

Harmony
4-7 years

Choose school, class
8-10 years

Mathematician? Humanitarian?
11-14 years

Choosing occupation
15-17 years

Who I am?
Adults 18+

Neurometrist: Хакимова Любовь Викторовна
Kernel v11.3 // Form v16.0 // Age: 22

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VERBATORIA

TALENT QUOTIENT SUMMARY REPORT

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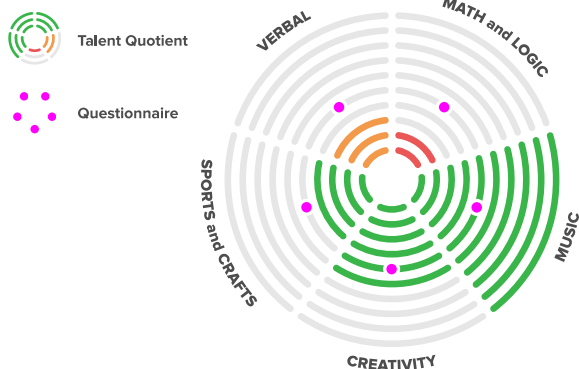
YOUR OCCUPATION:

Composer

RECOMMENDED HOBBY:

Included - check page "Hobby"

I. TALENT QUOTIENT (TQ), PERSONAL QUALITIES (PQ)



Risk Behavior Quotient (RBQ): **5 of 10**

Ease of making decisions with unpredictable outcomes that do not necessarily pose a threat

Stress Resistance (SBQ): **1 of 10**

Ability to make adequate decisions in a stressful situation, which we face for the first time

Mindfulness (MBQ): **3 of 10**

The state of awareness of one's emotions, feelings and thoughts, their causes, outside of reflection on the surrounding reality

II. TALENT QUOTIENT - EMOTIONAL INTELLIGENCE

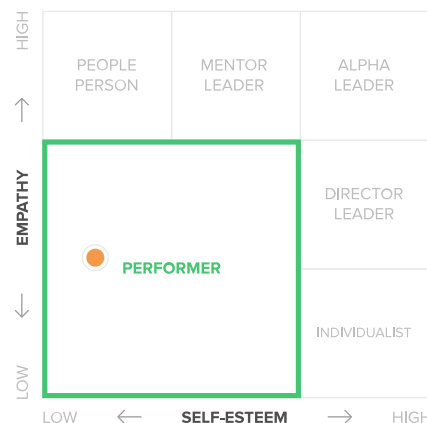
Performer

Self-esteem: **15** Empathy: **37**

Emotional Quotient balance between inter-, intra-personal talents defines comfortable team role for children, teenager, adult. (see the section "Sport and Leadership").

Unlike applied areas talents those in emotional directly affected and changes throughout a life under environment and social conditions.

Consider retesting after 12-18 months of Emotional Quotient.



III. Thinking type

Appropriate type of training is through examples, from general to particular. A picture is worth a thousand words: experience for person is more important source of skills than learning rules. Peculiar to the thinking in the form of images by its creation, formation, support, operation and modification with the help of presentation mechanisms and examples.



IV. Emotionality

Inclination to excessively emotional reactions to events. It can also be manifested as "causeless" emotions due to the events projection of the past that were not related to person or even invented. Can be the cause of conflicts.



WHO I AM

All occupations, Universities may be found by name in your local region

Two of each three adults would like to get another specialty. But how to choose that where it is possible to combine at the same time both prospect and pleasure?

The algorithm has made for you the choice of seven modern professions which as much as possible correspond to both natural abilities and emotional type.

1 Composer

Choose local University

The specialist is engaged in the creation of music works, expressing thoughts, feelings, emotions of the author, evoking empathy from the audience, and invented new ways of expressions by sounds.

2 Sound director

Choose local University

Sound director is one of the key professions in film, television, show business. In this profession, the creative side combined with technical one. Sound director is sometimes confused with the sound technician. However, the main task of the sound technician is the sound quality and its balance. And the sound director has more extend task. He is not only responsible for the quality of the sound, but is working on sound's drama, on the creation of sound images.

3 Arranger

Choose local University

Arranger is a musician who is engaged in the creation of arrangements, that is an adaptation of a musical composition for specific instruments or voices. He writes a separate party for each instrument (violin, drums, etc.) or voice and brings them all into a single music score.

4 Linguist

Choose local University

Linguist (philologist) is a specialist in linguistics (philology, Language Studies), his subject of research is the history of formation and development of languages, their structure and characteristics. Linguist is a specialist versed in the history of the formation and evolution of languages, their structures and characteristics. There are several specialized areas of linguistics, for example, work with one particular language, work with groups of languages, work with the linguistics divisions (dialectology, morphology, semantics)

5 Folk or ethnic singer

Choose local University

Folk or ethnic singer is a person possessing a characteristic set of vocal skills, independent of a particular culture. In Slavic culture, it is the Znamenny chant - a very complex voice technology, characterized by the special heartrending manner of performance with a strong emphasis on the vowels

6 Manager for cross-cultural communication

Moscow State University named after M. V. Lomonosov

A manager for cross-cultural communication is the specialist, dealing with the company's document flow in foreign languages, controlling key meanings (for example, in selecting of the marketing slogans). He also trains employees to properly convey the meanings in foreign languages and to negotiate with foreign partners. For company managers, such specialists are available for consultation on peculiarities of management and business development in other countries. With the development of international relations and globalization of business, it becomes very important for success activity. Let's remember the brand slogan KFC - "Finger-licking' good\ ("So delicious, yum") it was translated into Chinese in the 1980s like "We'll bite your fingers", that obviously did not lead to the growing popularity of American fast food among the local population.

7 The mapping Director

Choose local University

The mapping Director (mapping Director) is a wizard of a laser show. This is a specialist, who with the help of computer programs and equipment, the technology of 3D mapping, projects large images on real buildings, creates a whole laser show

HOBBY

"Find something you like - and in your life there will be no everyday life ..."
Confucius

Hobby - this is a favorite activity that brings pleasure and joy, especially if it provides a limitless opportunity to try yourself in different areas of activity.

The algorithm has produced for you the recommended selection of seven modern hobbies that are most consistent with both natural abilities and emotional type

1 Physical resource

Step

is a kind of dynamic dance, the intricacy of which is in its rhythmic kicks on a hard surface in order to create loud fractional sounds.

2 Sports yoga

is a kind of sport based on rhythmic gymnastics and aerobics, with asanas as the main elements. The focus is on strengthening the body and the development of physical abilities of a person.

3 Language resource

Italian

is the official language of Italy, Vatican, San Marino and Switzerland. It is admitted to be the second official language in several districts of Croatia and Slovenia.

4 Scientific resource

Poetry

is a passion directed toward the study of special way of organization of speech. It is the art of figurative expression of a thought with words, verbal artistic creativity.

5 Creative resource

Juggling

learning the juggling techniques that involve manipulation of several objects, such as balls, poi, diabolos, sticks, clubs, and etc., at the same time.

6 Music resource

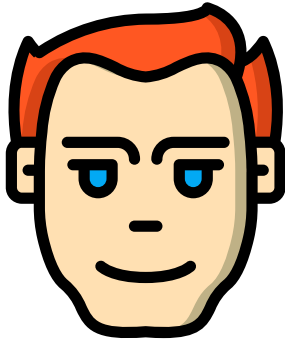
Glockenspiel (Concert bells)

a percussion instrument with a certain pitch. The instrument produces light jingling tone in piano, and bright and crystal one in forte. A glockenspiel may be fitted with a keyboard.

7 Social resource

Networking

study of social and professional activities that involve the use of a circle of friends and acquaintances to solve the challenging issues in life and business. The main point of networking is building trust-based and long-term relationships with people and mutual assistance.



Артур

Age 22

Report date:
19 January 2021

Risky behavior is determined by the action of three factors (The Theory of Purposeful Behavior of the Individual by D. Rotter):

- a person's opinion with regard to whether this decision will lead to the desired results (subjective value of the result);
- a person's opinion about the decision that his «significant» people expect from him (the desire to meet expectations);
- a person's confidence in his own ability to slow down or accelerate the development of the situation.

High propensity for making risky decisions

There are only 7% of such people, or one in 13 people - a willingness to take risks, even if it is considered a serious threat that can cause unpredictable consequences. In such people, risk may cause fear, but not the desire to avoid it. There may be a desire to experience thrills. There is also an excessive sense of personal control over any situation. They will choose activities that require skill to overcome dangerous situations - pilots, entrepreneurs, athletes, and so on.

Medium propensity for making risky decisions

The majority, 57% of people - are not inclined to extreme risk assessments, such as danger or, conversely, thrills. For such people, a risky situation is a common task, the solution to which a person seeks through an assessment based on his experience, emotional intelligence, internal attitudes and beliefs, the opinions of others, and so on. In psychology, this type is defined as willing to take situational risk if the worst possible outcome does not lead to irreparable consequences. Generals!

Low propensity for making risky decisions

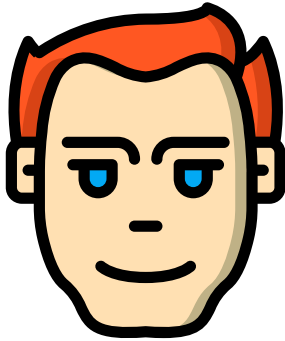
34% of people, or every third — the desire to avoid situations in which decisions are inevitable, associated with the risk of adverse, or even just uncertain consequences. Such people are characterized by a balanced approach, often long reflection, internal analysis of the situation, and comparison of options for action. «Measure it seven times, cut it once», and often they prefer to entrust a risky decision to someone else. Professions that require fast and responsible decisions are not the best matching for them, they are engineers by nature.

Definition

Risk is a key component of human decision-making. This is a choice in a situation of uncertainty, when there is a danger of getting a worse outcome as a result of the decision than before the choice. It can appear in a variety of areas, such as choosing a profession, a life partner, the risk of material losses, management risk, the risk of losing authority, and so on. There is also an extreme risk - loss of life or health - associated with the choice of sports, certain types of activities. A person who wants to take risks in one situation will take risks in others. Such people have a higher background level of activation of the Central nervous system. (Wahbeh, H., Oken B. S., 2012).

Science

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2. «Neural Processing of Risk» (Mohr et al., March, 2010), *The Journal of Neuroscience / Behavioral/ Systems/Cognitive* 30(19):6613–6619, DOI:10.1523/JNEUROSCI.0003-10.2010
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5. «PHYSIOLOGICAL ENSURING OF EMOTIONAL INTELLIGENCE FOR INDIVIDUALS INCLINED TO RISKY BEHAVIOR» (Mironova U. V., Dissertation of 2017, VolSMU of the Ministry of Health of the Russian Federation, Scientific adviser MD Kudrin R.A.)
6. «EEG-CORRELATES OF ACTIVATION OF THE BODY'S RESERVE CAPABILITIES» (Khalo P.V., Borodyansky U.M., UDC 57056, SFU. Technical Sciences)
7. «Personal-Psychological Predictors of Propensity to Risky Behavior» (Bunas A. A., *Azimuth of Scientific Research: Pedagogics and Psychology*. - 2013. - No. 2. - P. 508)
8. «EEG-Rhythms and Cognitive Processes» (Novikova S. I., *Modern Foreign Psychology*. - 2015. - Vol. 4. - No. 1. - Pp. 91-108.)
9. «A Meta-Analysis on Age Differences in Risky Decision-Making: Adolescents Versus Children and Adults.» (Defoe, I.N., Dubas, J.S., Figner, B., & van Aken, M.A. (2015) *Psychological Bulletin*, 141(1), 48–84. doi: 10.1037/a0038088).



Артур

Age 22

Report date::
19 january 2021

Determining factors of stress resistance

— physiological features. Inborn or acquired in early childhood. A certain type of the higher nervous activity, temperament (sanguine, choleric, phlegmatic, melancholic.);

— emotions and self-esteem. Inclination to irritability, anger, rage, unreasonable anxiety. Open-minded and friendly people with a sense of humor tend to cope with stress more easily;

— self-confidence in the ability to speed-up, slow-down developing situation.

High stress resistance

A person keeps calm under any circumstances, even those in which most people panic.

- able to make adequate decisions
- controls both the physical and internal state of stress, and one's reactions
- controls and rationalizes emotions
- able to structure information into necessary and irrelevant in the stress situation
- tolerant of criticism

- typical for anxious individuals with an elevated emotional background
- responses to stress are anxiety, mental and physical tension, and nervousness
- person feels stressed for the most insignificant reasons

Low stress resistance

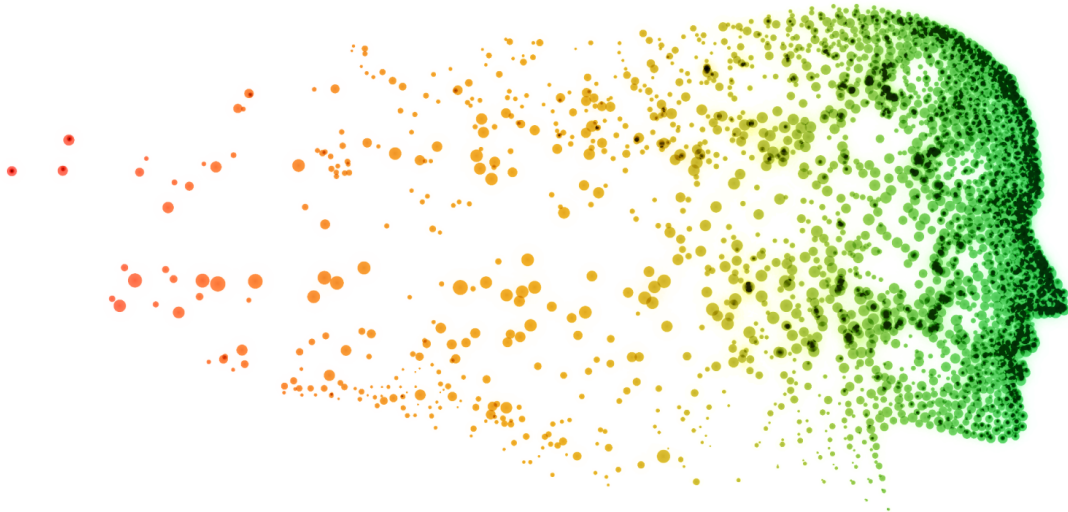
Further reading

- Robert M. Sapolsky. The Psychology of Stress.
- Nadezhda Tarabrina "The Psychology of Post-traumatic Stress".
- Ukraintseva Yu.V. Some Features of the Bioelectric Brain Activity and Heart Rate Regulation in Individuals with Different Types of Behavior Under Emotional Stress
- Pashkov A. A., Dalin I. S. Electroencephalographic Biomarkers of Stress Induced by Experiment
- Some Features of the Bioelectric Brain Activity of Individuals with Various Levels of Anxiety in Comfortable Conditions and with Intellectual Burden
- Tatyana Lapshina "Psychophysiological diagnostics of human emotions based on the EEG records"
- A.V. Griбанov, I. S. Kozhevnikova, Yu. S. Jos, A. N. Nekhoroshkova "Spontaneous induced electrical activity of the brain at a high level of anxiety"
- Selection of Neural Oscillatory Features for Human Stress Classification with Single Channel EEG Headset <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6323535/>
- Quantification of Human Stress Using Commercially Available Single Channel EEG Headset, 2017 https://www.researchgate.net/figure/Neurosky-single-channel-EEG-headset_fig2_319409826

Recommendations

The ability to withstand stress must be increased to the highest level possible. Constant anxiety, fear of change negatively affect health, appearance and working ability.

- positive thinking techniques. Just by expecting troubles, a person can make them more likely to occur. Problems occur every day, but they should not become a barrier to enjoy the fullness and joy of life. One should clear one's mind from all disturbing, groundless thought forms by observation, control, and argumentation.
- accept the flux of life: everything in the world is born and then dies, one event is replaced by another. Practice flexibility of thinking!
- learn to let go and control emotions. You may reflect and understand that there is no reason to worry, you can jump and scream, be creative or work out, do cognitive tasks – we all have our methods.
- meditation and deep breathing techniques.
- steady sleep schedule, physical exercises, vitamins (D and B, Mg and K).
- dealing with self-esteem. Compare the Real and Ideal "I/Me" and evolve in your coordinate system. Thinking about other people's judgments causes stress and is energy consuming and challenging.



3

Low (MBQ score 0 to 3)

Reflexive, diffuse state. It is characterized by the dominance of memories of the past and fears of the future in decision making; the dependence of the state and decisions on the environment; often used template, proven approaches in situations of choice; concentration on "internal idols" - beliefs not based on an understanding of the moment; high dependence of feelings and thoughts on emotions, people's actions - identification of oneself with them; a tendency to assess people and events around, and the assessment of their own actions and thoughts leads to a change in mood.

High (MBQ score 6 to 10)

A high level of mindfulness is the ability to understand the causes and manage one's state, thoughts at every moment. The concentration of attention when making decisions regarding the moment "here and now" is characteristic; rational positive thinking regardless of circumstances; ability to keep focus on the most important thing in the moment; lack of appraisal of the environment, to oneself; management and understanding of their own thought processes and emotions; high level of self-control of behavior; insightful, creative approach to tasks.

What Mindfulness is?

Mindfulness is a property and condition of a person in which he is aware of himself, emotions, feelings and thoughts, their causes, is able to direct and switch them, without reflection on the surrounding reality. This is the acceptance of oneself, the world and oneself in a consistent, natural course of events. In this awareness, the good will not be the antipode of the bad, but appears as an independent unit with its own meaning of existence, not feeding on the struggle with the opposite. Awareness gives confidence, stability without reinforcement, without the need for movement. Awareness allows a person to enjoy the result of a proposed action without actual action.

Open science

1. Mindfulness – a Neuro-Psycho-Biological Way forward for Defining Spirituality, Stanisław Radoń, doi: 10.4467/20844077SR13.015.1603
2. A Wearable Adaptive Neurofeedback-based System for Training Mindfulness State, Corina Sas, Lancaster University, UK, <https://link.springer.com/article/10.1007/s00779-015-0870-z>
3. Neuro-imaging of mindfulness meditations: implications for clinical practice, Paolo Brambilla, Cambridge University Press 2011, Epidemiology and Psychiatric Sciences, doi:10.1017/S204579601100028X
4. Measuring Mindfulness: First Steps Towards the Development of a Comprehensive Mindfulness Scale, Claudia Bergomi, Wolfgang Tschacher, Zeno Kupper, Springer Science+Business Media, DOI 10.1007/s12671-012-0102-9
5. The Discourse of Mindfulness: What Language Reveals about the Mindfulness Experience, P. Ordóñez-López & N. Edo-Marzà (eds.), *New Insights into the Analysis of Medical Discourse in Professional, Academic and Popular Settings* (pp. 173-198)
6. Psychobiology of Mindfulness, Dan J. Stein, MD, PhD, Victoria Ives-Deliperi, MA, Kevin G.F. Thomas, PhD, *Pearls in Clinical Neuroscience* 2008,
7. Stepping out of history: Mindfulness improves insight problem solving, Brian D. Ostafin University of Groningen, Department of Psychology, <http://dx.doi.org/10.1016/j.concog.2012.02.014>
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9. Emotional Memory, Mindfulness and Compassion, Dennis Tirsch, ISBN: 978-0-387-09592-9, DOI 10.1007/978-0-387-09593-6

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