

Balanced Development
4-7 years

Choose School and Class
8-10 years

Scientist or Humanist
11-14 years

Future Occupation
15-17 years

Who Am I?
18+ (Adults)

Neurometrist: Innab Maram
Cell v11.3 // Form v16.0 // Age: 27

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VERBATORIA

Talent Quotient
Summary Report

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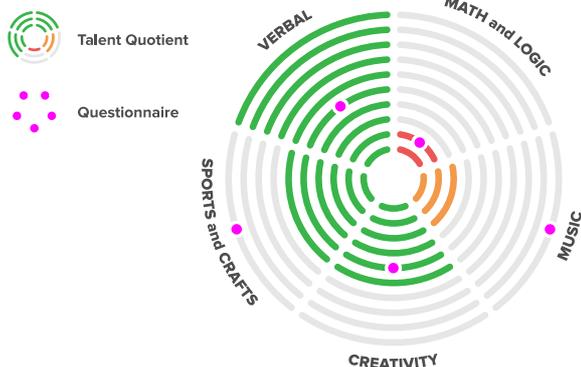
YOUR OCCUPATION:

Actor

SUGGESTED HOBBY:

Included (see Hobbies)

I. I. TALENT QUOTIENT (TQ) AND 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): **3 of 10**

Ability to make adequate decisions in a novel situation that is stressful.

Mindfulness: **3 of 10**

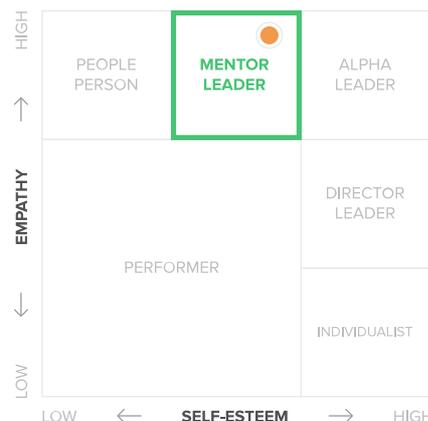
The state of awareness of one's thoughts, feelings and emotions as well as their causes without being affected by the social environment.

II. II. EMOTIONAL QUOTIENT (EQ)

Mentor Leader

Self-esteem: **62** Empathy: **95**

Comfortable group roles are determined by the balance of various aspects of emotionality such as upbringing and experiences.



III. Thinking type

The appropriate type of training is through examples, from general to specific. Seeing a concept once is better than hearing about it a hundred times. Experience is a more important source of information for a person than learning the rules. Thinking in the form of images is a characteristic trait- through their creation, formation, support, operation and modification with the help of presentation mechanisms and examples.



IV. Emotionality

A tendency to overreact to events. It can also manifest itself as "causeless" emotions due to the projection of past events that have no relation to one's life. Can lead to conflict.



ATTENTION AND MEMORY

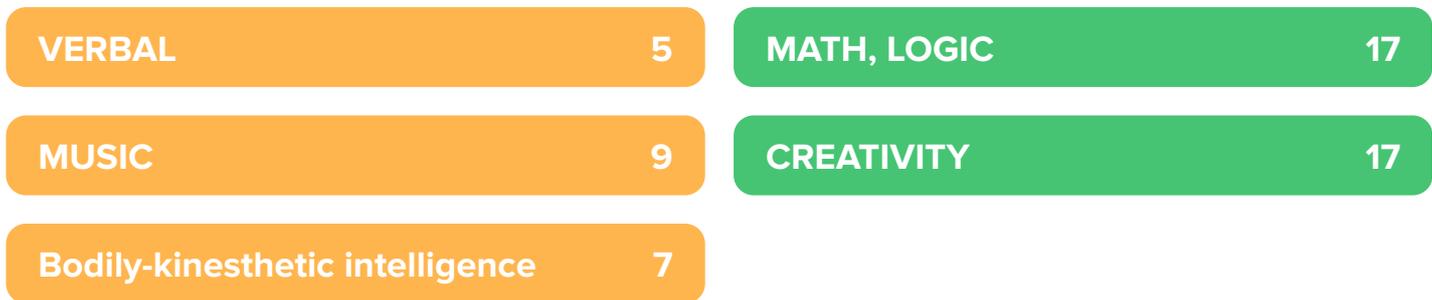
This data helps you plan your activities based on strengths in each area. The brain distributes attention to specific activities differently based on individual differences. One's level of attention is not related to their intellectual potential of the same intelligence. At a high frequency of responses, there may be a deficit, normal or critical level of attentiveness - and vice versa in any combination. The metrics in this report may be used to better plan a schedule that matches your needs.

IMPORTANT: The indicators characterize the distribution of attention in the current stage of brain development. This can change significantly after 9-12 months.

High attention (RED) in any area equals to good memory. These subjects will turn into knowledge and skills that are accessible for a long time after a week. On the flip side of overly high attention will be increased fatigue because the process of memorization is extremely labor-intensive.

Deficit of attention (YELLOW) is usually manifested as forgetfulness.

Efficient attention (GREEN) characterizes subjects that are easily learned/grasped without much practice or repetition.



Memory is effectively used during these classes. Attention is optimal for studying at standard workload intensity. No special adjustments to the schedule are required.

EXPRESSION
New material can be easily forgotten, even with high levels of ability in this area.

REASON (WITHIN THE NEUROSCIENCE)
At this stage of individual development, the brain is less effective at transferring the information to the long-term memory.

RECOMMENDATIONS
Longer interactive and repetitive sessions are recommended. Oversight of the study process is highly recommended.

EXPRESSION
Memory capacity is good in this area and there is effective comprehension of new material. However, fatigue, loss of attention and refusal to study can appear - especially with a lesson lasting one hour or more.

REASON (WITHIN THE NEUROSCIENCE)
Quickly overloaded and overwhelmed with new information due to highly effective memorization process.

RECOMMENDATIONS
Short but frequent lessons up to 20 minutes each, a change in the way that new material is presented and reviewing the material covered in past classes during the first part of each lesson is recommended.

WHO I AM

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

Two of three adults are considering to change their specialty or occupation. But how to choose something that is both interesting and usefull?

The algorithm has generated a list of seven modern professions which correspond to both natural abilities and emotional type.

1 Actor

Contact Verbatoria to choose University

An actor is the person acting the roles in plays, performances, and movies. This is a creative profession requiring from a performer the full physical and emotional impact. A good actor is completely immersed in the image of his character and transmits to the viewer all of his emotions, thoughts and experiences from the stage or from the screen

2 Animator

Contact Verbatoria to choose University

Animator is the leading of the celebrating events, which are, by and large, designed for children's audiences. In some cases, the animators organize promotions with competition and recreation purpose, recreational and sports activities. The task of the animator is to entertain the audience, to create and to maintain a good mood. Animators also work in the tourism business, entertain guests on the beach, at the hotel, engage with adults and children, involve them in various events in the resort and vacation spots.

3 Children's R&D Manager

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A children's R&D Manager is a specialist, who organizes children's creative activities to invent new children's products, and adopts children's ideas for mass production. This profession implies a very close interaction with children. Sometimes, the kids manage to invent with more interesting designer solutions than a team of adult professionals. That is not surprising, because it is a child who plays toys. In 2007, the entrepreneurial artist Wendy Tsao from Vancouver started making stuffed animals based on her four-year-old son's drawings. The hobby turned profitable, and she opened her own business called Child's Own Studio. Now parents from different countries order Wendy's plush toys based on their children's pictures. The famous artist Damien Hurst admitted in 2014 to have used his own childhood ideas in his art.

4 Teacher

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A teacher is a specialist in training, transfer of knowledge, mastering of various skills by young people. The teachers are well versed in developmental psychology, educational psychology and build an effective process of knowledge acquisition and personality formation. The teachers work at the different stages of human development and, as a rule, are divided into teachers of preschool age, school age, teachers of higher and secondary special education. Also, there are such specializations as an additional and special education, social pedagogy.

5 Political analyst

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The political analyst is a specialist who studies a policy as a special sphere of people's life associated with authority relations, and analyses political events. The international relations, relations between social groups, countries, corporations can be the subject of the political analyst's analysis.

6 Game educator

Moscow State University named after M. V. Lomonosov

Game educator is a specialist creating educational programmes based on game techniques. Education has always been considered to be a very conservative area, but thanks to technology development understanding of forms of obtaining knowledge is changing ever faster. Game forms of learning will become very popular because they help us to master the studied subject much more efficient.

7 Correspondent

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The profession of correspondent involves the search, collection, and transmission of information from the scene which requires the correspondent to present information in writing competently, to analyze the obtained information, to check the reliability of sources, and much more. Correspondents are highly demanded in the following media organizations: print, television and electronic, central, local, sectoral and corporate media.

HOBBY

"Choose a job you love, and you will never have to work a day in your life."
Confucius

Hobby -This is an activity that brings pleasure and joy, especially if it provides a limitless opportunity to try activities in different areas.

The algorithm has generated a selection of seven modern hobbies that would best fit your emotional and in-born intelligences.

1 Physical Activity Resource

Modern Dance

The basic principles of modern dance are the rejection of the canons, the embodiment of new themes and stories with original dance and plastic means. Modern dance can be summed up as a concentration not only on the body movements, but also on the feelings arising in the process of dance, and on the state of mind. There are many movements that look relaxed, slow, sometimes like yoga.

2

Body Fitness

the body fitness is focused on a shapely, athletic-looking physique.

3

Language Resource

Portuguese

is an official language of nine countries and only 5% of Portuguese speakers live in Portugal. It's the fastest-growing European language in the world behind English. It is heavily influenced by Arabic.

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

Calligraphy

is a passion for the technique of fine art, the art of beautiful writing.

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

Crowdsourcing

Crowdsourcing translation is used to translate an interesting book or movie in a short time by splitting it into small fragments. Participants translate their own part of text, and as a result, enthusiasts make a translation that is used by thousands of people. It allows to improve knowledge of foreign languages.

NEURO CAREER GUIDANCE, PART1: Meta-professional skills

For navigation in the economy of future professions, the Atlas of New Professions, developed by Moscow School of Management SKOLKOVO and ASI, is used. For each of the professions, professional qualities have been developed, on which success in each of them depends. Great contribution has emotional intelligence.

GREEN marker indicates strong professional aspects of the specialist

RED marker usage of these skills will suppress professional growth

Sign	No.	Definition of an cross-professional skill	Matching skill
	1	Multilingual and multicultural abilities (fluent English and knowledge of a second language, understanding of the national and cultural context of partner countries, understanding of work specifics in other countries industries)	
	2	Programming IT solutions / Managing complex automated systems / Work with artificial intelligence	
	3	Ability to work with collectives, groups and individuals	
	4	Cross-industry communication skills (understanding of technologies, processes and market situation in various related and non-related sectors)	
	5	System thinking (ability to define and work with complex systems, including system engineering)	
	6	Client focus, ability to work with customer requests	
	7	Lean production, production process management, based on permanent focus to eliminate all types of losses, that assumes involvement very employee in the business optimization process and maximum client focus	
	8	Ability to manage projects and processes	
	9	Ability to work underf high uncertainty and quickly changed conditions of tasks (the ability to make quick decisions, prompt reaction to changes in working conditions, the ability to allocate resources and manage personal time)	
	10	Environmental thinking	
	11	Creativity abilities , developed aesthetic taste	





Loukia

Age 27

Report date::
22 june 2021

Risky behavior is usually determined by the action of three factors:

- 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 what the important people in their life expect them to do (the desire to meet expectations)
- a person's confidence in their own ability to slow down or accelerate the development of the situation

High risk-taking tendency level

Only 7% or one in 13 people are willing to take risks- even if it is viewed as a serious threat that can cause unpredictable consequences. These people feel afraid about taking risks, but not to the extent that they avoid taking action. They tend to take part in high-risk activities. It is also typical for them to feel the need to control every situation. They will choose an occupation that requires risk-assessment and handling skills. Some examples of such professions are pilots, entrepreneurs and athletes.

Medium risk-taking tendency level

The majority or 57% of people are not inclined to qualify risk as danger or, on the contrary, they see it as a thrill. These people will approach a risky situation based on their experience, emotional intelligence, personal beliefs, the opinions of others, and so on. In Psychology, this type is defined as willing to accept the situational risk if the worst possible outcome does not lead to irreparable consequences.

Low risk-taking tendency level

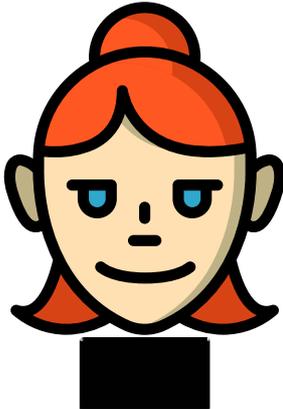
34% of people or one in three strive to avoid situations in which decision making is inevitable- especially when it is associated with unfavorable or uncertain consequences. These people are characterized by a balanced approach, lengthy reflection, internal analysis of the situation and consideration of all options. They prefer to ask someone else to make a risky decision for them. Professions with the need for quick decisions are not for them, although they would make great engineers.

Definition

"Risk" is a key component in human decision-making. There is a possibility of getting a worse result as a because of the decision. It can manifest itself in a variety of areas like one's professional life, love life, material losses and so on. There can also be an extreme risk like loss of life or health. A person seeking to take risks in one situation will also be likely to take risks in others. Such people have a higher background level of central nervous system activation. (Wahbeh H., Oken B.S., 2012).

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Age 27

Report date:
22 June 2021

Factors that determine stress resistance

— Physiological features. This can be born or acquired in early childhood. Usually correlated with nervous system activity and temperament (sanguine, choleric, phlegmatic, melancholic.)

— Emotions and Self-Esteem. Those who are easily stressed are more inclined to be easily irritable, angry and have 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 or slow-down in a developing situation.

High stress resistance

Able to keep calm under any circumstance-even those in which most people experience panic.

Able to make adequate decisions under pressure.

Has good control over internal levels of stress and one's reactions.

Able to prioritize information as necessary vs irrelevant in stressful situations.

Doesn't get caught up in the details-focuses on the bigger picture.

Level-headed and practical.

- 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

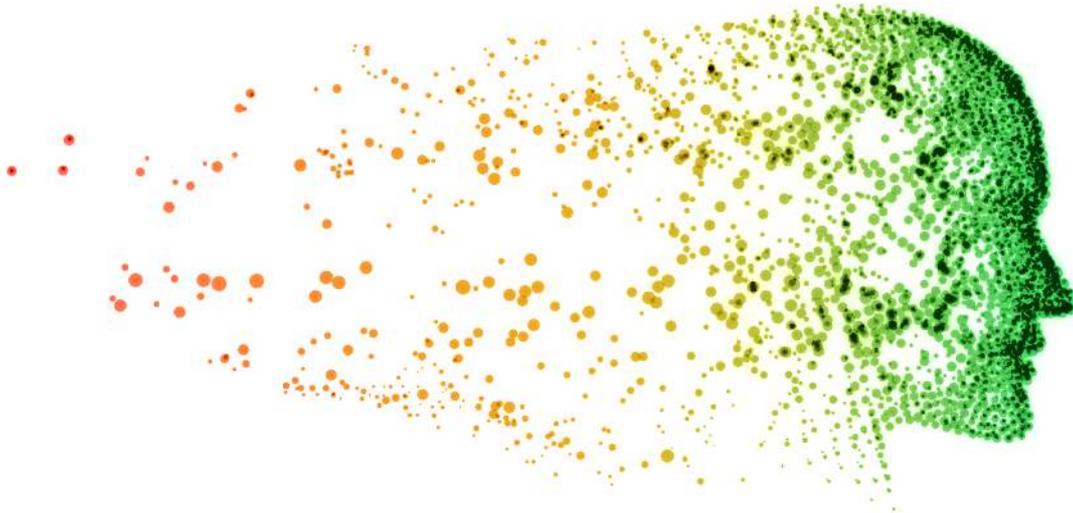
Recommendations

The ability to withstand stress must be increased to the highest level possible. Here are some ways you can increase your stress resistance.

- Relaxation. Stress can cause our bodies to malfunction. The body and mind need to reach a state of equilibrium to function efficiently. Active relaxation techniques such as deep breathing and meditation can help decrease the probability of stress-induced Alzheimer's disease, gastrointestinal problems and asthma. - Have a balanced diet. Consuming food that is rich in protein can help your body support you during stressful periods by lowering your blood pressure and maintaining muscle mass. Decreasing your intake of caffeine and sugar can help your body regulate levels of cortisol (the stress hormone.) - Get a good night's rest. Our bodies need at least eight hours of sleep for optimal functioning. Sleeping well can improve concentration and productivity as well as boost immune system functioning. Plus, you'll be able to respond better to stressful situations when you are well-rested! - Accept the flux of life. You may reflect and realize that there is no need to worry. Stress is inevitable. What matters more is how you respond to the stressors in your life. Problems occur every day but they should not become a barrier to enjoying the fullness of life.

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3

Average (MBQ 0 to 5)

It is characterized by the domination of memories of the past and fears of the future in decision-making; dependence on others and use of traditional approaches in the decision-making process; focus on inner beliefs not based on an understanding of the moment; basing feelings and thoughts on emotions and actions of people; a tendency to judge people and events around. However, the assessment of their own actions and thoughts leads to a mood change.

Above average (MBQ 6 to 10)

A high level of mindfulness is the ability to understand the cause for and manage your behavioral state and thoughts at any given moment. Characterized by high focus when making decisions in the moment; rational positive thinking regardless of the circumstance; the ability to maintain composure in the moment; non-judgmental attitude to the environment and to oneself; managing and understanding one's own thought processes and emotions; high level of self-control; insightful, creative approach to tasks.

Why does mindfulness matter?

Mindfulness enhances one's emotional well-being and has been proven to improve mental health. Implementing these techniques can reduce stress and chronic pain in the body and can aid in the improvement of memory and concentration. Practicing mindfulness promotes general well-being.

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