



Personality & skills test

Full Name _____

Date _____

Email Address _____

Contact Phone _____

Instructions: You will be presented with a series of questions, please circle the answer that best represents you in each scenario. Read each question carefully and answer honestly to the best of your ability. Provide only one answer per question

1. When you encounter a stressful situation, how do you react?

- a. I get nervous easily and it is hard for me to calm down.
- b. I remain calm and find the best solution to solve the problem.
- c. I feel overwhelmed and it is hard for me to make rational decisions.

2. How do you feel about unexpected changes in your daily routine?

- a. They highly affect me and I find it difficult to adapt.
- b. I can easily deal with them and adapt quickly.
- c. I feel insecure and anxious, but eventually I adapt.

3. Which of the following statements best describes how active you are?

- a. I tend to have low energy and need a lot of rest time.
- b. I am energetic and active most of the time.
- c. Some days I am very energetic but other days I feel tired.

4. How do you react when you are presented with new or unknown challenges?

- a. I feel insecure and often try to avoid them.
- b. I face them with enthusiasm and see it as an opportunity to learn.
- c. I feel anxious and nervous, but often try to face and resolve them.

5. How do you respond to criticism or negative feedback?

- a. I feel hurt and tend to get emotional.
- b. I see it as an opportunity to learn and improve.
- c. I feel defensive and tend to justify my actions.



6. Which of the following options best describes how persistent you are when achieving your goals?

- a. I tend to give up easily if I encounter obstacles.
- b. I am very persistent and don't give up easily.
- c. It depends on the situation, sometimes I am persistent and other times I am not.

7. How do you feel during social events and when meeting new people?

- a. I feel anxious and tend to be shy in social events.
- b. I enjoy meeting new people and socializing in general.
- c. I feel comfortable with my close friends, but I don't like meeting new people.

8. How do you react to last-minute change and unexpected situations?

- a. It is difficult for me to adapt to the unexpected situation.
- b. I am able to adapt with no problem and see it as an opportunity to grow and learn.
- c. I feel uncomfortable and anxious, but I manage to adjust and deal with it.

9. How do you usually handle your negative emotions, such as sadness or anger?

- a. It is difficult for me to control them and I often feel overwhelmed.
- b. I can handle them constructively and express them adequately.
- c. I try to ignore them and wait for them to go away on their own.

10. Which of the following best describes your ability to focus on a task?

- a. I am easily distracted and find it difficult to stay focused.
- b. I can stay focused for long periods of time.
- c. Sometimes I am very focused and other times I can be very distracted.



Instructions: You will be presented with a series of questions, please circle the answer you believe best defines each word and phrases. Read each question carefully and answer honestly to the best of your ability. Provide only one answer per question

11. What is resilience?

- a. The ability to communicate effectively with others.
- b. The ability to adapt and recover from challenging situations.
- c. The ability to solve mathematical problems quickly.

12. What does it mean to have empathy?

- a. Have artistic and creative skills.
- b. Understand and share the emotions of others.
- c. Be a leader and make important decisions.

13. Which of the following options represents gratitude?

- a. Criticize others and complain frequently.
- b. Being thankful and acknowledging the good things in life.
- c. Being envious and not appreciating what you have.

14. What is emotional intelligence?

- a. The ability to solve logical and mathematical problems.
- b. The ability to understand and manage our emotions and of others.
- c. Have social skills and be extroverted.

15. What does it mean to have perseverance?

- a. Giving up easily when facing challenges.
- b. Being persistent and having perseverance to achieve goals despite the difficulties.
- c. Being flexible and constantly changing directions.



16. Which of the following best describes humility?

- a. Having a high self-esteem and expressing your confidence constantly.
- b. Being able to recognize your limitations and mistakes without feeling superior to others.
- c. Being competitive and always seek to stand out from the rest.

17. What does it mean to have a growth mindset?

- a. Believing that our abilities and talents are predetermined and cannot change or improve.
- b. Believing that we can develop and improve our skills through effort and practice.
- c. Prioritizing work and achievements over personal development.

18. What is cognitive empathy?

- a. The ability to physically experience the emotions of others.
- b. The ability to understand and comprehend the emotions of others.
- c. Being emotionally insensitive to the experiences of others.

19. What does it mean to have self-discipline?

- a. Letting your desires and emotions dictate your decisions without having restrictions.
- b. Having the ability to control your behavior and actions to achieve long-term goals.
- c. Being a perfectionist and being obsessed with details.

20. Which of the following options represents optimism?

- a. Having a pessimistic attitude and always expect the worst.
- b. Maintaining a positive attitude and expect favorable results in the future.
- c. Being indifferent and have no expectations about the results.



Instructions: You will be presented with a series of basic math questions. Please solve each problem to the best of your ability.

21. Solve the following problem: $(5 + 3) \times (10 \div 2) - 4$

22. Solve for the area of a circle with a radius of 5 (Use $\pi \approx 3.14159$)

23. What number is equal to its square?

24. Solve for x in the following equation: $3x - 7 = 8$

25. Find the sum of the interior angles of a quadrilateral

26. What is the sum of the following fractions: $(3/4) + (2/5)$?

27. Solve the following problem: $\sqrt{16} + \sqrt{25}$

28. How many sides does a dodecagon have?

29. What is the value of 7! (factorial de 7)

30. Factor out the following equation: $x^2 - 2x - 8$



Instructions: You will be presented with a series of questions, please circle the answer that best represents you in each scenario. Read each question carefully and answer honestly to the best of your ability. Provide only one answer per question

31. How do you feel about responsibilities and commitments?

- a. I am committed and consistent with my responsibilities and finish work on time.
- b. I tend to be responsible but sometimes I fall behind.
- c. I tend to avoid my responsibilities and commitments.

32. How do you react when faced with obstacles or difficulties in a task or project?

- a. I look for solutions and persist until I overcome the obstacles.
- b. I try to overcome obstacles, but sometimes I feel unmotivated.
- c. I often give up and prefer to avoid obstacles.

33. How do you feel about keeping your promises, even if it involves personal sacrifice?

- a. I always keep my promises, no matter what the difficulties are.
- b. I try to keep my promises, but sometimes it can be difficult.
- c. I don't always keep my promises and I often change my mind.

34. How do you get involved in group projects or activities?

- a. I am always committed and actively contribute to projects.
- b. I participate, but sometimes I prefer to leave the initiative to others.
- c. I don't usually get very involved and I prefer to let others make the decisions.

35. How do you react when your personal values interfere with a task or project?

- a. I find a way to balance my values with the task or project.
- b. I try to find a balance, but sometimes I can feel uncomfortable.
- c. I withdraw from the task or project if it conflicts with my values.

36. How do you feel about committing to long-term personal or professional goals?

- a. I am fully committed and constantly work to achieve my goals.
- b. I can commit, but sometimes I feel insecure or indecisive.
- c. I prefer not to commit to long-term goals and prefer to have short-term goals.



37. What do you do when you feel discouraged or unmotivated to complete a task or project?

- a. I look for ways to regain my motivation and keep going.
- b. I try to keep going, but sometimes I take long breaks.
- c. I stop and leave the task or project unfinished.

38. How do you handle distractions or temptations that may interfere with your commitments?

- a. I stay focused and resist distractions.
- b. Sometimes I get distracted, but eventually I return to my commitments.
- c. I usually give in to distractions and postpone my commitments.

39. How willing are you to take on additional responsibilities or extra tasks?

- a. I am always willing to take on more responsibilities if necessary.
- b. I am willing to consider it, depending on my current workload.
- c. I do not feel comfortable taking on more responsibilities.

40. How do you feel about working on long-term projects?

- a. I am excited and committed to working and completing it.
- b. I can work on long-term projects, but it can be exhausting.
- c. I don't like working on long-term projects and I avoid them if possible.