

GED TestPrepped™ Profile Report

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GED TestPrepped™ Profile

You just took a significant step toward improving your test-taking mindset! The GED TestPrepped Profile is designed to help you learn to better prepare for important tests in your life and focus your self-development efforts on meaningful and targeted areas for improvement.

The first step in improving your test preparation and test-taking mindset is understanding your strengths and areas of improvement. The GED TestPrepped Profile, which you completed, measures 16 Test Mastery Competencies organized within four *TestPrepped Profile Dimensions*. The purpose of this report is to present your Test Prepped Profile results and, most importantly, to provide you with a context for understanding them and how they can help you improve your test preparation and test-taking mindset.

The GED TestPrepped Profile Report is organized into the following sections:

- Understanding This Report
- Your TestPrepped Profile Dimensions
- Your Overall Test Mastery Scores
- Your Individual Test Mastery Competencies & Score Interpretation Guidelines

Understanding This Report

The GED TestPrepped Profile measures 16 Test Mastery Competencies, which are beneficial to mastering important exams like the GED test. We have rolled up these 16 Competencies into four TestPrepped Profile Dimensions (Motivation, Responsibility, Resiliency, and Confidence) that relate to two major categories of test mastery, Test Preparation and Test Readiness.

Inside this report, you will find a profile of your Test Mastery Style. First, you will have a chance to familiarize yourself with your current overall Test Preparation and Test Readiness style for taking important exams in your life. Next, you will learn about how your scores rank against a national comparison group of GED test-takers. Finally, you will explore your specific 16 Test Mastery Competencies that contribute to each of the four GED TestPrepped Profile Dimension Scores. Here are three things to remember when reading this report:

1. TestPrepped Profile scores are Percentiles not percent correct.

Scores shown on your GED TestPrepped Profile Report are Percentiles. This means, for example, if you score a 60, approximately 59% of the national comparison group scored lower on that particular Dimension or Competency than you did.

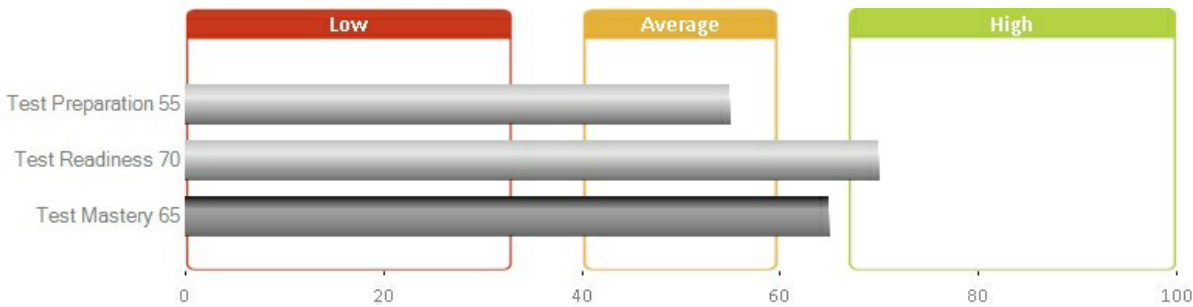
2. Focus your development efforts on areas where you fall into the Low ranges.

Scores in the High and Average range are important to making you Test Prepped and Test Ready for the GED, but the Competencies in which you fall in the Low range are the areas you want to devote attention to by changing test preparation and readiness behaviors or attitudes.

3. Stay positive, keep an open mind, and develop your action plan!

Embrace this new knowledge about your Test Mastery Competencies and stay positive about the self-development journey you are about to begin. Remember that your goal is to build on your strengths and strengthen your weaker Test Mastery Competencies so that you can optimize your Test Mastery Style and perform your best on the GED test. You should familiarize yourself with your scores and the information found in this report in order to get the most benefit from this process. After working on strengthening your competencies you can request to retake the GED TestPrepped Profile to document improvement. We wish you the best of success on your GED test.

Overall Test Mastery Composites



Overall Test Mastery Composites

1 Test Preparation	Score: 55
<p>The Test Preparation composite is comprised of the Motivation and Responsibility TestPrepped Profile Dimensions. It measures one's level of motivation and responsibility to excel fully at the test preparation phase.</p>	
High Score	Demonstrates the optimal levels of motivation in addition to the required level of responsibility to excel fully at the GED test preparation phase.
Average Score	Demonstrates moderate levels of motivation and responsibility that will likely help enable acceptable GED test preparation.
Low Score	May not have the motivation and responsibility to excel fully at the GED test preparation phase.
2 Test Readiness	Score: 70
<p>The Test Readiness composite is comprised of the Confidence and Resiliency TestPrepped Profile Dimensions. It measures one's level of test-taking confidence and resiliency that should facilitate the overall test-taking process.</p>	
High Score	Shows higher levels of test-taking confidence and resiliency that facilitate the overall GED test-taking process.
Average Score	Test-taking confidence and resiliency levels are usually adequate to facilitate the GED test-taking process.
Low Score	May not have the test-taking confidence and resiliency to improve results of the GED test-taking process.
3 Test Mastery Overall	Score: 65
<p>The Test Mastery Overall composite is comprised of the Test Preparation and Test Readiness composites. This score reflects one's general level of test preparation and test readiness.</p>	
High Score	Shows more motivation and reliability in relation to the GED test and possesses test-taking confidence and resiliency.
Average Score	Likely has strengths as well as opportunities for growth related to GED test preparation motivation and responsibility and test-taking confidence and resiliency.
Low Score	May not have the motivation and responsibility in relation to the GED test, in addition to lacking test-taking confidence and resiliency.

GED Test Mastery Style

Your Test Mastery Style is determined by your level of Test Preparation and Test Readiness. A description of each style is in the Test Mastery Styles table.

Your current Test Mastery Style is: **Style 4: High Test Prepped/High Test Ready**

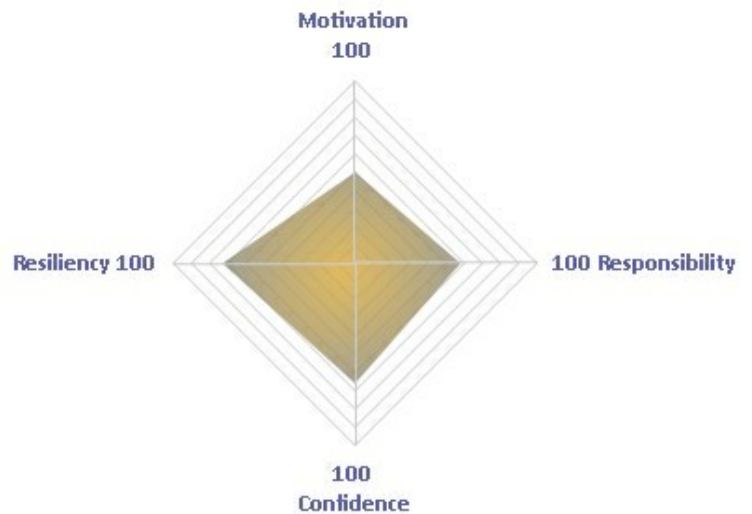
GED Test Mastery Styles	Test Readiness (Lower)	Test Readiness (Higher)
Test Preparation (Lower)	<p><i>Style 1: Test Prepped (Low)/ Test Ready (Low):</i></p> <ul style="list-style-type: none"> • Become more engaged in the test preparation process • Improve poise when taking the GED test • Self-manage competencies in order to increase levels of motivation, responsibility, self-confidence, and resiliency when preparing for and taking the GED test 	<p><i>Style 2: Test Prepped (Low)/ Test Ready (High):</i></p> <ul style="list-style-type: none"> • Become more motivated with and engaged in the test preparation process • Would benefit from higher test-taking self-confidence and resiliency • Likely to be more poised when handling the demands and challenges of preparing for and taking the GED test
Test Preparation (Higher)	<p><i>Style 3: Test Prepped (High)/ Test Ready (Low):</i></p> <ul style="list-style-type: none"> • Likely very motivated and responsible when it comes to preparing for the GED test • Likely struggles with poise, indicated by lower self-confidence and increased feelings of stress and worry as date for GED test approaches 	<p><i>Style 4: Test Prepped (High)/ Test Ready (High):</i></p> <ul style="list-style-type: none"> • Likely to remain fully engaged with the test preparation process • Tend to remain poised when preparing for and taking the GED test • Exhibits desirable levels of motivation, responsibility, confidence, and resiliency for GED-related test preparation and test readiness

TestPrepped Profile Dimensions

1 Motivation	Score: 50
This Dimension is comprised of four Competencies related to one's commitment to preparing for high-stakes exams, enjoyment of demands of studying for important tests, productivity during the test preparation phase, and energy level when studying and preparing.	
2 Responsibility	Score: 58
This Dimension is comprised of four Competencies related to how organized one is when studying, time management skills required for test preparation, level of self-discipline during the test preparation phase, and assertiveness with protecting study time.	
3 Confidence	Score: 66
This Dimension is comprised of four Competencies measuring likelihood to adopt a winning test-taking attitude, degree of self-assurance about test-taking skills and abilities, beliefs about whether test-taking success is due to luck or chance, and attentiveness when taking a high-stakes test.	
4 Resiliency	Score: 73
This Dimension is comprised of four Competencies measuring level of optimism when taking a high-stakes test, feelings of calmness and stability during demanding testing sessions, degree of worry and fear during the testing experience, and quality orientation to avoid careless mistakes when completing demanding high-stakes exams.	

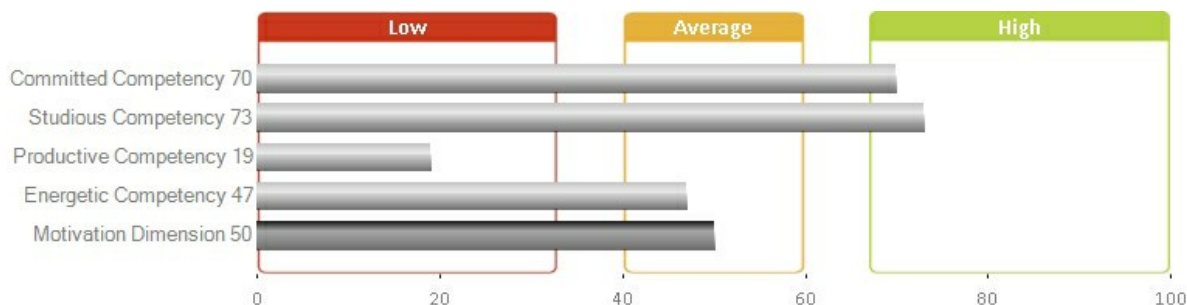
See How You Did on the TestPrepped Profile Dimensions

Your strengths lie where the color on the graph reaches toward the points (100). Dimensions with the least amount of color indicate your best opportunities for growth and development. If the color covers a majority of the graph, your Test Mastery is high.



The Motivation Dimension is comprised of four Test Mastery Competencies important for Test Preparation: Committed, Studious, Productive, and Energetic

How Did You Score?



What do your scores mean?

Committed		Score: 70
High Score	Is highly motivated to do whatever it takes to not only pass the high-stakes exam, but to score very high on it.	
Average Score	Has an acceptable amount of drive and motivation to pass the high-stakes exam and score well.	
Low Score	Needs to strengthen the drive and motivation to pass a high-stakes exam at all costs and score as well as possible.	
Actions	<ul style="list-style-type: none"> • Become fully committed to GED test preparation. • Increase your GED test preparation productivity. • Become more passionate about your need for test preparation. • Set higher standards for yourself in terms of both test preparation goals and the passing scores you aim to achieve. 	
Studious		Score: 73
High Score	Really enjoys and is committed to the intellectual demands and routines that are required when studying for a high-stakes exam.	
Average Score	Shows some enjoyment and commitment to the intellectual demands and routines that are needed when studying for high-stakes exams.	
Low Score	Needs to find enjoyment in the intellectual demands and routines that accompany studying for a high-stakes exam.	
Actions	<ul style="list-style-type: none"> • Study books, audio recordings, and/or computer-based instruction on effective test-taking strategies and study skills. • Learn to enjoy GED test preparation studies. • Become fully committed to completing many different GED practice tests to strengthen "test-taking muscles." • Continuously develop GED test-taking knowledge and skills by repeatedly studying flash cards, online tutorials, and related reference materials. • Fully commit to a GED test preparation program that covers all of the more complex subjects on the GED test. • Possibly utilize special tutoring for the more difficult subject matter that could be on the GED test. 	
Productive		Score: 19
High Score	Is more likely to be fully productive and even ahead of schedule when studying for a high-stakes test and reliably attends all test preparation events (e.g., review classes).	
Average Score	Is likely to be reasonably productive and stay on schedule when studying for a high-stakes exam and regularly attends test preparation activities.	
Low Score	Needs to become more productive and avoid getting behind schedule when studying for a high-stakes exam. Must overcome tendencies to delay, and even skip test preparation activities.	
Actions	<ul style="list-style-type: none"> • Fully commit to completing all GED-related readings, assignments, and practice tests on time. • Try never to get behind in your GED-related studies. • Become committed to completing all required practice tests which form the cornerstone of a strong GED test preparation program. • Use all available time to maximize your GED test preparation productivity, including a portion of spare time. • Realize that you might need to delay some leisure activities in the service of more GED test preparation. 	

Energetic**Score:** 47

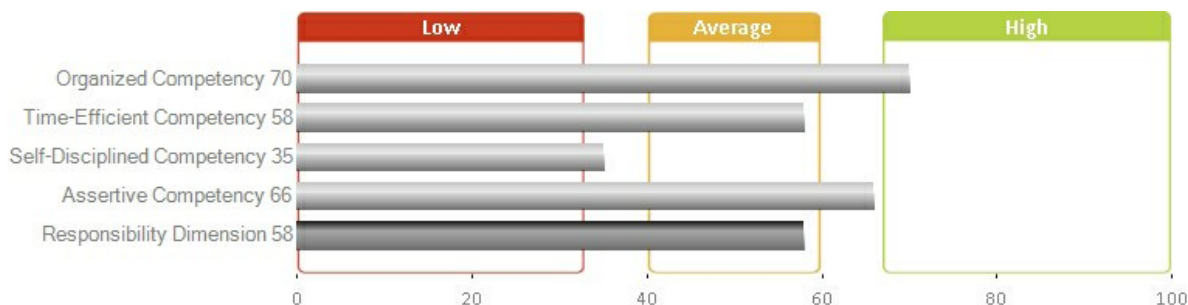
High Score	Acts with a sense of urgency and energy when engaging in all of the test preparation and study requirements.
Average Score	Engages in test preparation and study activities with moderate energy levels.
Low Score	Must avoid tendency to take it easy and not act with the sense of urgency and energy required when preparing for a high-stakes exam.
Actions	<ul style="list-style-type: none">• Try to push yourself a bit harder in terms of total GED study time in order to stay ahead of schedule.• Commit more of your spare time to active study time as you prepare for the GED test.• Study how to successfully multi-task so that you can handle many different test preparation projects at once.• Try to overcome any tendencies to "take it easy" or to get a bit lazy when preparing for the GED test.• Make sure that you are getting the proper amount of rest, diet, and exercise to maintain needed levels of energy.

Motivation Dimension**Score:** 50

High Score	Is more committed to preparing for high-stakes exams, enjoys the intellectual demands of studying for important tests, typically remains very productive during the test preparation phase, and/or acts with a sense of urgency and energy when studying and preparing.
Average Score	Is moderately committed to preparing for high-stakes exams, may enjoy the intellectual demands of studying for important tests, is generally productive during the test preparation phase, and/or engages in studying activities with moderate energy.
Low Score	Is less committed to preparing for high-stakes exams, typically doesn't like the demands of studying for important tests, tends to be less productive during the test preparation phase, and/or possibly struggles with maintaining a high energy level when studying and preparing.

The Responsibility Dimension is comprised of four Test Mastery Competencies important for Test Preparation: Organized, Time-Efficient, Self-Disciplined, and Assertive

How Did You Score?



What do your scores mean?

Organized

Score: 70

High Score Approaches a high-stakes exam in a highly organized manner and knows how to maintain a very organized study environment during the test preparation phase.

Average Score Is usually able to maintain an organized study environment and approach high-stakes exams in an organized manner.

Low Score Need to learn how to maintain a highly organized study environment required during high-stakes test preparation and avoid preparing for an exam in a disorganized manner.

- Actions**
- Study books, articles, and/or audio recordings on how to stay organized.
 - Make sure study materials, textbooks, class notes, and practice tests are properly filed and easily accessible when preparing for the GED test.
 - Make sure that study partners are highly organized and productive when studying and preparing for the GED test together.
 - Utilize a well-designed study schedule and strictly adhere to this schedule at all times.

Time-Efficient

Score: 58

High Score Is a strong time manager and utilizes very time-efficient test preparation strategies.

Average Score Is generally good with time management and typically utilizes time-efficient test preparation strategies.

Low Score Should strive to manage time optimally and utilize highly time-efficient test preparation strategies.

- Actions**
- Consistently complete all test preparation activities on time.
 - Take a time management course if needed.
 - Engage in the self-study of time management principles by studying brief articles and audio recordings on time management.
 - Avoid wasting time at all costs, especially when preparing for the GED test.
 - Avoid becoming overextended in personal and/or work life since this type of situation will surely interfere with GED test preparation efforts.

Self-Disciplined

Score: 35

High Score Reliably sticks to a winning test preparation "game plan" and always maximizes study time while remaining disciplined.

Average Score Is oftentimes able to stick to a test preparation "game plan" and is generally disciplined when utilizing study time.

Low Score Needs to learn the self-discipline to stick to the test preparation "game plan" and avoid procrastination and cutting corners.

- Actions**
- Keep your word to teachers, tutors, family, and/or friends and stick to the approved study schedule.
 - Avoid skipping any study groups or review classes as you prepare for the GED test.
 - Avoid procrastination when it comes to GED studies because this will only increase the odds that you will need to cram right before the GED test.
 - Avoid thoughts of cancelling or skipping the GED test, and instead increase your level of motivation to commit fully to this important test.
 - Never engage in cheating of any kind.

Assertive**Score:** 66

High Score Is appropriately assertive and can easily disarm attempts to interrupt study efforts while winning over supporters.

Average Score Typically remains assertive to block others' attempts to interrupt study efforts.

Low Score Needs to become more assertive and block actions by others that interfere with studying.

Actions

- Study simple ways to increase assertiveness so that nothing will get in the way of your GED test preparation efforts.
- Attend a brief assertiveness training workshop if necessary.
- Simply begin to act more assertively when it comes to protecting your GED test preparation time and resources.
- Assertively push yourself to study harder as opposed to waiting for others to motivate you to study more.

Responsibility Dimension**Score:** 58

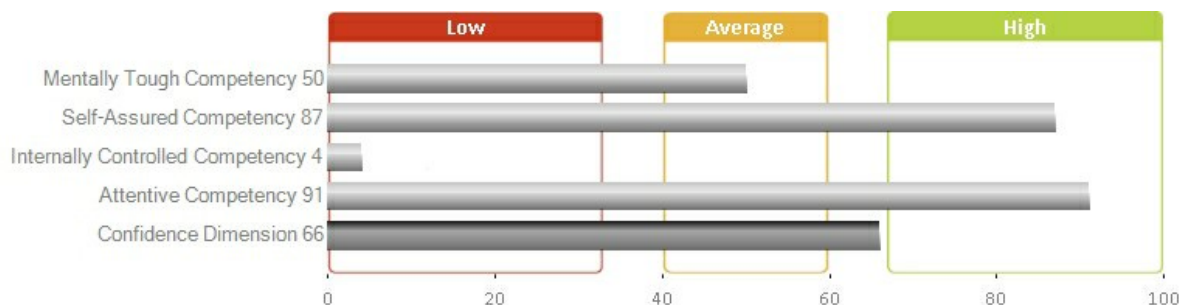
High Score Uses organization skills effectively during the test preparation phase, is a highly efficient time manager when studying, is very self-disciplined when preparing, and/or knows how and when to be assertive to protect test preparation time.

Average Score Is moderately organized and able to manage time when studying, is typically disciplined when preparing for a test and is sometimes assertive with others to protect test preparation time.

Low Score Is somewhat disorganized when studying, struggles with the time management skills required for test preparation, lacks self-discipline during the test preparation phase, and/or struggles with assertively protecting study time.

The Confidence Dimension is comprised of four Test Mastery Competencies important for Test Readiness: Mentally Tough, Self-Assured, Internally Controlled, and Attentive.

How Did You Score?



What do your scores mean?

Mentally Tough

Score: 50

High Score	Feels like a "winner" with the "right stuff" when taking high-stakes exams and can cope effectively.
Average Score	Generally feels like a successful test taker when taking high-stakes exams and can oftentimes cope with the pressures of test-taking.
Low Score	Does not regularly feel like a "winning" test taker and might have difficulty coping with the pressures of test-taking.
Actions	<ul style="list-style-type: none"> Utilize positive self-talk and affirmations whereby you learn to self-reinforce your ambition of being a "winning" test taker. Utilize positive visualizations whereby you view yourself performing as a successful test taker at all times. Make sure you stay as physically fit as possible for when you sit for demanding important exams. Practice winning test-taking strategies so that you can better guarantee your success on the GED test. Complete many different types of GED practice tests under simulated "game conditions" so that you can learn to cope with the pressure associated with the GED test.

Self-Assured

Score: 87

High Score	Almost always feels totally prepared and confident when taking high-stakes exams, and therefore possesses high levels of test-taking self-esteem.
Average Score	Usually feels prepared and confident when taking high-stakes exams and tends to have high self-esteem.
Low Score	Often feels discouraged and hopeless when taking a high-stakes exam, and therefore lacks test-taking self-esteem.
Actions	<ul style="list-style-type: none"> Take many practice tests to gain the confidence of seeing your scores improve over time. Never get discouraged or demoralized when taking the GED test, and instead view the entire test preparation and test-taking process as a very meaningful growth experience in life. Strive to remain very satisfied with all aspects of your GED test preparation and test-taking activities, as these feelings of satisfaction contribute to higher self-confidence. Possibly utilize a tutor to learn how to best approach the most difficult questions on the GED test and to strengthen overall test-taking confidence.

Internally Controlled

Score: 4

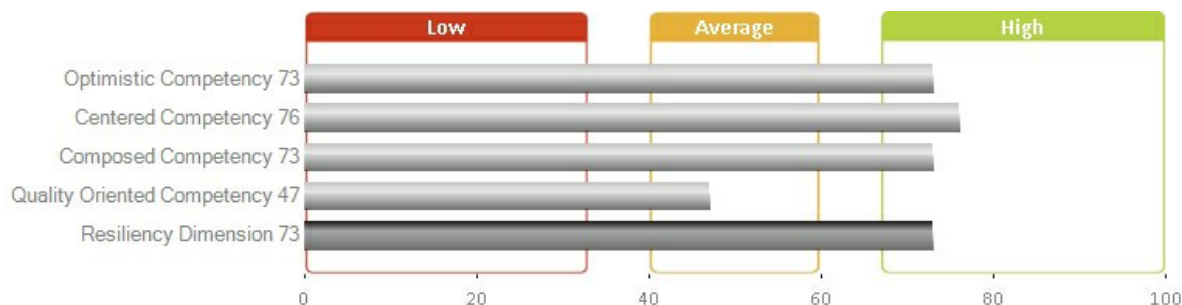
High Score	Has an "internal" locus of control and believes that passing the test is primarily due to skill and hard work.
Average Score	Tends to believe that passing the test is due to skill and hard work but may sometimes believe that chance and luck play a role.
Low Score	Possesses an "external" locus of control and therefore believes that passing the test is due to chance or fate.
Actions	<ul style="list-style-type: none"> Adopt the attitude that ultimate success on the GED test is due to your hard work, study, and practice and is not due to luck or chance. Believe in the importance of the hard work and effort required to excel at taking the GED test. Always visualize yourself passing an important exam like the GED test and then celebrating the success afterwards with reinforcing self-talk. Fully realize that ultimate success with the GED test is due to strong work ethic and your day-to-day decisions to push yourself to the limits in terms of studying and taking practice tests.

Attentive		Score: 91
High Score	Can effectively concentrate while staying fully focused on each and every question, even with timed tests.	
Average Score	Is able to concentrate and stay focused most of the time when completing important tests.	
Low Score	Gets confused and defocused very easily during important tests and therefore might forget important facts and details.	
Actions	<ul style="list-style-type: none">• Practice staying fully vigilant and attentive while taking practice tests since this skill will generalize to the actual GED test.• Set aside some difficult GED practice questions to focus as much on concentration levels when completing these questions as you do on getting the right answers.• Learn to avoid getting distracted with surrounding sounds or distracting movements as you strive to improve your focus when taking practice tests.• Take practice tests to also further develop your awareness and ability to know exactly how much time remains at any point in the exam.	

Confidence Dimension		Score: 66
High Score	Is more likely to adopt a winning test-taking attitude, exhibits high levels of test-taking self-confidence, believes that test-taking success is ultimately due to skill and hard work, and/or exhibits exemplary focus and concentration when taking important exams.	
Average Score	Likely has a successful test-taking attitude, displays moderate levels of test-taking confidence, believes that test-taking success is usually due to skill and hard work though sometimes luck or chance, and/or is able to focus when completing important exams.	
Low Score	Is less likely to adopt a winning test-taking attitude, is less self-assured about test-taking skills and abilities, believes that ultimate test-taking success is due to luck or chance, and/or is prone to getting easily defocused and distracted when taking a high-stakes test.	

The Resiliency Dimension is comprised of four Test Mastery competencies important for Test Readiness: Optimistic, Centered, Composed, and Quality Oriented.

How Did You Score?



What do your scores mean?

Optimistic

Score: 73

High Score Confidently takes a very optimistic, positive view of having to take a high-stakes exam.

Average Score Tries to keep an optimistic, positive view of having to take a high-stakes exam

Low Score Often takes a pessimistic, overly negative view of having to take a high-stakes exam.

- Actions**
- Try to remain positive and optimistic at all times in relation to your test-taking thoughts and ruminations.
 - Use encouraging self-talk every time you do your best to answer a challenging question (e.g., "I understood the question, I applied my strategy, and I feel that I did my very best on this rather difficult item. I am pleased!").
 - Try to avoid any distractions the day of the exam, especially self-imposed distractions.
 - Optimistically focus more on the process of efficiently taking an important exam as opposed to what your eventual grade will be.

Centered

Score: 76

High Score Stays very calm and "centered" when taking an important test and knows how to maintain a clear mind during a challenging high-stakes exam.

Average Score Tends to stay calm and "centered" when taking an important test but may have moments of restlessness.

Low Score Is very moody, restless, and at times "out of control" when sitting for an important test.

- Actions**
- Take various practice tests to also learn how to sit calmly, breathe deeply, and let go of any feelings of tension during the testing process.
 - Practice entering a relaxed state of being very calm yet very attentive so that this state of mind can be used when taking the actual GED test.
 - Commit to staying "centered" while avoiding getting too excited or too frustrated when taking both the GED practice tests and the actual test.
 - Learn to breathe deeply and tell yourself to "relax, clear the mind, and slowdown," especially if your thoughts ever start racing during an exam.
 - Always keep any negative emotions in check when taking the GED test, especially feelings of anger, frustration, and/or fear.

Composed

Score: 73

High Score Usually experiences "test calmness" and is often able to stay relaxed and worry free during a high-stakes exam.

Average Score Is usually able to stay relaxed and at ease while taking a high-stakes exam though may exhibit some nervousness.

Low Score Might at times experience troublesome "test nervousness" and tends to exhibit excessive fear and worry during a high-stakes exam.

- Actions**
- Complete practice tests where you focus as much on staying calm, relaxed, and worry free as on getting the correct answers.
 - Learn how to relax physically during important tests by engaging in a mild form of progressive relaxation where you tense and relax various muscle sets, while self-reinforcing when a sense of relaxation sets in (e.g., "I can feel my entire body start to relax so I am more confident that I will be better able to deal with the challenges of the GED test".)
 - Learn to trust yourself during practice testing sessions when you are in a positive "mental zone" where you are able to read, analyze, and correctly answer very challenging questions.
 - Eliminate such emotions as fear and worry from your test-taking experience, although this type of thought stopping and reframing might require that you work with a skilled professional.

Quality Oriented

Score: 47

High Score	Has learned how to avoid careless mistakes when taking high pressure exams and adheres to a proven test-taking strategy.
Average Score	Is usually able to avoid careless mistakes when taking high pressure exams and uses a proven test-taking strategy.
Low Score	Struggles to avoid careless mistakes during challenging exams and typically does not utilize or adhere to a proven test-taking strategy.
Actions	<ul style="list-style-type: none">• Complete a large number of practice tests to learn how to avoid careless mistakes when you eventually take the GED test.• Take practice tests to learn to focus on carefully reading and thinking through all questions, but especially the more difficult questions.• Utilize specific test-taking strategies when completing important exams like the GED test (e.g., work at a predetermined pace, take brief notes when allowed, know when to make educated guesses, and know how to apply a strategy to multiple choice questions).• Always avoid rushing your answers to the point where you are making uneducated guesses.• Practice checking your answers when completing a high volume of practice tests so you can skillfully and efficiently check your answers when taking the GED test.

Resiliency Dimension

Score: 73

High Score	Is very positive and optimistic when taking a high-stakes exam, knows how to remain calm and stable during demanding testing sessions, stays worry free and fearless during the testing experience, and/or has learned to avoid careless mistakes when completing demanding high-stakes exams.
Average Score	Is usually optimistic and positive when taking a high-stakes exam, tends to remain calm, stable, and relaxed when taking a test though may exhibit some nervousness and/or is usually able to avoid careless mistakes on high-stakes exams.
Low Score	Tends to be overly pessimistic and negative when taking a high-stakes exam, might be very moody during the testing session, might at times experience extreme fear and worry when completing an important test, and/or is at high risk to make careless mistakes on challenging exams.