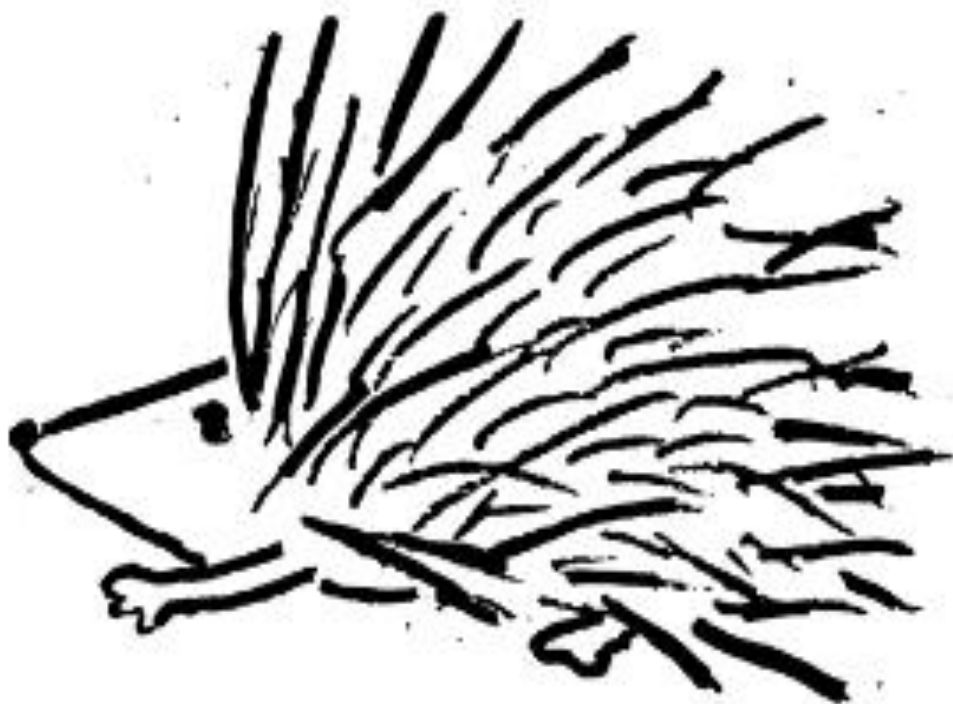
1.
2.
3.
4.
5.

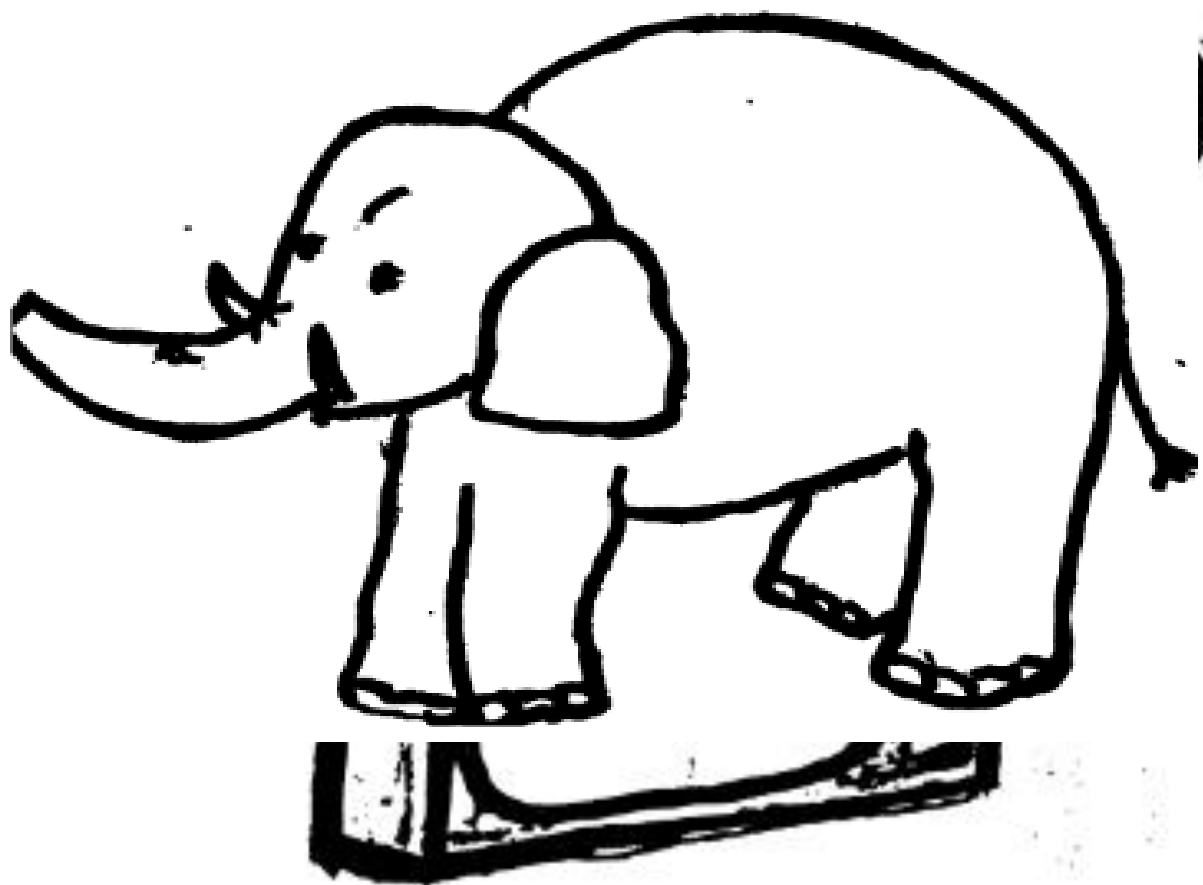
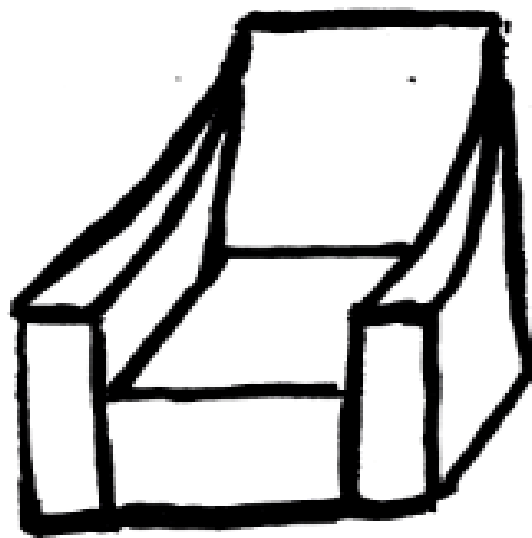
6.
7.
8.
9.
10.

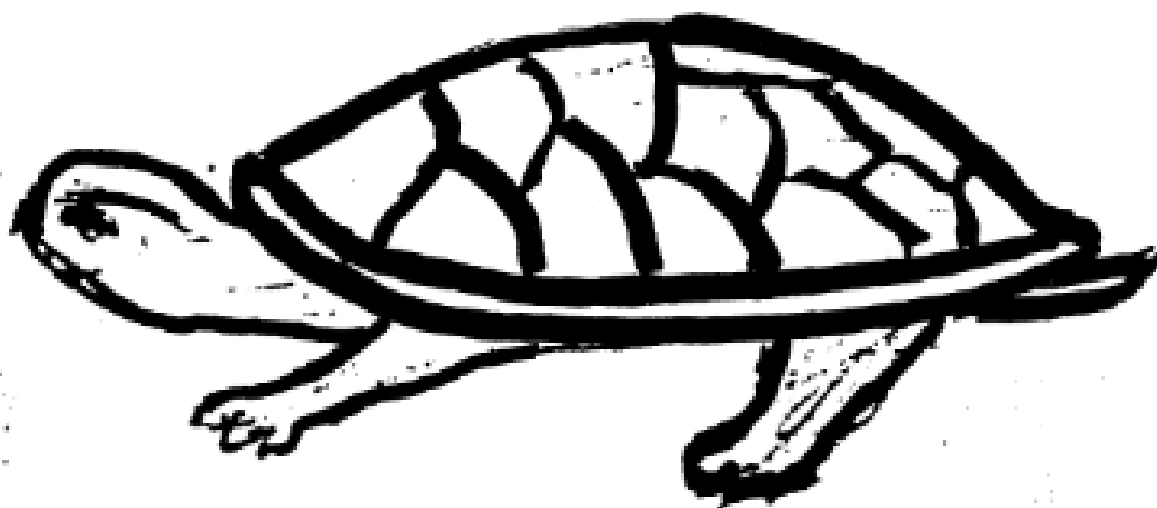
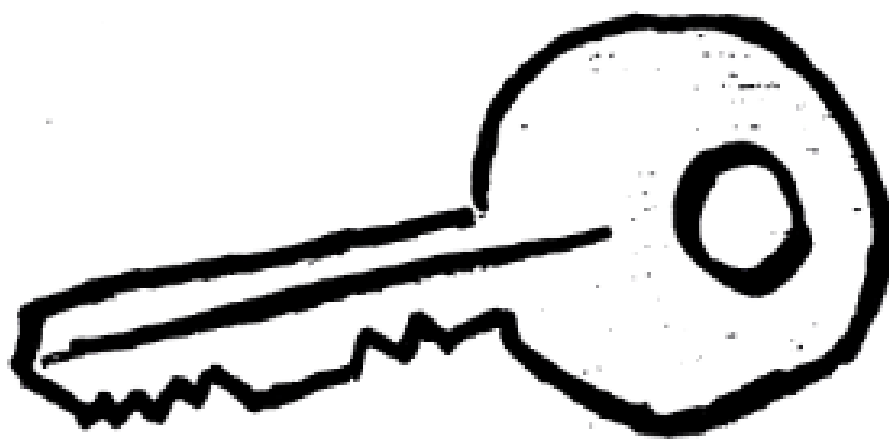
VISUAL MEMORY

Write down the presented pictures in pairs, according to the instructions after they are presented!

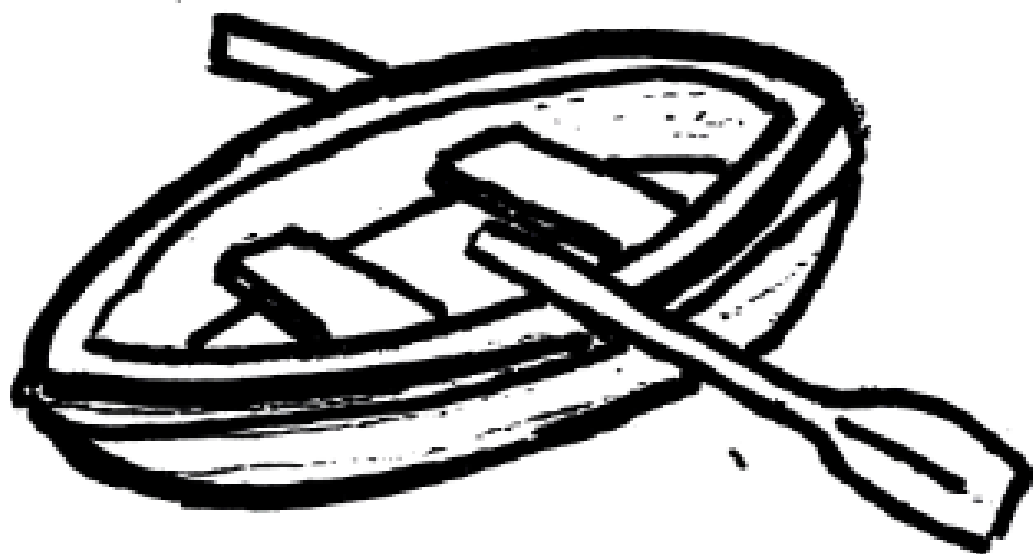
- | | | |
|-----|-------|-------|
| 1. | _____ | _____ |
| 2. | _____ | _____ |
| 3. | _____ | _____ |
| 4. | _____ | _____ |
| 5. | _____ | _____ |
| 6. | _____ | _____ |
| 7. | _____ | _____ |
| 8. | _____ | _____ |
| 9. | _____ | _____ |
| 10. | _____ | _____ |

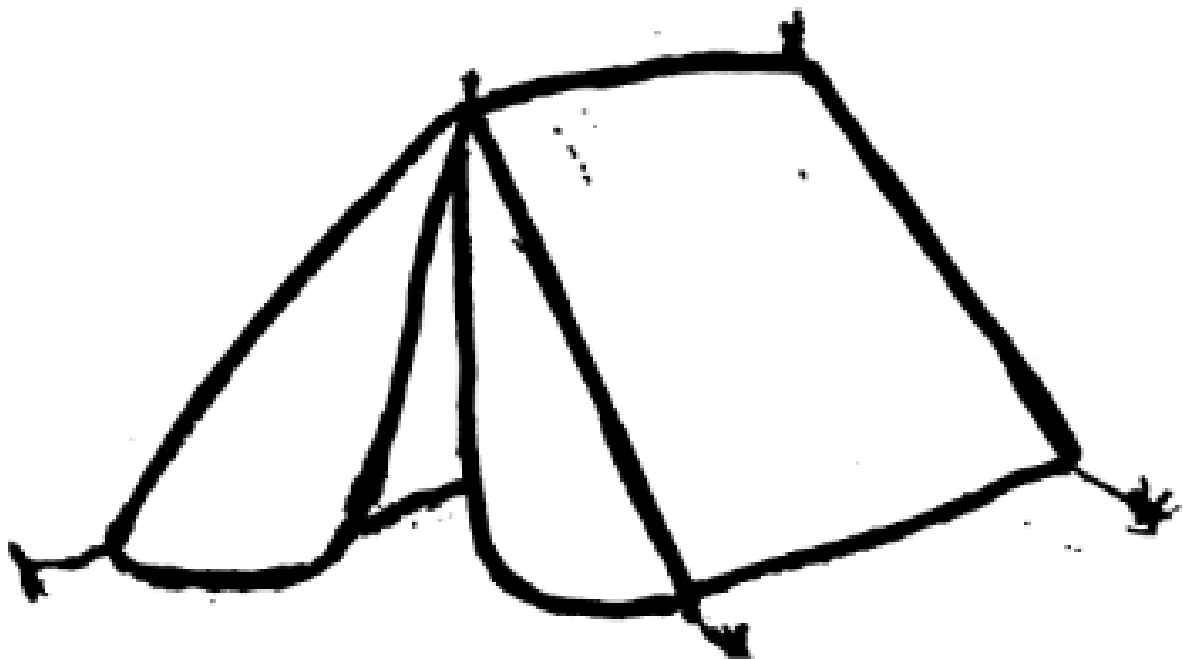


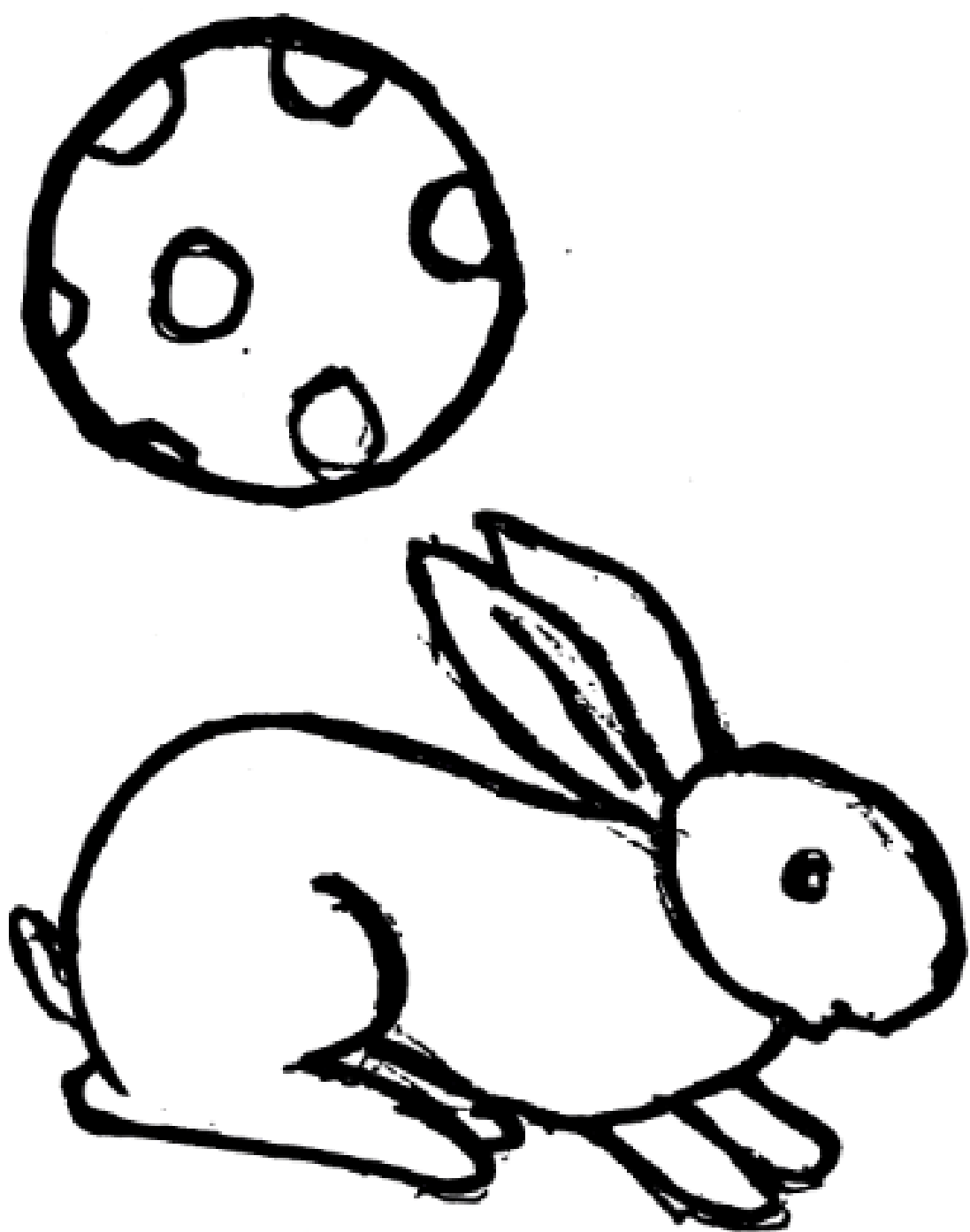


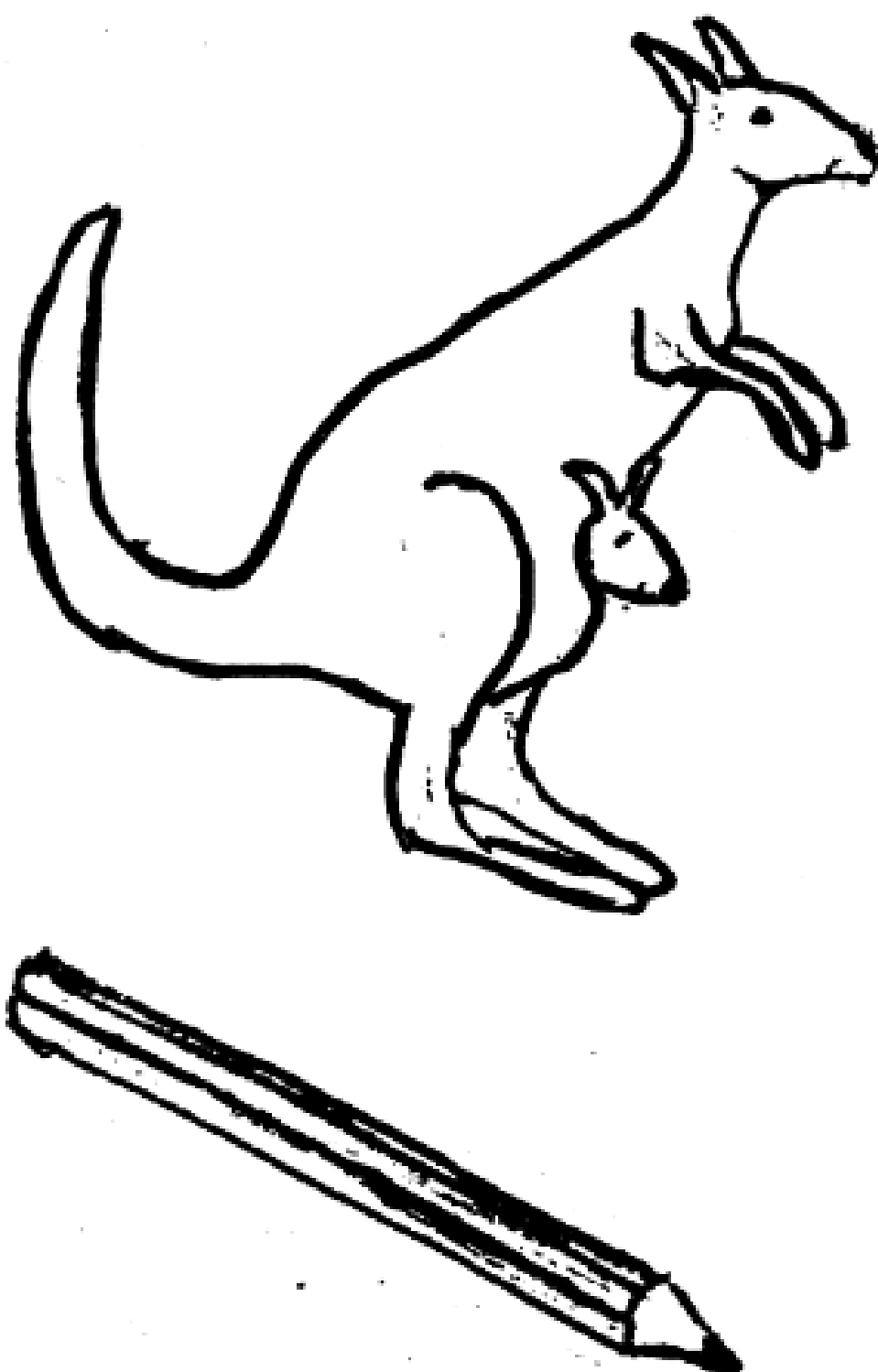


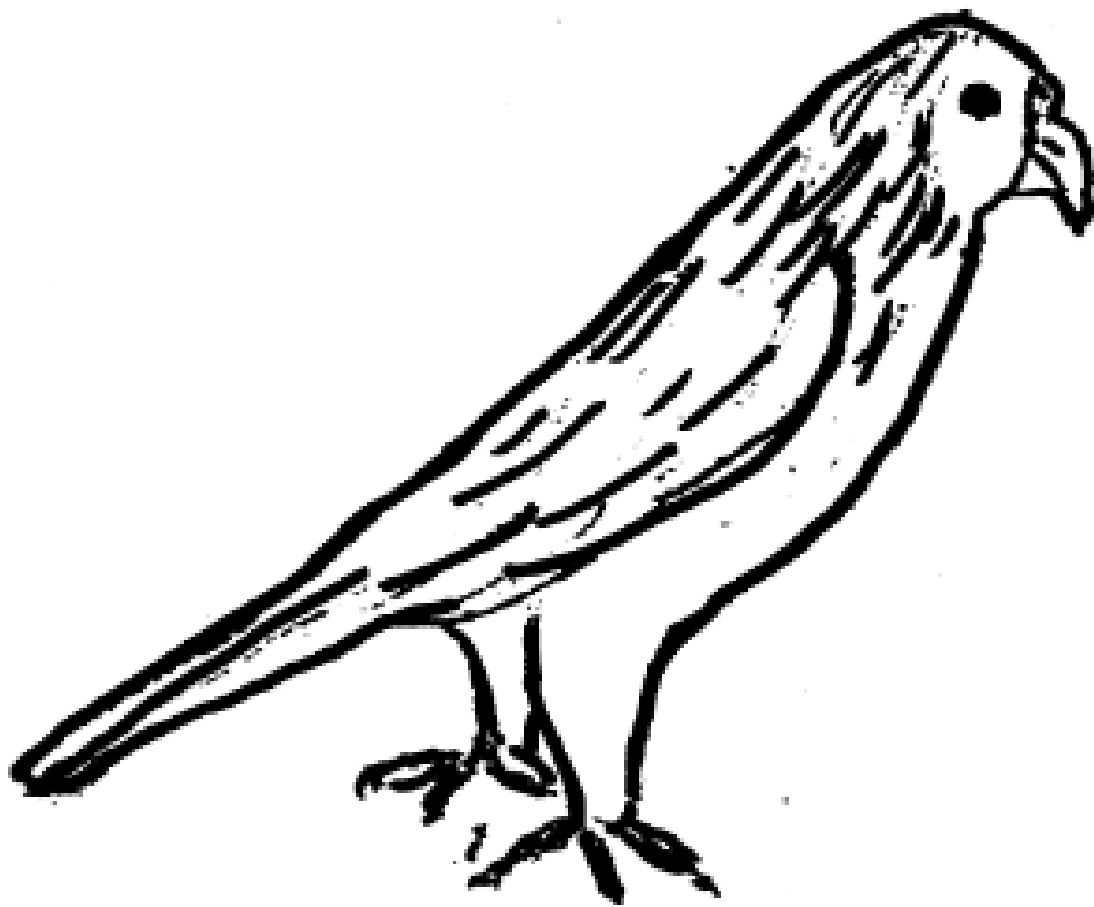












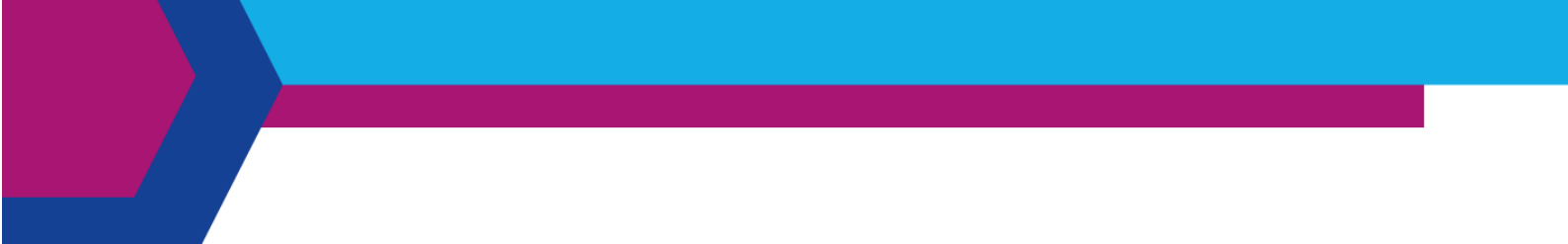
RHYTHM TAPPING TASK

We ask the career chooser to pay attention to the rhythm that we are going to knock. The horizontal lines "-" indicate the short (ti), the italic lines "/" the long (ta). Using a pencil or pen or other similar device, after giving the chooser a similar knocker, we tap the rhythm and ask her/him to repeat what (s)he heard.

The rhythms we need to tap:

././././
.////...///...
..///.///.///.///.
..////////..//.../
././././././...//:
..///././././.../.

Circle the ones that are repeated correctly. There are two chances to tap right.



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