SCORING YOUR ASSESSMENTS:

Follow the instructions below **carefully.**

For your scores from **Assessment 1** (These relate to the letters on the *horizontal* line on the graph)

If you scored 20, your letter is A

(Find out your letter)

A = 20 (this one is your score)
So, B on the graph = 19
C = 18
D = 17
E = 16
F = 15
G = 14
H = 13
I = 12
J = 11
K = 10
L = 9
M = 8
N = 7
O = 6
P = 5
Q = 4
R = 3
S = 2
T = 1/0

For your scores from **Assessment 2** (These relate to the numbers on the *vertical* line on the graph)

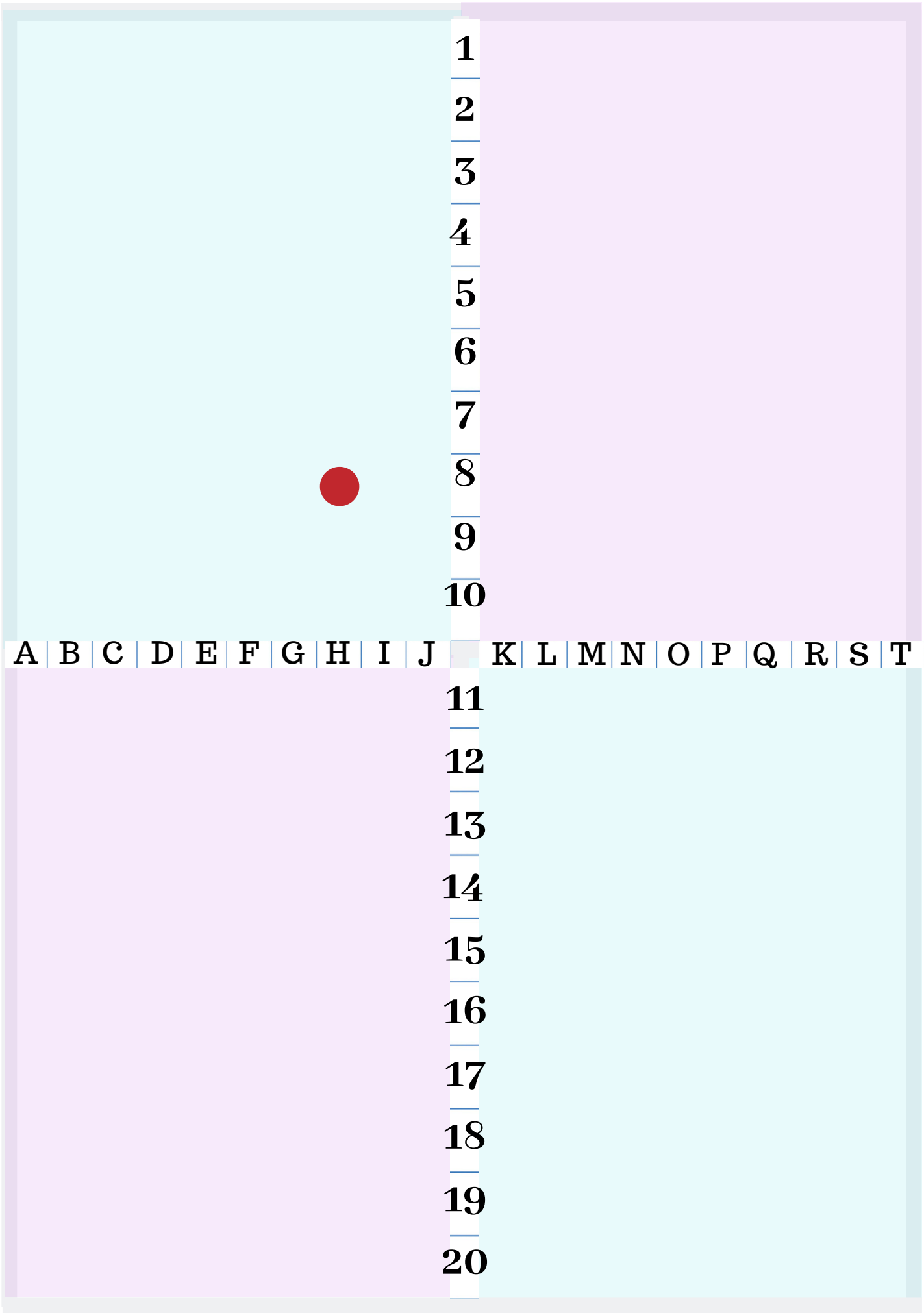
If you scored 20, your number is 1

(Find out your number)

1 = 20 (this one is your score)
So, 2 on the graph = 19
3 = 18
4 = 17
5 = 16
6 = 15
7 = 14
8 = 13
9 = 12
10 = 11
11 = 10
12 = 9
13 = 8
14 = 7
15 = 6
16 = 5
17 = 4
18 = 3
19 = 2
20 = 1/0

When you have finished both, you should have a letter and a number combination i.e. E-13 or M-7

1. Plot where your scores (letter and number combination) intersect. Example H-8 below.



OPTIMISM

Conscious Go-Getter

Hopeful Dreamer

1
2
3
4
5
6
7
8
9
10

REALISM

IDEALISM

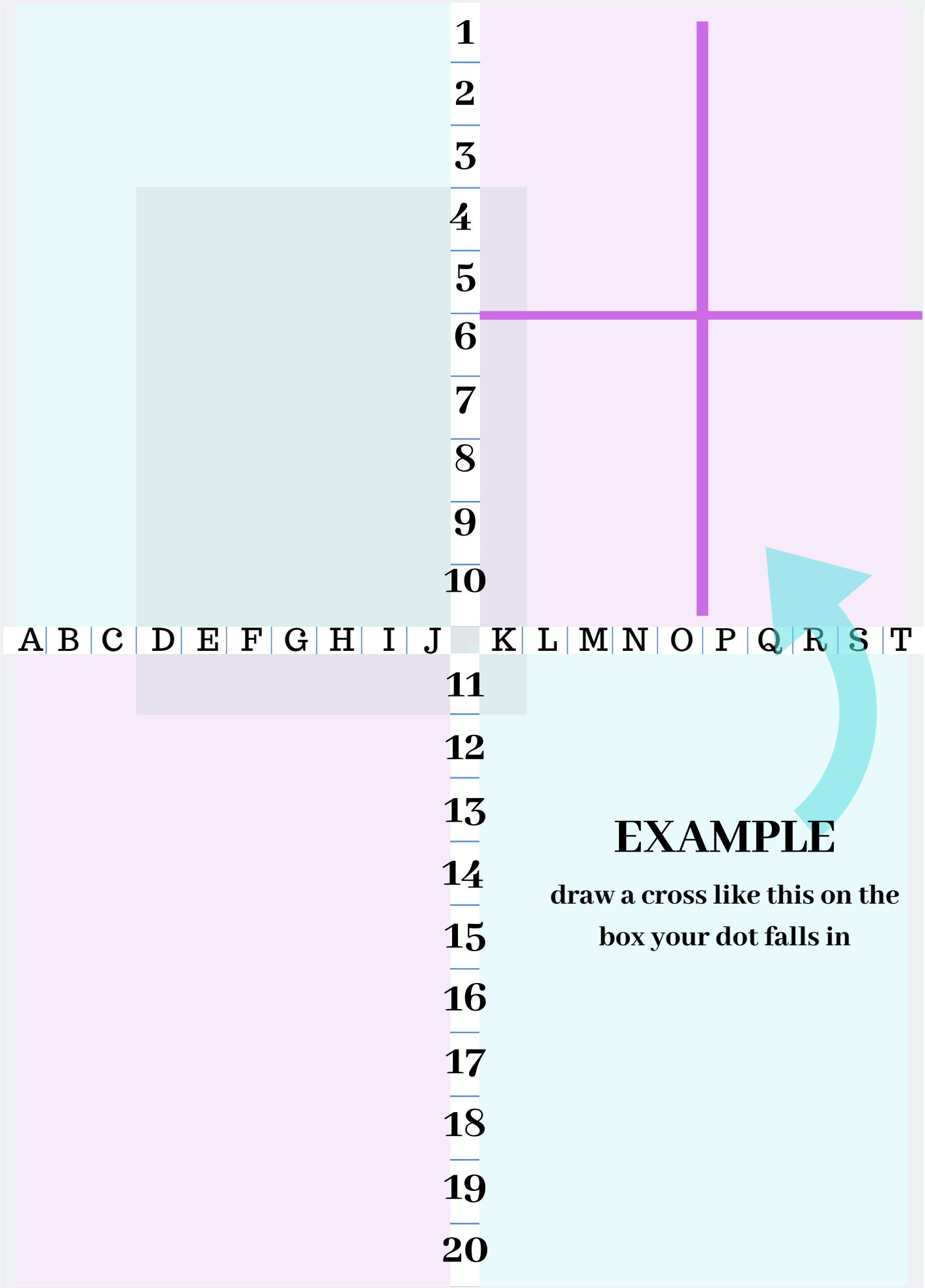
A B C D E F G H I J K L M N O P Q R S T

11
12
13
14
15
16
17
18
19
20

Conscious Doubter

Hopeful Saboteur

PESSIMISM


1
2
3
4
5
6
7
8
9
10
A B C D E F G H I J K L M N O P Q R S T
11
12
13
14
15
16
17
18
19
20
EXAMPLE
draw a cross like this on the box your dot falls in

OPTIMISM

Conscious Go-Getter

Hopeful Dreamer

1
2
3
4
5
6
7
8
9
10

EXAMPLE

see how far your dot is from the stress safe-zone in this box,

REALISM

IDEALISM

A B C D E F G H I J K L M N O P Q R S T

11
12
13
14
15
16
17
18
19
20

Conscious Doubter

Hopeful Saboteur

PESSIMISM