

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: Saborit Israel Rodriguez
Cell v13.1 // Form v17.0 // Age: 39

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VERBATORIA

Talent Quotient

Summary Report

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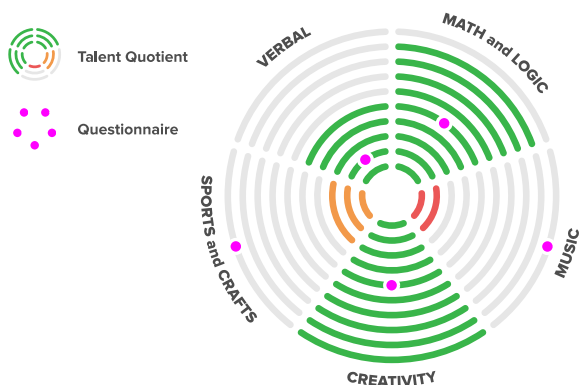
YOUR OCCUPATION:

Anthropologist

SUGGESTED HOBBY:

Included (see Hobbies)

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



Risk Behavior Quotient (RBQ): **7 of 10**

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

Stress Resistance (SBQ): **9 of 10**

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

Mindfulness: **5 of 10**

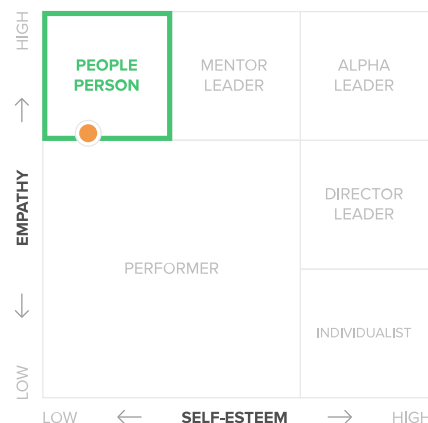
The state of awareness of one's thoughts, feelings and emotions as well as their causes without being affected by the social environment.

II. II. EMOTIONAL QUOTIENT (EQ)

People Person

Self-esteem: **15** Empathy: **72**

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 the emotions of others and details of the world around a person. It can also manifest itself as "causeless" emotions due to the projection of past events that have no relation to one's life.



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.

VERBAL

5

MATH, LOGIC

14

MUSIC

7

CREATIVITY

9

Bodily-kinesthetic intelligence

20

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 Anthropologist

Contact Verbatoria to choose University

An anthropologist is a scientist, the subject of scientific research of which is a man as a species. Tendencies in the study of the human species can be different: the origin of the human species (anthropogenesis) in the context of its cultural environment.

2 A designer of medical institutions life

Contact Verbatoria to choose University

A professional engaged in the development of the life cycle of a medical institution and its management, from the design stage to its abolition. Today hospitals are not just institutions, providing a certain range of medical services. An increasingly important role in the development of medical institutions belongs to R&D-related activities (research and development), education and training, introduction of new technologies. And the appropriate specialists are required to manage such complex systems.

3 Transmedia Product Designer

Contact Verbatoria to choose University

A transmedia product designer is a specialist engaged in designing content and services for multiple media. He thinks the characters, the story, the conflicts, the problems for TV programs, games and other services of interaction with the child. For example, 'Inanimate Alice', an interactive online series for children, uses text, video, pictures and interactive games. And "Lego" products allow you to graduate from simple details and storylines to more complex and a child can play in online games or watch a movie with friends.

4 Designer of neurointerfaces

Contact Verbatoria to choose University

A designer of neural interfaces is an expert in the development of interfaces compatible with the human nervous system in order to control computers, household and industrial robots, based on the psychology and physiology of users. Today such technologies already exist but they are used mainly for entertainment. For example, one of the most famous examples is neuro ears headphones "Nekomimi", which are moving on the head of the user, depending on human condition – relaxed or excited. There is also a game called Mindflex, the meaning of which is to hold the ball through the maze and defeat the opponent by "power of thought". And the Australian company Emotiv Epoc began production of neural helmets, which can control the characters in online games. In the future, you will be able to manage all kinds of devices or even to communicate without words through neural interfaces.

5 Bioengineer

Contact Verbatoria to choose University

"Bioengineer is a scientist specializing in the purposeful change of the properties of a living organism, he carries out molecular research of biomass, its structure, species, features and possibilities". Based on the results of his research work, genetically modified organisms are created. The spectrum of bioengineering is quite wide - from the development of genetically modified organisms to the creation of artificial organs to replace lost ones. Among the most important achievements of bioengineering it should be made mentioned the development of magnetic resonance imaging, angioplasty, artificial joints, pacemakers, arthroscopy, renal dialysis, artificial circulation devices, bioengineering skin prostheses. The tasks of bioengineering include the synthesis of biocatalysts, the development of new types of drugs, the design of microorganisms for the utilization of waste, and so on. The spectrum of bioengineering is quite wide - from the development of genetically modified organisms to the creation of artificial organs to replace lost ones. Among the most important achievements of bioengineering it should be made mentioned the development of magnetic resonance imaging, angioplasty, artificial joints, pacemakers, arthroscopy, renal dialysis, artificial circulation devices, bioengineering skin prostheses. The tasks of bioengineering include the synthesis of biocatalysts, the development of new types of drugs, the design of microorganisms for the utilization of waste, and so on. Highly qualified professionals - bioengineers can successfully find employment, both in the scientific field and in applied fields. When choosing a scientific activity, graduates will be able to get work in scientific research institutes of pharmacological, medical, biological branch, scientific research centers, laboratories".

6 Engineer of life support systems

Contact Verbatoria to choose University

The engineer of life support systems is a specialist who specializes in servicing life support systems in difficult conditions. This profession can undoubtedly be singled out as one of the most important, because the lives of other people will depend on the specialists of such a profile. Their task will be to provide the living space of any station, colony, space hotel. Therefore, the profession of a life support engineer will be very much in demand at any space object where people will be.

7 Zoologist

Contact Verbatoria to choose University

Zoologist - is a scientist who studies animals (vertebrates and invertebrates) and all issues, connected with them, explores their diseases and their impact on a human and is seeking new species. Zoologists have a wide range of activities. They indicate the causes of species extinction, encouraging people to protect nature

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 Croquet

a sport game in which players use long wooden mallets to hit balls through a series of wickets placed in the ground in a certain order.

3 Language Resource

German

130 million people speak German as their Mother tongue or as a second language. German is known for endlessly long words, the longest has 79 letters. English and German share 60% of their vocabulary. Every noun starts with a capital letter and has a gender.

4 Scientific Resource

Medicine

is a passion for the biology section, that studies the diagnosis, treatment and prevention of diseases, ways to maintain and strengthen the health and working capacity of people, to prolong life, as well as to relieve suffering from physical and mental ailments.

5 Creative Resource

Ebru

learning techniques for drawing ebru. Paint is sprayed on the prepared surface of the water; the pattern is then transferred to a fabric or a paper. The unique technique of ebru creates both abstract paintings and intricate ornaments.

6 Music Resource

Electronic Music

is a hobby aimed to study the creation of computer music. This is the term that was originally used among professionals to refer to the field of engineering developments related to the digital synthesis of musical sounds, digital processing of audio signals, digital recording of various sound structures and so on.

7 Social Resource

Physiognomy












is a passion aimed to study methods of determining the personality type, his spiritual qualities and health status, based on the analysis of the external facial features and expression.

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

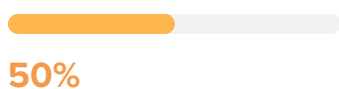
RED marker usage of these skills will suppress professional growth

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	



ASYMMETRICS

The same profession in different companies can be completely different. Management styles, traditions, unwritten rules and dozens of other factors form the uniqueness of the environment in which a person finds himself in a work collective. Teams, departments in companies are determined not only by the specifics of the industry, but also by the history of creation, development strategy, charisma and vision of owners and managers. We've compiled the neuro-DNA of notable companies that are very different in some of the key parameters of the work atmosphere, so you can see how close their spirit is to you.



The Russian gas giant, providing state-level tasks both in domestic and international directions. Specificity is the scale of activities, the manufacturability of platforms, bureaucracy and the duration of projects and solutions. A characteristic feature: strict regulations of processes and team interactions.



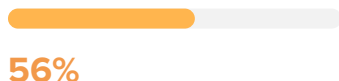
The flagship of Russia's high-tech leap into the future with robots, big-data, neuro- and quasi. Huge budgets and working in an environment of high pressure and uncertainty: Often the customer's expected product requires the scientific development of the underlying technology. A characteristic feature: controlled chaos, a consequence of a high proportion of risky operations and investments in the future.



Yandex knows everything - and this is even modestly said. The company is taking over traditional markets with digital solutions, absorbing the leaders of the past and transforming them into an unattainable future. If Google knew about the existence of Yandex, the headquarters would have already been closed and everyone would have been fired. A characteristic feature: extra-systemic thinking at all levels, the search for non-standard solutions.



Here boys in sneakers come to practice and retire as millionaires. Relaxed dress code, endless meetings, management model more complicated than the Moscow metro map, multiplied by invisible compliance are waiting for you! A characteristic feature: the cult of individual leadership, and each employee must meet and constantly prove and improve his level at the cutting edge of modern knowledge.



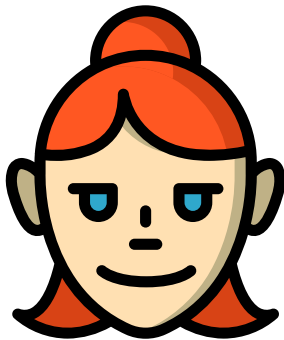
Rolls-Royce in the home and office security industry. The chosen niche of premium quality determines the main characteristic of each workplace - the expectation of initiative and innovation. There are no solutions or processes in which there is no room for greater excellence, and therefore innovation must come from the bottom.



Are you ready to participate in a dozen projects at the same time? Each will have its own unique setting, goals, means, and leaders. Sometimes - several at once! With everyone you need to find a "common language" and this is not always a task of just professional expertise.



"Do not forget that you are a Bank", - Putin once addressed to the CEO of SberBank; best of all characterises the current stage of the life of the oldest bank in Russia. Continuous search for new ideas - managerial, financial, technological - for growth outside of traditional markets. Salient Feature: Authoritarianism descended vertically by a visionary genius in the first person of the company.



Ari

Age 39

Report date:
20 march 2022

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

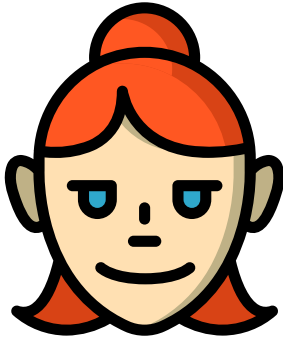
34% of people or one in three strive to avoid situations in which decision making is inevitable- especially when it is associated with unfavorable or uncertain consequences. These people are characterized by a balanced approach, lengthy reflection, internal analysis of the situation and consideration 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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Ari

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Report date:
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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

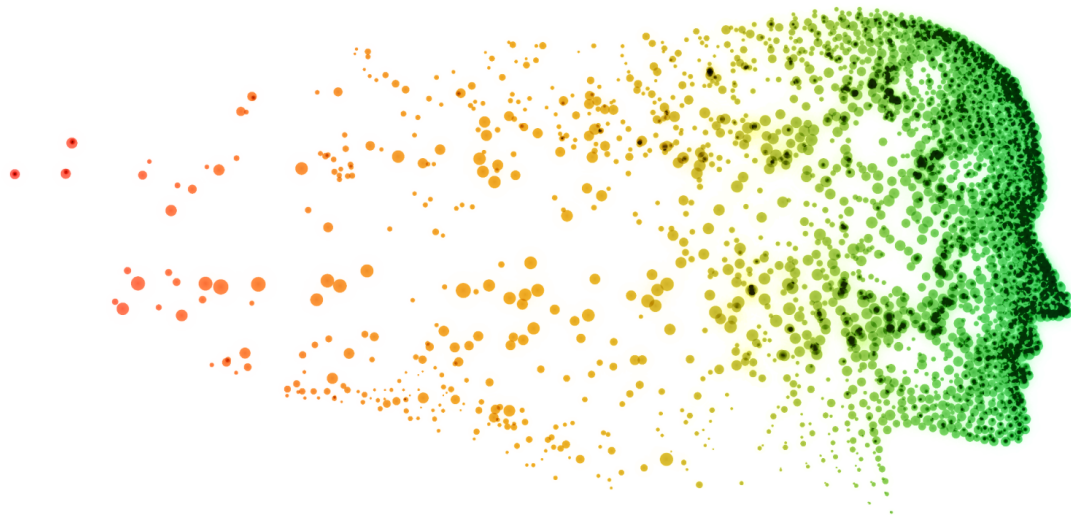
Recommendations

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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5

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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