YOUR ANSWERS. YOUR PERSPECTIVE.

Study-choice

Personal everyday reflection

A wholly fictional example. The values illustrate a report and say nothing about you.

ANSWERED: 25 / 25 | 5 PROFILE AREAS

1

Analytical and research interests

You describe a noticeable tendency towards wanting to examine data, explanations and scientific questions systematically. This pattern stands out in your responses; it is not a comparison with other people.

2

Technical and practical interests

You describe a noticeable tendency towards wanting to explore devices, materials, repairs and technical solutions. This pattern stands out in your responses; it is not a comparison with other people. Some responses differ substantially from this direction.

3

Individual responses matter

Technical and practical interests: Scored responses range from 2 to 5/5 (items 19 & 21).

Your first small step

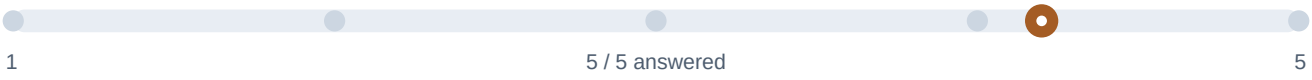
Explore one practical task and try a small, safe introductory exercise.

02 / YOUR REPORT

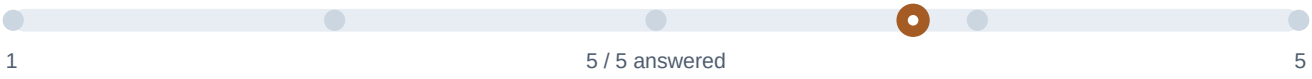
Your profile at a glance

Each dot shows an area response average on a scale of 1 to 5. Only your own responses are compared.

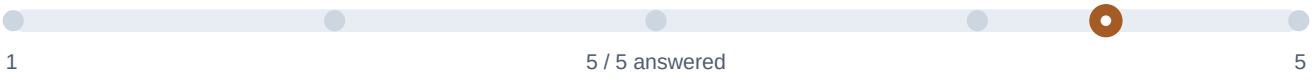
Analytical and research interests 4.2 / 5



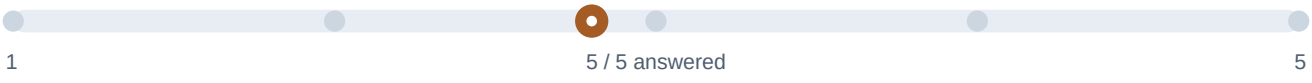
Technical and practical interests 3.8 / 5



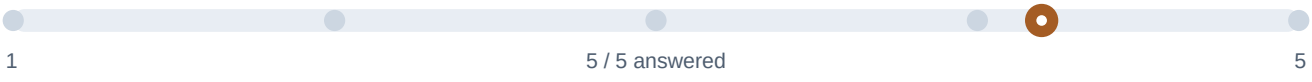
Helping and teaching interests 4.4 / 5



Creating 2.8 / 5



Structure 4.2 / 5



How to read the chart

1 = low, 3 = midpoint, 5 = high agreement in the scored direction. Higher is not automatically better. The midpoint is not the average of other people; small differences are not necessarily meaningful.

No area value is shown if fewer than 80% of its items are answered. This is a display rule for incomplete data, not a performance or health threshold.

03 / YOUR REPORT

Connecting your responses

Observations from your responses, not fixed characteristics.

The profile describes your interests in investigative, practical, social, creative and structured tasks. It does not select a degree or assess admission requirements.

Your result in words

Analytical and research interests: You describe a noticeable tendency towards wanting to examine data, explanations and scientific questions systematically. This pattern stands out in your responses; it is not a comparison with other people.

Technical and practical interests: You describe a noticeable tendency towards wanting to explore devices, materials, repairs and technical solutions. This pattern stands out in your responses; it is not a comparison with other people.

Technical and practical interests: take a closer look

The average combines different responses. These two items show why one number alone does not capture your whole perspective:

Item 19: I would enjoy comparing the properties of materials. | Mostly untrue

Item 21: I would enjoy building a model of a practical solution. | Very true

Consider a possible everyday situation

Explore one practical task and try a small, safe introductory exercise.

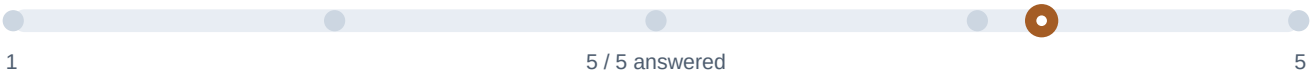
04 / YOUR REPORT

Analytical and research interests

Trace your responses and connect them with everyday situations.

This area concerns interest in analysing, investigating and understanding connections.

Your response value **4.2 / 5**



What this means in practice

You describe a noticeable tendency towards wanting to examine data, explanations and scientific questions systematically. This pattern stands out in your responses; it is not a comparison with other people.

Two concrete responses

Item 11: I would enjoy planning a small experiment.

Your response: Partly true

Item 22: I would enjoy checking whether a claim is supported by evidence.

Your response: Very true

A prompt for further reflection

Choose a real question and find two reliable sources about it.

When does this fit me - and when does it not?

05 / YOUR REPORT

Technical and practical interests

Trace your responses and connect them with everyday situations.

This area captures interest in practical and technical activities. Interest is not evidence of ability or career suitability.

Your response value **3.8 / 5**



1 5 / 5 answered 5

What this means in practice

You describe a noticeable tendency towards wanting to explore devices, materials, repairs and technical solutions. This pattern stands out in your responses; it is not a comparison with other people.

Your individual responses differ substantially. The interpretation describes their average direction only; it does not apply to every statement. The following responses show both sides.

Two concrete responses

Item 19: I would enjoy comparing the properties of materials.

Your response: Mostly untrue

Item 21: I would enjoy building a model of a practical solution.

Your response: Very true

A prompt for further reflection

Explore one practical task and try a small, safe introductory exercise.

When does this fit me - and when does it not?

06 / YOUR REPORT

Helping and teaching interests

Trace your responses and connect them with everyday situations.

This area concerns interest in supporting, explaining and working with people.

Your response value **4.4 / 5**



1 5 / 5 answered 5

What this means in practice

You describe a noticeable tendency towards wanting to support people in learning, planning and understanding different perspectives. This pattern stands out in your responses; it is not a comparison with other people.

Two concrete responses

Item 23: I would enjoy planning a community project with others.

Your response: Partly true

Item 20: I would enjoy mediating between different perspectives.

Your response: Very true

A prompt for further reflection

Ask someone in a relevant field about typical tasks and demands.

When does this fit me - and when does it not?

07 / YOUR REPORT

Creating

Trace your responses and connect them with everyday situations.

This area captures your endorsement of creating, generating ideas and developing your own solutions.

Your response value **2.8 / 5**



What this means in practice

Your result does not show a clear direction for developing your own ideas, forms of expression and alternative solutions. Check individual responses: partial agreement and opposing answers can produce the same average.

Two concrete responses

Item 4: I enjoy developing several ideas for an open question.

Your response: Mostly untrue

Item 10: I combine familiar things in unfamiliar ways.

Your response: Mostly true

A prompt for further reflection

Sketch two versions of a small task before choosing one.

When does this fit me - and when does it not?

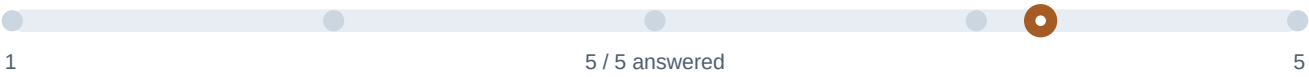
08 / YOUR REPORT

Structure

Trace your responses and connect them with everyday situations.

This area describes your endorsement of planning, order and a clear approach.

Your response value **4.2 / 5**



What this means in practice

You describe a noticeable tendency towards dividing plans into steps, recording commitments and checking progress. This pattern stands out in your responses; it is not a comparison with other people.

Two concrete responses

Item 18: I check for missing essentials before finishing.

Your response: Partly true

Item 25: I compare my progress with my plan.

Your response: Very true

A prompt for further reflection

Plan three small steps for a task and deliberately leave room for a change.

When does this fit me - and when does it not?

09 / YOUR REPORT

Your values clearly explained

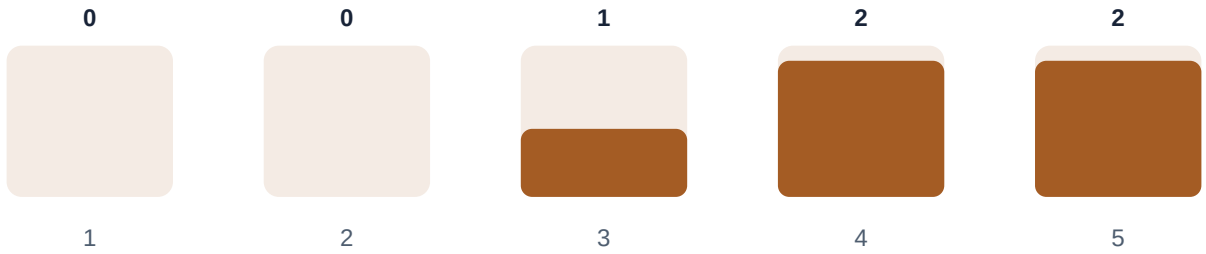
Analytical and research interests

Response positions are counted from 1 to 5. The sum is divided by the number of answered statements in this area.

Calculated from your actual responses

4 + 5 + 3 + 4 + 5 = 21. 21 / 5 = 4.2 / 5.

The distribution of your selected responses



The columns count your selected response positions 1 to 5 before any reverse scoring. The same average can come from very different responses.

For the wording, response averages below 2.5 are described as lower agreement, above 3.5 as higher agreement, and those between as middle agreement. These are editorial response-scale bands, not scientifically validated cutoffs. Identical averages can arise from different responses.

A profile without a ranking

We assign no population rank or fixed type. The scales describe responses to particular statements. Choose your own priorities; a high or low value does not require change.

10 / YOUR REPORT

Your own next step

An optional everyday idea, without a performance target.

1

Today: note one situation

Starting point: Technical and practical interests. Choose a response in this area and note when it last fitted. A counterexample is just as useful.

2

This week: explore a perspective

Explore one practical task and try a small, safe introductory exercise.

3

Afterwards: decide for yourself

What fits you and what does not? Record one insight and decide whether to keep anything. You do not need a higher score or another purchase.

My situation and what matters to me:

My optional idea and a suitable time:

What I would like to take from this:

11 / YOUR REPORT

Method and limitations

What the report is based on

Independently developed, unnormed self-reflection. High values are not inherently better; the profile describes your responses, not fixed traits.

Your responses are summarised according to the fixed rules explained here. Examples refer to the item numbers shown. No automated detection or assessment of a medical condition takes place.

Keeping the limitations in mind

Screening and self-reflection do not replace a medical or psychological assessment. Original reflection questions are not clinically validated. Each test page explains its method and limitations.

A profile does not cover every aspect of a person. It is a snapshot of your responses. Important relationship, career or other life decisions should not depend on it alone.

> **If you would like support**
>
> If symptoms are affecting you, seek support from a qualified health professional. In immediate danger, contact your local emergency services or nearest emergency department. Help information is available without an email address or payment.

Open general support information

Questionnaire version: 2026-10-29.26 | Report format: 2026-10-29.28

APPENDIX / YOUR REPORT

Your responses in full

Every scored response remains traceable. Skipped items are explicitly identified.

1	**I would enjoy investigating a question using data.**	Analytical and research interests | Mostly true
2	**I would enjoy understanding how a device is built.**	Technical and practical interests | Partly true
3	**I would enjoy explaining difficult material to someone.**	Helping and teaching interests | Very true
4	**I enjoy developing several ideas for an open question.**	Creating | Mostly untrue
5	**I break larger projects into individual steps.**	Structure | Mostly true
6	**I would enjoy repairing a simple object myself.**	Technical and practical interests | Very true
7	**I enjoy expressing thoughts through images, writing or music.**	Creating | Partly true
8	**I write down firm commitments.**	Structure | Mostly true
9	**I would enjoy systematically comparing two explanations.**	Analytical and research interests | Very true
10	**I combine familiar things in unfamiliar ways.**	Creating | Mostly true
11	**I would enjoy planning a small experiment.**	Analytical and research interests | Partly true
12	**I would enjoy learning to read a technical drawing.**	Technical and practical interests | Mostly true
13	**I would enjoy helping people plan a next step.**	Helping and teaching interests | Mostly true
14	**I shape my surroundings according to my own ideas.**	Creating | Partly true

Your responses in full / CONTINUED

15 **I allow time for unexpected obstacles.**
Structure | Very true

16 **I would enjoy solving a mathematical problem step by step.**
Analytical and research interests | Mostly true

17 **I would enjoy responding to different learning needs.**
Helping and teaching interests | Very true

18 **I check for missing essentials before finishing.**
Structure | Partly true

19 **I would enjoy comparing the properties of materials.**
Technical and practical interests | Mostly untrue

20 **I would enjoy mediating between different perspectives.**
Helping and teaching interests | Very true

21 **I would enjoy building a model of a practical solution.**
Technical and practical interests | Very true

22 **I would enjoy checking whether a claim is supported by evidence.**
Analytical and research interests | Very true

23 **I would enjoy planning a community project with others.**
Helping and teaching interests | Partly true

24 **I revise my own drafts until they match my intention.**
Creating | Mostly untrue

25 **I compare my progress with my plan.**
Structure | Very true