

TEST

While choosing professional career one has to take into consideration factors which influence it such as interests, but also specific personality factors, including resistance to stress, resilience and buoyant, flexible adaptation to changing conditions and life situations.

Sources show that certain features favour resistance to stress, personality resilience. Think about yourself and do short quiz to check how you behave in various life situations to examine yourself in this regard.

1. I react peacefully for new situations.
 - 0- Definitely not
 - 1- Rather not
 - 2- Neither yes, nor no/ it's hard to say
 - 3- Rather yes
 - 4- Definitely yes
2. I value my independence.
 - 0- Definitely not
 - 1- Rather not
 - 2- Neither yes, nor no/ it's hard to say
 - 3- Rather yes
 - 4- Definitely yes
3. I treat stressful events in a challenge category.
 - 0- Definitely not
 - 1- Rather not
 - 2- Neither yes, nor no/ it's hard to say
 - 3- Rather yes
 - 4- Definitely yes
4. I treat encountered difficulties as a chance to gain new experience and personal development.
 - 0- Definitely not
 - 1- Rather not
 - 2- Neither yes, nor no/ it's hard to say
 - 3- Rather yes
 - 4- Definitely yes
5. I am rather agreeable and I don't like harming others.
 - 0- Definitely not
 - 1- Rather not
 - 2- Neither yes, nor no/ it's hard to say
 - 3- Rather yes
 - 4- Definitely yes
6. I think that I have influence on my life.
 - 0- Definitely not
 - 1- Rather not
 - 2- Neither yes, nor no/ it's hard to say
 - 3- Rather yes

- 4- Definitely yes
7. I don't care about speaking out in a huge group of people.
 - 0- Definitely not
 - 1- Rather not
 - 2- Neither yes, nor no/ it's hard to say
 - 3- Rather yes
 - 4- Definitely yes
8. I am very precise in doing my tasks.
 - 0- Definitely not
 - 1- Rather not
 - 2- Neither yes, nor no/ it's hard to say
 - 3- Rather yes
 - 4- Definitely yes
9. I like influencing other people and guiding them.
 - 0- Definitely not
 - 1- Rather not
 - 2- Neither yes, nor no/ it's hard to say
 - 3- Rather yes
 - 4- Definitely yes
10. I like contact with nature and taking care of observing natural world.
 - 0- Definitely not
 - 1- Rather not
 - 2- Neither yes, nor no/ it's hard to say
 - 3- Rather yes
 - 4- Definitely yes

After marking answers count all your points.

The bigger obtained score the bigger grade of resilience so adaptation to changing life situations and stress resistance.

High level of resilience

People show huge tolerance towards negative emotions. They have optimistic attitude towards life. They have huge sense of humour. They can in flexible way adjust to changeable surrounding conditions. They aren't discouraged with failures but treat it as a challenge. Active and effective coping in difficult conditions allows to choose such working environment, which is changeable, so occupations such as: doctor, vet, forensics technician, actor, teacher.

Low level of resilience

People with low resilience have adaptation problems and lower resources of coping in difficult and conflict situations. They have low tolerance towards negative emotions. They perceive appearing difficulties as a threat and then they withdraw their actions. They are discouraged with failures and have problems with keeping emotional stability. Preferable occupations for these people, which don't create changeable situations causing stress, are: lab technician, programmer, administrator of databases, forester, orthodontist.